

**FOR IMMEDIATE RELEASE**

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## **Serial Entrepreneur Launches MarkSkoda.com After Reversing Insulin-Dependent Diabetes and Achieving Biological Age of 42 at 71**

*New Platform Introduces AI-Assisted Health Optimization Methodology That Produced 29-Year Biological Age Reversal, Physician-Validated at Vanderbilt University Medical Center*

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NASHVILLE, Tenn. — Mark A. Skoda, a serial entrepreneur with more than five decades of international business experience, announced today the launch of MarkSkoda.com, a comprehensive digital platform for AI-assisted health optimization. The launch follows Skoda's documented reversal of insulin-dependent Type 2 diabetes and a validated reduction in biological age from 71 to 42 — a 29-year improvement achieved in 150 days through systematic natural intervention and artificial intelligence as a strategic thinking partner.

The platform, which opens for waitlist registration immediately at MarkSkoda.com, will provide individuals with the same systematic methodology Skoda used to achieve outcomes his physicians described as unexpected — including physician-reviewed protocols, AI implementation frameworks, research documentation, and direct consulting access.

*“I was told my condition was permanent. I refused to accept that conclusion. I treated my body the same way I have treated every complex problem in 50 years of business — as a system to be re-engineered. The results are documented, validated, and replicable. That is why I am building this platform.”*

— Mark A. Skoda, Founder, MarkSkoda.com

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### **The Transformation: From Permanent Diagnosis to Biological Age 42**

In July 2025, Skoda was 71 years old, weighed 265 pounds, and was fully insulin-dependent following acute idiopathic pancreatitis in 2018. His medical team confirmed that his pancreatic damage and resulting Type 2 diabetes were permanent conditions requiring lifetime pharmaceutical management.

On July 11, 2025 — his 71st birthday — Skoda initiated a systematic natural intervention protocol built on six integrated pillars: therapeutic intermittent fasting, precision nutrition guided by continuous glucose monitoring, progressive resistance training combined with Zone 2 cardio, evidence-based supplementation, sleep optimization, and behavioral architecture designed to eliminate willpower dependency.

Throughout the 150-day intervention, Skoda used Claude, an AI developed by Anthropic, as a strategic thinking partner — synthesizing peer-reviewed research, designing multi-variable protocols, interpreting real-time biomarker data, and generating the 57,000-word documentation that formed the basis of his physician review.

The outcomes, validated by his endocrinology team at Vanderbilt University Medical Center, included:

- Complete reversal of insulin-dependent Type 2 diabetes (HbA1c: 7.4% → 6.0%, insulin eliminated entirely)
- 29-year biological age reduction (chronological age 71, biological age 42), validated by biomarker analysis
- 56-pound body recomposition (265 lbs → 209 lbs) with documented muscle mass preservation
- 95%+ continuous glucose monitor time in target range (clinical benchmark: 70%)
- Elimination of multi-decade pharmaceutical dependency; estimated 5-year savings of \$57,000–\$108,000 versus GLP-1 drug therapy

Skoda’s endocrinologist described his patient-generated documentation as “the most comprehensive I have ever seen.” The complete case study, prepared to peer-reviewed standards with 80+ citations, is available in the Research Hub at MarkSkoda.com and is being prepared for journal submission.

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## The Platform: AI-Assisted Health Optimization at Scale

MarkSkoda.com launches in March 2026 as a multi-tiered platform designed to make the systematic methodology behind Skoda’s transformation accessible to individuals seeking metabolic health restoration and biological age reversal.

The Research Hub is open immediately and contains six physician-reviewed documents including the full metabolic reversal case study, an AI-assisted health optimization white paper, a comprehensive supplement protocol, the six-pillar framework, the GLP-1 alternative analysis, and a protocol checklist summary — all available at no cost to registered members.

Platform offerings at launch include:

- Self-Directed Digital Program: Complete protocol documentation, AI methodology guides, and biomarker tracking frameworks for independent implementation
- Guided Consulting Program: Direct engagement applying the systematic methodology to individual health profiles, always in coordination with the client’s existing medical team
- Speaking and Corporate Wellness Engagements: Keynote presentations for medical conferences, corporate wellness programs, and longevity-focused audiences

## Market Context: A \$100 Billion Opportunity for Disruption

Type 2 diabetes affects an estimated 537 million adults globally, with projections reaching 783 million by 2045. The GLP-1 drug market — led by Ozempic, Wegovy, and Mounjaro — is projected to reach \$100 billion annually by 2030, built largely on the premise that metabolic disease requires lifetime pharmaceutical management.

Skoda's documented results directly challenge that premise. His approach produced outcomes that GLP-1 drugs do not: genuine metabolic reversal, preserved and increased muscle mass, biological age reduction, and sustainable results without ongoing pharmaceutical dependency.

*“The GLP-1 market is offering a very expensive lifetime subscription to a problem that, for many people, can be solved. I am not anti-pharmaceutical. I am pro-metabolic freedom. There is a meaningful difference, and the data illustrates it clearly.”*

— Mark A. Skoda

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## About Mark A. Skoda

Mark A. Skoda is a serial entrepreneur and health optimization researcher with more than five decades of international business experience across six continents and more than 60 countries. He has served as CEO of a publicly traded company, led M&A work at UPS, and managed operations with more than 7,500 direct employees. His current ventures include Neptune FS Global (water remediation technology), Iron Gate Records (music label co-founded with Greg Upchurch of 3 Doors Down), GeoMelody (music streaming platform in partnership with Universal Music Group), Starstruck Farm (event venue), and Sideline Smokehouse & Tap (restaurant). He holds a degree in engineering and resides in Nashville, Tennessee.

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## Media Availability

Mark Skoda is available for media interviews, podcast appearances, and speaking engagements. He is prepared to discuss his personal transformation, the AI-assisted methodology, the broader implications for metabolic disease management, and the emerging intersection of artificial intelligence and personalized medicine. Supporting materials available upon request include the full case study (21,500+ words), the AI White Paper, before/after biomarker documentation, and high-resolution photography.

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**NOTE TO EDITORS:**

All medical outcomes referenced in this release were achieved under physician supervision and validated by Skoda's endocrinology team at Vanderbilt University Medical Center. Complete documentation including laboratory data, biomarker timelines, and the peer-reviewed case study is available upon request. This release does not constitute medical advice. Individual results may vary.