









PRSRT STD U.S. POSTAGE **PAID** Milwaukee, WI PERMIT NO. 1353

#### **IN THIS ISSUE:**

A4M 2007-2008 Worldwide Official Educational Programs	2
Report from the Medical Committee for Aging Research & Education (Issue 1, 2007):	2
Lifespan Literature Scan	4
Obesity and Longevity	6
Research Recaps:	3
Report from the Medical Committee for Aging Research & Education (Issue 1, 2007):Lifespan Literature Scan4Obesity and Longevity6Research Recaps:6Dementia and Alzheimer's Disease: A Scientific Literature Review12Program of the 15th Annual Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies, Spring 2007 Session: 	
Schedule at a Glance	16
Educational Affiliates	26
Board Certification	28
Faculty Biographies	29
Faculty Disclosures	51
Abstracts	53



APEX.

WorldHealth.net

THE INTERNET'S LEADING ANTI-AGING PORTAL

WWW.WORLDHEALTH.NET















Anti-Aging Medical News : Winner - APEX Award 2003 & 2004: Excellence in Health and Medical Content 2005 & 2006: Excellence in Conference & Meeting Materials

APEX

APEX

APEX

Publishing & Media Showcase www.A4MInfo.net



February 21, 2007

Dear Conference Attendees:

Welcome once again to beautiful Osceola County, Florida!

We hope you enjoy your stay at Gaylord Palms Resort during the 15th Annual International Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies - Spring 2007 Session.

We encourage you to sightsee every chance you get during your stay and take advantage of all the wonderful activities offered in Osceola County.

Remember Osceola County next year when making your annual conference plans.

Sincergly,

Ken Shipley, Chairman Osceola County Board of County Commissioners

BOARD OF COUNTY COMMISSIONERS

> District I Paul Owen

District II **Tom Franklin** 

District III Ken Shipley Chairman

District IV Ken Smith

District V Bill Lane Vice - Chairman

#### Osceola ounty

I Courthease Square Suite 4700 Klosimmer, FL 54741-5458 (407) 343-2200 Fax (407) 343-2210

> designation(s), title (if any), place of business, mailing address, telephone, fax, and e-mail address to: Subscriptions Dept., Anti-Aging Medical News, 1510 West Montana Street, Chicago, IL 60614 USA. Telephone: (773) 528-4333. Facsimile: (773) 528-5390

ADVERTISERS: For a Media Kit, including Rate Sheet and Ad Specifications, contact: Advertising Dept. Anti-Aging Medical News, 1510 West Montana Street, Chicago, IL 60614 USA. Telephone: (773) 528-4333. Facsimile: (773) 528-5390.

PERMISSIONS TO REPRINT: On organization letterhead, supply the name of the article appearing in Anti-Aging Medical News, the issue of Anti-Aging Medical News, describe your usage (total readership [print run and/or other media], number of reprint instances), and indicate a contact name with telephone, facsimile, and e-mail at your organization. Send your request

to: Reprint and Rights Department, Anti-Aging Medical News, 1510 West Montana Street, Chicago, IL 60614 USA. Facsimile: (773) 528-5390. *Anti-Aging Medical News* cannot grant permissions for any materials reprinted from other sources (as is clearly indicated in these articles by inclusion of a source line).

- 14

VISIT US ON THE WEB: www.worldhealth.net



Executive, Editorial, Circulation, and Advertising Offices Anti-Aging Medical News 1510 West Montana Street Chicago, IL 60614 USA Telephone: (773) 528-4333 Facsimile: (773) 528-5390

Aging Medical News, its owners, affiliates, or its staff. The publisher is not liable for advertiser product claims or representations. Advertisers assume total responsibility for the contents of their advertisements. Under no circumstances is the content of *Anti-Aging Medical News* to be construed as medical advice. Always consult your personal physician prior to beginning a new therapy, or changing any current regimen. SUBSCRIPTIONS: Subscription is free-of-charge to current A4M members and to other qualified individuals

CA LON SCORES

Anti-Aging Medicine. All rights reserved. ISSN 1533-6700. Anti-Aging Medical News publishes materials in good faith and

makes no claims or endorsements for products, services or procedures that appear in the publication. Opinions expressed

in articles and advertisements are not necessarily those of Anti-

© Copyright 2007. The American Academy of

To subscribe, submit your full name, professional



#### Dear Attendee:

The American Academy of Anti-Aging Medicine (A4M) welcomes you to Florida for the 15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies, Spring 2007 Session.

The American Academy of Anti-Aging Medicine (A4M) is among the fastest growing medical societies in the world today, growing from twelve doctors in 1993 to a current membership of 20,000-plus. The A4M conferences have grown to become the largest worldwide in the area of preventative medicine.

A4M conferences have achieved what to our knowledge no other medical group in history in any specialty has accomplished, growing in three years from just two international conferences to more than 30 annual international conferences around the world on all continents in 2007, many with the support of governments, ministries of health and international sports federation organizations.

The worth and value of A4M and its scientific conferences has been decided and validated by the practicing physicians around the world, who elect to attend its worldwide co-supported/co-sponsored academic events. The A4M has on-site trained 100,000 physicians and health professionals to date and provides online continuing medical education to more 500,000 physicians and health professionals annually.

We commend you for attending this premier educational event in the anti-aging medical specialty, where more than 60 of the world's most recognized clinicians and researchers in anti-aging and regenerative medicine present the very latest data and findings that advance a new paradigm of innovations in advanced preventive medicine.

