

Getting to Know The A4M Faculty

Jennifer Landa, MD, OB/GYN, FAARM

Jennifer Landa, MD, OB/GYN, FAARM is the Chief Medical Officer for BodyLogicMD. Dr. Landa specializes in helping women and men balance their hormones, restore their energy, and replenish their sex lives. At the heart of her practice is the belief that maintaining one's health is hard work and she encourages her patients to make lifestyle changes that will result in increased health.

Dr. Landa just completed her first book with co-author Virginia Hopkins. Their book, *The Sex Drive Solution for Women*, is a no-nonsense approach to many of the sex issues that Dr. Landa addresses with her patients every day. Dr. Landa is also the Director for the Sexual Health and Treatment Certification program with the American Academy of Anti-Aging Medicine.

Why did you become specialized in Anti-Aging Medicine after years of working as an OB/GYN?

After working as an OB/GYN, I was introduced to Anti-Aging Medicine and was fascinated by everything about it. I love that we can find the root causes of diseases rather than just treating symptoms by prescribing pills. It's much more gratifying to me and to the patient when I can treat someone as a whole being while understanding the way that all the aspects of their lives are tied in with their medical issues. With Anti-Aging Medicine I'm able to use an approach that includes nutrition, detoxification, supplementation, exercise and more to yield results that are life-changing for patients. The result is a practice that is far more gratifying, even than delivering babies, because every day I have patients who tell me that I gave them their life back and what can be better than that?!

You have done extensive research on sexual dysfunction, how can this research be relevant to patients suffering from sexual issues?

Studies show that up to 43% of women have reported issues with sexual dysfunction. At least 30 percent of men have problems with sexual dysfunction. Men and women's dysfunction are quite different so it's important to study the research available for the causes and treatments of sexual dysfunction in both males and females to learn how to alleviate a patient's suffering. It is essential to refer to the literature in sexual medicine because most of the research has only been done in this field since the mid 1990's. As a relatively new field, it's not really taught in depth in any of the traditional medical training programs, including OB/GYN and urology programs.

Should patients with no obvious sexual health symptoms also take these observations into consideration?

Even patients without sexual health concerns right now might want to understand how best they can maintain a good, healthy sex life as sexual health is a vital part of our overall health. For men, sexual concerns and cardiovascular health are intimately linked so men who work on preserving their sexual function will also reduce their risk of cardiovascular mortality. Women's sexual health tends to be most highly associated with relationships and psychological well-being. For women to prevent sexual health concerns, they must work on lowering stress and anxiety, maintaining a positive outlook and preserving excellent communication in their relationships.

Lifestyle diseases are an increasing concern worldwide, how can patients reduce the impact of these?

It's essential for people to become educated, especially in terms of what they eat. No expression is truer than "you are what you eat." Our bodies use food like computers use software. Foods can tell the cells of our body what program to follow. Eating an anti-inflammatory diet rich in fruits and vegetables, lean plant and animal proteins is one of the most important things we can do to reduce our risk of lifestyle diseases.

Why do you think that Anti-Aging Medicine can be relevant to patients of all ages and both sexes?

Anti-Aging is relevant to people of all ages and genders because everybody wants to feel, look and perform at their optimal best. Even young people can have hormone imbalance, gut inflammation and other issues that are addressed by Anti-Aging Medicine that are not addressed in conventional medicine. It's essential to educate yourself so that if the time comes and you need medical intervention for a problem, you know what alternatives are available so that you can feel your best again. Many people don't even realize that they do have the option to be healthier, fitter and happier than they are now by following simple Anti-Aging regimens.



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Can you tell us 3 things about you? Either personal and/or professional: your choice!

I have a terrible medical family history. Both of my parents have been overweight for many years and have suffered from hypertension and diabetes. I'm happy to say that my parents have both finally lost weight with an Anti-Aging Medicine approach, but this genetic background forces me to work diligently on my nutritional and exercise regimens to stay fit and healthy.

Sexual health for men and women is a passion for me. I've developed several programs in this area in the past year. For healthcare practitioners, I've developed the Sexual Health Certification Course that I teach through A4M. I've also developed online courses called "Rewire Your Desire" at rewiredesire.com to help women improve their libido and their passion.

I'm the Chief Medical Officer of BodyLogicMD, a network of highly trained Anti-Aging physicians with approximately 60 doctors in 45 practices in around the United States.



What are the 3 supplements you can't live without?

1. I love the Indian herb Ashwagandha. It has many different functions including anti-inflammatory, anti-oxidant and anxiolytic effects. Ashwagandha is commonly used as an adaptogen. As an adaptogenic herb, it helps to control stress levels and keep our adrenal glands healthy.

2. I also love Maca. Maca is an excellent adaptogen so it helps control the stress response and enhances general well-being. Maca has also been shown to help improve male and female sexual dysfunction.

3. Vitamin D has been found to be good for everything from preventing heart disease and osteoporosis to preventing diabetes and treating depression. Despite living in Florida, I find that most of my patients have a suboptimal Vitamin D level (in the lower third of the normal range) so I prescribe it quite often and patients respond in a favourable way.

What is your top anti-aging food?

Cocoa. I'm a chocolate lover so eating more cocoa isn't a problem for me, but it's important to note, "the darker, the better" for the health benefits. I look for dairy free chocolate that's at least 70-85% cocoa. I also add cocoa to my protein shake in the morning and eat cocoa nibs with goji berries as a yummy snack! Cocoa polyphenols have been shown to have amazing anti-oxidant properties and positive effects for the cardiovascular system and the neurological system. Also, cocoa may have a thermogenic effect so it may be helping metabolism, our hearts and brains and it's delicious!

Do you have 3 tips for staying young and healthy?

1. Get 8 hours of sleep per night. Our bodies repair and make essential hormones while we sleep. Getting enough sleep helps to keep stress levels and our weight under control.

2. Find a stress reduction method that works for you that you can do every day. Consider guided meditation- Google "guided meditation," click on videos, plug your headphones into your computer or iPhone and away you go on a relaxing journey at any time of day or night. Incorporating relaxation into your life will help control the stress hormone, cortisol, which can be damaging when levels are high.

3. Eat a nutritious diet full of healthy vegetables. Avoid all processed foods- anything that comes in a bottle or bag should be avoided. Try to eat one pound of vegetables per day and try to get as many different colors of veggies as you can. Each color represents different nutrients and health benefits.