

Case: Circadian & Glycemic Tune — Evening Spikes with Reflux

Patient Name: Omar H.

Sex: Male

Age: 42 Years Old

Case source: Bioscope.AI

Context: Employer health program

Summary:

Midlife male with reflux when fasting and brain fog after large late meals; glucose variability and triglycerides elevated.

Report:



Plan:

Finish dinner by 7 pm; front-load carbs at lunch; inositol 2 g twice daily; 10–15 min walks after meals; reflux hygiene (coffee after food, head-of-bed elevation); add omega-3 rich fish twice weekly. Reassess at week 8.

Recheck Week: 8

Outcome Summary:

Reduced post-meal fog and reflux days; HbA1c and triglycerides trending down; ApoB improved and evening energy steadier.