With warm regards,







Dr. Robert Goldman, MD, PhD, DO, FAASP Chairman, A4M

#### **IMPORTANT NOTICE: PLEASE READ**

The Exhibition Hall is a separate commercial exposition, held in conjunction with but distinct from the medical education presentation coordinated by the American Academy of Anti-Aging Medicine (A4M).

Exhibitors are invited to participate on a first-come, first-serve basis. Neither the A4M nor Medical Conferences International Inc. has conducted an evaluation of exhibitors, their products, their labels or labeling, or their representations. A4M and Medical Conferences International Inc. do not vouch for the relative worth, safety or efficacy of products or services displayed. A4M and Medical Conferences International Inc. encourage all attendees to conduct their own independent and diligent evaluations.

Be mindful that anti-aging medicine delivers an innovative model for healthcare in which the sanctity of personal freedoms of choice is upheld. It is with a reverence for freedom of thought, ideas and practice in healthcare that A4M refrains from limiting, censoring, or discriminating against those who wish to present their products or ideas in an open forum of medical professionals.

With this open marketplace, however, it is incumbent that you, the Exposition visitor, is aware that participants at this commercial venue are not endorsed and have not been evaluated or approved by A4M. The A4M encourages you to exercise your personal scrutiny, educated and demanding scientific evaluation n assessing the ideas and products presented.

To restrict this free exchange of thought, both conventional and unconventional, would eliminate true opportunities for breakthrough and discovery vital to bur new science. Indeed, freedom of thought is the essential foundation upon which the advancement of health care itself is based.

## A4M Co-Sponsored/ Anti-Aging / Regenerative



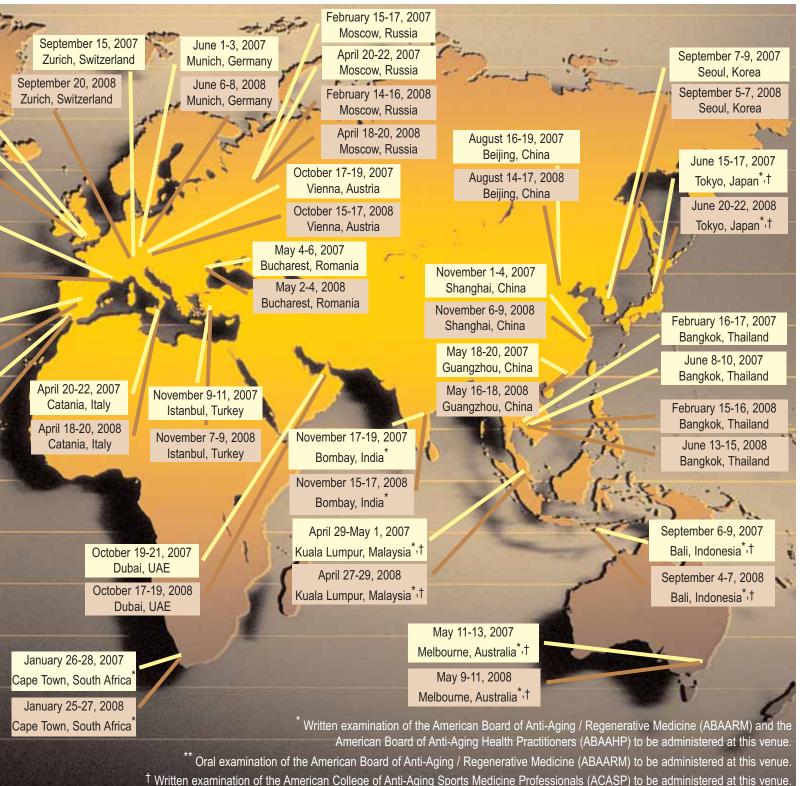








## Co-Supported Events in Medicine ~ 2007-2008 Calendar



§ Pending.

#### **ISSUE 1, 2007**



#### A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

#### SCIENTIFIC EDITORIAL BOARD

Executive Editor

Ronald Klatz, M.D., D.O. (USA) President-American Academy of Anti-Aging Medicine Managing Editor Robert Goldman, M.D., Ph.D., D.O., FASP (USA) President-National Academy of Sports Medicine Chairman- American Academy of Anti-Aging Medicine Associate Editor Catherine Cebula (USA) Administrator. The Indon School of Postgraduate Medical Education

**Scientific Editorial Advisory Board** Juan Marcos Becerro, M.D., Ph.D. (Spain) Olympic Medical Committee Spain (Ret.) Heather Bird-Tchenguiz, M.B.A. (U.K) Director, World Academy of Anti-Aging Medicine Denise Bruner, M.D. (USA) Former President, American Society of Bariatric Physicians Anongnuth Chiangpradit, M.D. (Thailand) Bumrungrad Hospital Brian Corrigan, M.D., Ph.D. (Australia) Australian Olympic Committee (Ret.) Eduardo De Rose, M.D., Ph.D. (Brazil) President, International Federation of Sports Medicine Rafael Santonja Gomez, PharmD (Spain) Dato Harnam, M.D., Ph.D. (Malaysia) President, Society for Anti-Aging & Aesthetic Medicine Malaysia Thierry Hertoghe, M.D. (Belgium) European Academy of Longevity Medicine Vernon Howard, Ph.D. (USA) Harvard University (Ret.) Michael Klentze, M.D., Ph.D. (Germany) President, European Center for Aging Research & Education Stanley Kornhauser, Ph.D. (USA) Director, National Institute for Electromedical Information Seung-Yup Ku, M.D., Ph.D. (Korea) Seoul National University Edward Lichten, M.D. (USA) Wavne State College of Medicine Jun Matusama, M.D. (Japan) Japanese Society of Clinical Anti-Aging Medicine (JSCAM) João Francisco Marques Neto, M.D., Ph.D. (Brazil) President, SOBRAO Wimpie Pangkahila, M.D. (Indonesia) Ildavana Medical Universit Steve Sinatra, M.D. (USA) University of Connecticut School of Medicine Robert Tan, M.D. (USA) University of Texas/Hous Robert Tien, M.D., M.P.H. (Taiwan)

Duke University School of Medicine (Tenured) Fredrick Vagnini, M.D. (USA) Cornell University School of Medicine

#### Lifespan Literature Scan





The Alzheimer's Association reports that more than 5 million Americans are living with Alzheimer's Disease (AD), a 10% increase since the last estimates issued by the organization five years ago. The Association projects that, unless scientists discover a way to delay AD, the condition could afflict 7.7 million Americans by 2030, and 16 million by 2050. Alzheimer's Association vice-president Steve McConnell observed that: "[in fighting heart disease, cancer, and other diseases, ironically] we're keeping people alive so they can live long enough to get Alzheimer's disease." US government figures released in 2006 show small declines from most of the nation's leading killers between 2000 and 2004, but deaths attributed to AD rose by 33%.

Associated Press, 20 March 2007.

#### **Rising Cost of** Living Affects Seniors

In the United Kingdom, the Consumer Credit Counseling service (CCCS) has found that the number of people age 60plus experiencing money concerns is growing faster than any other age group. Pensioners are being forced into debt because of the rising cost of living. Recent reports have shown that the personal inflation rate for those age 60-plus is near 10%. According to the Office for National Statistics, food prices were up 4.9%, electricity 27%, and gas 39.9%.

The Telegraph UK, 20 March 2007.

continued on page 5



4 • Anti-Aging Medical News

Spring 2007



#### A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 4

#### **Consequences of An Aging**

#### **Population**

The proportion of elderly people is growing faster in China than in any major country, with the number of retirees set to double between 2005 and 2015, when it will reach 200 million. By midcentury, 430 million Chinese – about a third of the nation's population – will be retirees. The nations' one-child policy, along with a decline in the numbers of younger workers, will cause the ratio of workers to retired people to decline, from 6 to 1 now to 2 to 1 by 2040. All of these demographic shifts are expected to place enormous demands on the country's finances. As a result, China is considering raising the retirement age, from the current 50 to 55 for women and 55 to 60 for men. While raising the retirement age may alleviate pressures on the pension system, some experts are fearful that it would spur prolonged unemployment among younger workers. In 2006, 4.13 million young Chinese graduated from universities, yet 30% of them are still unemployed. Prolonged employment of older workers is feared to worsen the unemployment of the nation's youth.

International Herald Tribune, 20 March 2007.



#### Americans Easing into

#### Retirement

A study by The Vanguard Group, a mutual funds company, found that many Americans are easing into retirement via a gradual transition phase. The study of 2,500 adults age 40 to 60 found that "a common strategy for making the transition from work to retirement is downshifting," where workers shift to less stressful or simpler jobs before stopping work entirely. Nearly 25% of those age 55-plus who were surveyed have downshifted at least once, and 40% expected to do so in the future. As a result, about 6 in 10 Americans will include part- or full-time work in their retirement plans.



Singapore seeks to establish itself as a center of excellence for the elderly, where Asians flock to for goods and services to enhance their golden years. The nation's Social Enterprise Committee aims to grow a vibrant social entrepreneurship culture by 2010, which ultimately is hoped to spinoff economic independence to Singapore's elderly citizens. It is estimated that in 2007, senior Singaporeans spent US\$ 1.2 billion on dining, entertaining, and shopping, as well as US\$ 300 million on travel and leisure. Experts predict that in the next decade, elderly Singaporeans will outspend their younger counterparts by three-fold.

Channel NewsAsia, 16 March 2007.

C R E

#### India Raises Retirement Age for Teachers

India's Central government has increased the retirement age for teachers in centrally-aided educational institutions from 62 to 65 years. In addition, they can be re-employed beyond 65 years and up to 70 years against sanctioned vacancies if they are not filled by regular candidates. The increase in retirement age has been necessitated to meet the growing demand for experienced teachers both in technical and non-technical fields, explained Union Information and Broadcasting Minister Priya Ranjan Dasmunsi.

IndiaEduNews.net, 16 March 2007.

Associated Press, 18 March 2007.

continued on page 72



Spring 2007

### Obesity and Longevity

Stephen Holt MD, LLD (Hon.), PhD, DNM, FRCP (C), MRCP (UK), FACP, FACG, FACN, FACAM, Distinguished Professor of Medicine, OSJ, Chairman, Department of Integrative Medicine, NYCPM, NY

#### Introduction

The global epidemic of obesity threatens longevity. Considerable evidence supports the notion that a physically active person of normal body weight lives longer than the overweight, inactive individual.<sup>1, 2</sup> Obesity causes premature morbidity and mortality as a consequence of obesity related diseases are often associated metabolic problems, such as the Metabolic Syndrome X. Among the commonest causes of premature death and disability are heart disease, cancer, stroke, lung disease, diabetes mellitus, organic brain disease, accidents, infections and side effects of drugs. These diseases or disorders are often associated with obesity or the Metabolic Syndrome X. The many obesity related diseases and diseases associated with Syndrome X mirror common causes of premature morbidity and mortality.<sup>2, 3</sup>

The association between being overweight and the occurrence of the Metabolic Syndrome X presents a unifying concept of premature aging, with its attendant morbidity and mortality.<sup>3</sup> Metabolic Syndrome X is characterized by the variable continuation of obesity, hypertension and hypercholesterolemia, linked by resistance to the hormone insulin. This variable constellation of problems that are encountered in Syndrome X have been associated with many other diseases (Syndrome X, Y, Z...)<sup>3</sup>

Obesity is caused by an interaction of complex factors, including: genetic predispositions, poor lifestyle, normal reductions in lean body mass with age and diet. Pivotal observations of the effect of diet on aging are provided by many animal studies which show a relationship between retention of body functions or survival and partial food restriction.<sup>1,4</sup>

This article is designed to reinforce the importance of the management of an overweight status with appropriate consideration of obesity related disease, most notably Syndrome X. The approach described is a strategy for "anti-aging" given the characterization of obesity and Metabolic Syndrome X as disorders of premature aging.

#### Weight Management Principles

Simple or single interventions for weight control are universally unsuccessful. There is not a documented, "stand-alone" use of a diet, drug or dietary supplement that has resulted consistently in sustained weight loss or weight control. A combat against obesity must involve a multi-factorial approach including: positive lifestyle change, behavior modification, exercise and controlled calorie diets. The many causes of weight gain require a multi-pronged clinical approach. Bariatric medicine has not addressed consistently the management of obesity related disease or Metabolic Syndrome X in weight control tactics.

Obesity has a series of "ugly disease companions" and it has emerged as the nation's number one cause of premature death, at least indirectly. This means that weight control initiatives must address the primary objective of overall health and well being.3 Excess dietary intake of simple sugars, compounded by other factors, drives the disordered regulation of the functions of insulin (metabolic dysglycemia). Insulin resistance leads to excess insulin secretion which has many negative effects on the body. In addition to the inefficient "handling" of blood glucose, insulin excess in the presence of insulin resistance can promote cholesterol synthesis in liver, raise blood pressure, cause other hormonal aberrations and result in cell proliferation.<sup>3</sup>

The legacy of Metabolic Syndrome X has not been fully experienced. Some credible opinions imply that we may have a current generation of adults who may variably outlive their children. Syndrome X may be precipitating a "human dinosaur" phe-

Stephen Holt, MD is a pioneer of integrative medicine, best-selling author and he holds the academic rank of distinguished professor of medicine. Dr. Holt is a frequent guest lecturer at scientific meetings and he is a Knight of the Order of St. John.

#### **Obesity and Longevity**

nomenon as the metabolic evolution of humankind cannot keep pace with "advancing lifestyles". Such lifestyles are characterized often by excess calorie intake combined with inactivity.

#### Metabolic Syndrome X, Syndrome X, Y, and Z.., Insulin Resistance Syndrome

The phrase "Syndrome X" had been used to describe the combination of obesity, hypertension and hypercholesterolemia, linked by underlying insulin resistance.<sup>3, 5</sup> Approximately 70 million Americans have Syndrome X which is causally linked with the development of cardiovascular disease (Metabolic Syndrome X), female endocrine disorders, polycystic ovaries (PCOS), non-alcoholic fatty liver disease, gestational diabetes, changes in eicosanoid status and cancer. The pathophysiology of Metabolic Syndrome X creates a platform for the development of many disease.<sup>3, 5, 6</sup> This is why I coined the terms Syndrome X, Y, and Z...<sup>3</sup> Syndrome X is caused by a combination of adverse lifestyle and genetic predispositions; and it has variable manifestations are apparent in proposed diagnostic criteria for metabolic syndrome or the newly proposed "Syndrome X Clinical Index".<sup>3</sup>

Effective prevention and treatment of Syndrome X involves a multifaceted approach to impact all cardinal components of the disorder. Current allopathic treatments may have been too focused on individual components of Syndrome X and they tend to form a "back up plan" for management.<sup>3, 11,</sup> <sup>12</sup> In contrast, natural approaches with lifestyle modification and nutritional and/or nutraceutical interventions may provide versatile and powerful, first-line management options.<sup>3</sup>

The use of dietary supplements in the adjunctive management of the metabolic syndrome in the overweight individual has led to the suggestion that there is an array of nutraceuticals that can be defined as syndrome X nutritional factors. (Table 1.) These nutritional factors include a variety of nutrients or botanicals or herbs that may be used variably in a synergistic manner to correct underlying metabolic problems in Syndrome X. (Table 1.)

continued on page 8

#### **TABLE 1. Syndrome X Nutritional Factors**

Syndrome X nutritional factors are composed of nutrients, botanicals, herbs and extracts that are of potential value in the nutritional management of Metabolic Syndrome X, associated with obesity. Some listed substances may provide nutritional support for diets used in the management of diabetes mellitus.

FACTOR	THERAPEUTIC EFFECTS	
Soluble fiber e.g. oat beta glucan	Soluble fiber reduces post-prandial blood glucose, reduces blood cholesterol, improves glucose tolerance, regulates bowel function, primes the immune system, probably by a prebiotic effect. In addition, soluble fiber promotes satiety and it has other intrinsic metabolic effects. Plays a pivotal role in nutritional management of syndrome X and weight control, especially in children.	
Soy Protein (25 g/day)	Soy protein reduces blood cholesterol and its isoflavone content may reduce platelet "stickiness" and exert valuable antioxidant functions. Value of vegetable protein rotation in diets. Soy has many other health benefits and it is an idea dietary substrate for use in diabetes mellitus and syndrome X. Soy is not toxic.	
Omega 3 fatty acids (EPA)	Omega 3 fatty acids are best taken in fish oil concentrates, high in EPA, presented in enteric coated capsules for greater compliance and bioavailability. Plant precursors of omega 3 fatty acids (e.g. flaxseed oils, walnut oils, macadamia etc. are not reliable sources of active fatty acids). Fish oil sensitizes insulin by acting on PPAR receptors and it has multiple health benefits including: cardiovascular benefits, anti-inflammatory actions etc.	
Chromium	Several studies imply that chromium in various forms may assist in blood cholesterol reduction, weight control and they may sensitize the actions of insulin.	
Alpha lipoic acid	A powerful anti-oxidant which plays a specific role in combat against advanced glycation end-products (AGES), with possible reduction in tissue complications in states of dysglycemia. Has a specific insulin sensitizing role, but should not be given by parenteral administration.	
Vanadium	An insulin sensitizer of variable value.	
Antioxidants	Including but not limited to anthocyanadins, ellagic acid, turmeric, bioflavonoids, direct or indirect anti-oxidant vitamins or minerals e.g. Vitamin E, C, A, selenium, zinc etc. Anti-oxidants are often misused and mis-formulated. Anti-oxidants should be given with REDOX balance to access all body tissues, hydrophilic and lipophillic properties. Single high dose antioxidants are best avoided, especially by unopposed intravenous administration.	
Starch blockers and fat blockers	White kidney bean extract, soluble fiber, chitin of variable value.	
Cinnamon	An insulin mimetic.	
Maitake	Weak insulin sensitizing effect with both whole mushroom powder and fractions. Not a stand-alone weight control or syndrome X nutritional factor.	
Green coffee bean extract	Polyphenols e.g. chlorogenic acid assists in correction of dysglycemia, with specific effects on hepatic glucose synthesis.	
Green tea	Very potent antioxidant with widespread health benefits, including effects on glucose metabolism. Distinguished content of catechins, especially EGCG.	
Hoodia gordonii	Proposed as a non-stimulant appetite suppressant due to its content of steroidal glycosides.	

These natural substances may help reverse pathophysiology encountered in the overweight person by addressing: abnormal glucose metabolism, insulin resistance, body status of inflammation, diminished immune function, blood lipid abnormalities, hypertension and other issues that precipitate or contribute to obesity related disease. (Table 1.) However, one has to be reminded that dietary supplements are not to used prevent or treat disease: an enigma created by the law in many countries.

#### Obesitis: A Concept that Further Unifies Modern Disease Theories?

Obesity and excess body fat can be classified as inflammatory conditions and inflammation is a key factor in the pathophysiology of Metabolic Syndrome X. <sup>6,7,13,14</sup> Not only does obesity raise the level of pro-inflammatory messenger molecules in the body, it precipitates or contributes to several disorders of inflammation, including cardiovascular disease, cancer, arthritis, liver disease and asthma.<sup>6</sup> This inflammatory disease "link" compounds the undesirable effects of insulin resistance.

The hallmarks of Metabolic Syndrome X and many cases of pre-Type II, or early Type II diabetes mellitus involves the presence of insulin resistance.7 Insulin acts by specific receptor binding which precipitates many intra-cellular events.7 Current evidence suggests that insulin resistance is determined partially by chemical mediators that are released from immune competent cells or fat cells.7, 15 For example, elevated levels of the inflammatory cytokine, tumor necrosis factor-alpha (TNF-alpha) are associated with overnutrition and reduction of TNF-alpha activity is associated with weight loss improvements in insulin resistance.16 Many factors that link inflammation and tissue damage have come from recent studies of nonalcoholic, fatty liver disease which is a common component of Metabolic Syndrome X.<sup>3,9</sup>

While the underlying biochemical basis of the relationships between obesity or Metabolic Syndrome X and inflammatory disease remains underexplored, these circumstances permit me to coin the term "obesitis" and propose that "anti-inflammatory" approaches shouldn't be overlooked as an important part of obesity management.

Up to one third of blood levels of the inflammatory cytokine, IL-6, may emanate from adipose tissue and weight loss is often associated with reduction in blood markers of inflammation e.g. C-reactive protein (CRP), IL-18.17 Popular healthcare authors have attempted to link inflammation with many common diseases, but their interpretation of this important association is limited or naive because only changes in eicosanoid status are emphasized (e.g. The Zone).<sup>18</sup> While correcting eicosanoid precursor pathways with Omega 3 fatty acids is an important anti-inflammatory and insulin sensitizing maneuver, it is not the whole story.<sup>3, 6-12</sup>

Recent studies have confirmed the anti-inflammatory actions of certain substances that are found in fat tissue.16 These substances have been referred to as adipocytokines which include leptin, adiponectin, and visfatin.<sup>16</sup> Adiponectin is manufactured by fat cells and blood levels of this protein are reduced in states of obesity, insulin resistance, type II diabetes mellitus and atheroma.<sup>8, 12</sup> Adiponectin exhibits potent anti-inflammatory effects by suppressing TNF-alpha synthesis and promoting the availability of antiinflammatory cytokines, e.g. interleukin-10 or interleukin-1- receptor antagonist.<sup>13, 19</sup> The "plot" thickens in "obesitis" where imbalances of proinflammatory and anti-inflammatory cytokines exist.

The final common pathway of tissue damage often involves oxidated damage due to the generation of free radicals, perhaps exacerbated by a reduction in antioxidant defenses in the body.<sup>13</sup> Of course, the progression of the complications of obesity and diabetes mellitus is related to oxidated tissue stress with the development of advanced glycation end products (AGES).<sup>3</sup> Therefore, the treatment of obesity related disease seems quite incomplete without supporting antioxidant activity in the obese clinical management of the obese or overweight person. (Tables 1 and 2.)

#### Circadian Biorhythms, Sleep, Obesity and Metabolic Syndrome X

Sleep deprivation, overweight status and Metabolic Syndrome X appear to be inextricably linked in many people. The mechanisms of this association are not fully understood. Reduction in sleep duration in healthy young men is associated with major changes in hormonal levels of substances (ghrelin and leptin) that increase hunger and appetite, thereby promoting weight gain.<sup>27</sup> An established association between short sleep duration and obesity has led to the proposition that more sleep is necessary to prevent obesity.<sup>27-29</sup>

Chronic lack of sleep may increase susceptibility to the Metabolic Syndrome X and it is known that forced sleep deprivation in healthy young adults appears to be "diabetogenic", as evidenced by detectible alterations of glucose metabolism.<sup>27</sup> The diabetogenic effects of sleep deprivation may be hormonally mediated. Sleeplessness has been associated with decreases in the normal nocturnal surge of thyrotropin or growth hormone and increases in corticosteroid secretion. These hormonal changes are often present in the elderly, reinforcing the notion of a potential causal relationship between sleeplessness and/or obesity and premature aging. 27-31

The relationship between obesity and insomnia may be linked to the excitability of brain cells, most notably the stress-responsive hypocretin/orexin cells in the hypothalamus.<sup>30</sup> Daily stresses may act on the hypothalamus, resulting in sustained stimulation of hypocretin/orexin cells which could

#### **Obesity and Longevity**

precipitate insomnia and overeating. One may now postulate the link between obesity and other conditions such as fasting, periodic hypoglycemia and peri-menopause which could all serve to excite hypothalamic neurons.<sup>30</sup> The restoration of sleep patterns of optimum quality and duration can be expected to improve the management of obesity, but stress management appears to be a very important additional factor in obesity management, because of its beneficial effect on sleep patterns or body metabolism that favors weight control.<sup>28-31</sup>

Inducing sleep by the use of certain

hypnotic drugs does not appear to be valuable in the management of the overweight individual and it may be quite undesirable in certain circumstances. For reasons that remain unclear, drugs such as Ambien® (Sanofi-Aventis) may cause weight gain and binge eating.<sup>30</sup> Clearly, natural ways to healthy sleep are preferred over pharmaceutical interventions and comprehensive lifestyle plans suggest that first-line options for adjuncts to sleep involve increasingly the use of dietary supplements.<sup>31</sup> Sleeping naturally has been described in programs that involve lifestyle change and the use of nutritional support for sleep with di-

#### etary supplements.31

#### Implications for Effective Management of Obesity

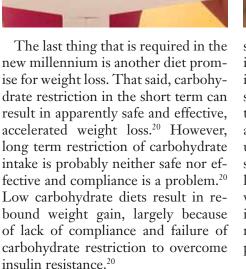
Integrative medicine can offer the optimal pathway to the management of an overweight status, if the modern science of allopathic medicine is complemented by holistic care. (Table 2.) Many people can shed a few pounds of bodyweight in the short tem, but sustained weight control involves many management principles, other than diet alone.

continued on page 10

#### Table 2. A Holistic Weight Management Program for Natural Clinicians A holistic management plan for obesity proposed by Stephen Holt, MD

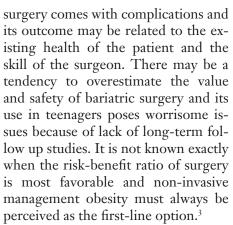
FACTORS TO ADDRESS	ACTIONS	
Mutual acceptance of weight status, required commitments and targets for weight and health management	Weight assessment BMI measurement Fat distribution Definition of realistic weight loss targets with health focus. Avoid unrealistic weight loss expectations.	
Identify and exclude specific secondary causes of obesity	Congenital disorder, thyroid disease, Cushings Syndrome, psychiatric disease, drugs, surgery, metabolism and insulin resistance syndrome, Metabolic Syndrome X, etc.	
Is Metabolic Syndrome X present?	The overweight person with syndrome X has increased risk of many diseases (Syndrome X, Y, Z) Failure to ad- dress insulin resistance syndrome in the presence of obesity is incomplete medical management.	
Diet	Tailored to specific weight control targets and objectives. Short-term accelerated weight loss with low carbohydrate approach, Long term maintenance with balanced diets includes: restricted simple sugar, trans-fatty acids and saturated fats, moderate protein intake (1g/Kg) with vegetable protein inclusion, moderate salt intake. Planning required for special circumstances of liver disease, diabetes mellitus, hypertension and, again, beware of Syndrome X.	
"Obesitis" Obesity is an inflammatory disorder	All factors that may suppress inflammation are worthy interventions. The common pathway of inflammation often involves oxidative stress. Various nutraceuticals may suppress inflammation and/or independently or simultaneously sensitize the actions of insulin, e.g. alpha-lipoic acid, hydrophilic and lipophilic antioxidants and the versatility and power of eicosapentanoic acid (EPA), given in enteric coated capsules for compliance and bioavailability.	
Correct Biorhythm	Reductions in sleep duration and quality promote weight gain, abnormal glucose metabolism and insulin resistance. Without healthy sleep weight loss cannot be sustained and eating disorders emerge, especially nocturnal "fridge- raiding"	
Behavior Modification	Many approaches, but altered attitudes to food and removal of positive reinforcements to overeating. Frequent social gluttony	
Exercise	Movement is an absolute prerequisite for weight control. Energy into the body must be balance by energy expendi- ture. Aerobic exercise must be matched to physical fitness levels. Panacea benefits from exercise are apparent.	
Adjunctive Approach	Dietary supplements for weight control are often associated with illegal treatment claims for obesity and many have a poor scientific basis for their use. Stimulant weight loss supplements should be avoided in the mature, obese per- son. Reductions in net calorie intake are the goal, but modern nutraceutical technology has combined appetite sup- pression with attempts to alter metabolic changes associated with obesity e.g. dysglycemia and insulin resistance syndrome, the hallmark of Metabolic Syndrome X. Drugs used in weight control have onerous side effects. Hoodia gordonii shows promise for non-stimulant appetite suppression and it can be combined with natural substances that alter dysglycemia e.g. green tea and chlorogenic acid (found in green coffee bean) etc.	
Surgical Intervention	A variety of approaches with contemporary interests in non-invasive surgery e.g. gastric banding. Surgery for obesity results in a circumstance of forced malnutrition. The clinical course and natural history of the post-obesity surgery patient has not been evaluated in the long-term. The nutritional status of the post-surgical obese individual is often mismanaged. A big question mark exists with obesity surgery in children and teenagers. Careful selection required for surgery, but holistic care of these patients must occur to decrease post-surgical morbidity and mortality. Surgery is "the last ditch".	





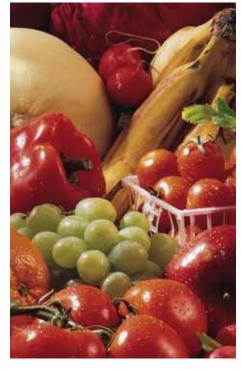
Without positive lifestyle change there cannot be a health benefit from any weight control program. I have great reservations about the increasing use of surgery for weight control, even though recent studies imply that laparoscopic, gastric-banding techniques are reported to be more effective than diet and lifestyle interventions for weight control. Furthermore, improvements are to be expected as a consequence of certain surgical procedures in Syndrome X; and shortterm quality of life measures may improve.<sup>21</sup>

Some recent comparative studies of obesity surgery<sup>21</sup> have involved patients who would not normally receive surgery for obesity. However, obesity



Drugs for weight control are often undesirable because of side effect profiles. Nutritional approaches are often safe and they are assumed cost effective when used in an appropriate manner. Unfortunately, dietary supplements used for weight control are purveyed often with weak evidence of efficacy. Natural substances that reduce appetite by stimulant mechanisms may compound cardiovascular risks in the obese individual who may already have hypertension and cardiovascular risk factors (Metabolic Syndrome X). The removal of Ephedra (Mahuang) as a dietary supplement for weight control was appropriate because of the misuse of this otherwise useful dietary supplement.

Recent studies with non-stimulant



appetite suppressants such as Hoodia Gordonii and Caralluma fimbriata extract or wall are very promising because controlled intake of calories is the key initiative in weight control.<sup>22, 32</sup> Evolution of research into components of soluble fiber (beta glucans) have shown that soluble fiber or it's hydrocolloid components can effectively lower blood cholesterol, reduce post-prandial blood glucose and induce satiety and appetite suppression.<sup>3, 23, 24</sup> Whilst these beta glucan containing glucocolloids have physico-chemical properties that modulate gastrointestinal motility (delay gastric emptying)<sup>3, 23</sup> and retard or impede specific macronutrient absorption (glucose and fats)<sup>23</sup>, they have intristic metabolic effects (IMEF).<sup>3</sup> An example of one IMEF of soluble fiber fractions is their fermentation in the colon to produce short-chain fatty acids (proprionate, aceto-acetate and butyrate). Propionic acid can enter the portal circulation of the liver and interfere with cholesterol synthesis by blocking HMG Co-reductase enzyme activity.<sup>3, 24</sup>

Recent research has underscored the importance of eicosanoid changes in Syndrome X and it is known that eicosapentanoic acid (EPA) can enhance insulin sensitivity by presumed effects on PPAR-receptors, which

#### **Obesity and Longevity**

regulate the actions of insulin.<sup>3</sup> These observations open up the pathway of the development of "genome-nutraceuticals". Diets to combat Syndrome X should have more liberal "healthy fat" recommendations (omega 3 and 6 fatty acids in the correct balance) with strict control of refined carbohydrate intake, restricted salt intake, enhanced fiber intake and a move toward vegetable sources of protein (e.g. Soy).<sup>3, 25, 26</sup>

The "balancing" effects of beta glucans on blood glucose are part of the concept of the glycemic index of food, which is relevant to new dietary guidelines to combat Syndrome X.<sup>3,20</sup> A major component of the glycemic index is related to altered rates of sugar absorption, determined to a significant degree by altered rates of transfer of glucose to its site of maximal absorption in the small bowel (a function of gastric emptying rate).<sup>23</sup> Currently, alternative and complementary Medicine may have more to offer the prevention and treatment of Syndrome X (Table 3.) than many existing pharmaceuticals<sup>3</sup>, which are being scrutinized increasingly in terms of their cost effectiveness and safety.

#### Table 3. Elements of Syndrome X (Metabolic Syndrome) and Nutritional Factors that may counteract them

Insulin resistance: Chromium polynicotinate, vanadium, maitake, green tea polyphenols, mixed berry antioxidants and alpha lipoic may assist insulin function. Beta-glucan fractions of oat soluble fiber may lower blood glucose levels after sugar intake. Green coffee bean extracts alter hepatic glucose metabolism. Cinnamon is an insulin mimetic.

Abnormal blood lipids: Antioxidants and chromium with biotin may exert favorable effects on blood cholesterol. Ota beta-glucan may reduce blood levels of low-density lipoprotein (LDL) cholesterol, and triglycerides, and may variably increase high-density lipoprotein (HDL) cholesterol.

**Obesity:** Starch-blockers may inhibit sugar absorption. Oat beta-glucan may produce a sensation of satiety when taken before meals, and thereby assist in controlling calorie intake. Delayed appetite suppressant effects of fiber occur and smoothing out blood glucose responses may help to stop "sugar craving."

**Hypertension:** Variable but small reductions in blood pressure result from weight control and lifestyle changes, e.g. exercise, avoidance of substance abuse (alcohol, caffeine and smoking). Soluble fiber may have modest independent blood pressure-lowering effects.

**Oxidative stress and advanced glycation end products:** This may be reduced by bioflavonoids, elagic acid, anthocyanidins, alpha lipoic acid and other antioxidants.

**Homocysteine:** Vitamins B6, B12, and folic acid may reduce blood homocysteine levels. Homocysteine and hyperuricemia must not be overlooked in the metabolic syndrome X.

#### REFERENCES

- <sup>1</sup> Yu BP, Lee DW, Marler CG, Choi JH. Mechanism of food restriction: protection of cellular homeostasis. Proc Soc Exp Biol Med 1990;193:13-15.
- <sup>2</sup> Munro HN. The challenges of research into nutrition and aging. In: Munro HN, Dandford DE, eds. Human nutrition, Vol 6, Nutrition, aging and the elderly. NewYork: Plenum Press, 1989:1-21.
- <sup>3.</sup> Holt S. Combat Syndrome X, Y and Z...Wellness Publishing 2002
- <sup>4</sup> Masoro EJ. Food restriction in rodents: an evaluation of its role in the study of aging. J Gerontol 1988; 43:B59-64.
- <sup>5.</sup> Reaven GM, Banting Lecture, 1988, Role of insulin resistance in human diabetes, Diabetes, 37:1595, 1998.
- <sup>6</sup> Handelsman, Y, Guest Editorial. Metabolic Syndrome and Related Disorders, 2005: 3, 4, 281-283
- <sup>7</sup> Bloomgarden , ZT, Concepts of Insulin Resistance, Metabolic Syndrome and Related Disorders, 2005: 3, 4
- <sup>8</sup> Bloomgarden , ZT, Cardiovascular Complications of Insulin Resistance, Metabolic Syndrome and Related Disorders, 2005: 3, 4
- <sup>9</sup> Bloomgarden , ZT, Non-Alcoholic Fatty Liver Disease and Malignancy as Complications of Insulin Resistance, Metabolic Syndrome and Related Disorders 2005: 3, 4
- <sup>10</sup> Bloomgarden , ZT, Approaching Treatment of the Insulin Resistance Syndrome, Metabolic Syndrome and Related Disorders, 2005: 3, 4
- <sup>11</sup> Bloomgarden , ZT, Approaching Treatment of the Insulin Resistance Syndrome, Metabolic Syndrome and Related Disorders, 2005: 3, 4
- <sup>12</sup> Fonseca, V.A., Pharmacological Treatment of the Insulin Resistance Syndrome in People Without Diabetes, 2005: 3, 4
- <sup>13</sup> Matsuzawa Y, Funahashi T, Nakamura T. Molecular mechanism of Metabolic Syndrome X: contribution of adipocytokines adipocyte-derived bioactive substances. Ann NY Acad Sci 1999;892:146-154
- <sup>14</sup> Meggs, JL, Svec, C, The Inflammation Cure, Contemporary Books, McGraw-Hill, NY, NY, 2004
- <sup>15.</sup> Pirola L, Johnston AM, Van Obberghen E. Modulation of insulin action, Diabetologia 2004;47:170-184

- <sup>16</sup> Wellen Ke, Hotamisligil GS, Inflammation, stress, and diabetes. J Clin Invest 2005;115:1111-1119
- <sup>17</sup> Grimble RF, Inflammatory status and insulin resistance. Curr Opin Clin Nutr Metab Care, 2002;(5):551-559
- <sup>18.</sup> Sears, B. The Anti-Inflammation Zone, Regan Books, 2005
- <sup>19.</sup> Angulo, P., Nonalcoholic fatty liver disease. N Engl J Med 2002; 346:1221-1231
- <sup>20.</sup> Holt S., Enhancing Low Carb Diets, Wellness Publishing, 2004
- <sup>21.</sup> O'Brien PE, Dixon JB, Laurie C, et al. Treatment of mild to moderate obesity with laparoscopic adjustable gastric banding or an intensive medical program: a randomized trial. Ann Intern Med. 2006;144:625-33
- 22. Holt, S., Supreme Properties of Hoodia Gordonii, Wellness Publishing, 2005
- <sup>23</sup> Holt, S. Heading RC, Carter DC, Prescott LF, Tothill P. Effect of gel fiber on gastric emptying and the absorption of glucose and paracetamol. Lancet 1:636-9, 1979.
- <sup>24</sup> Hallfrisch J., Scholfield, DJ, Behall K M, Diets containing soluble oat extracts improve glucose and insulin responses of moderately hypercholesterolemic men an women, Am J Clin Nutr 1995;61:379-84
- <sup>25.</sup> Holt, S., The Soy Revolution, M. Evans and Company, Inc., 1998
- <sup>26.</sup> Holt, S., Soya for Health, The Definitive Medical Guide, Mary Ann Liebert Inc., 1996
- <sup>27</sup>. Spiegel K., Tasali, E., Penev, P, Van Cauter, E., Sleep Curtailment in Healthy Young Men is Associated with Decreased Leptin Levels, elevated Ghrelin Levels, and Increased Hunger and Appetite, Ann Intern Med, 2004; 141:846-850
- <sup>28.</sup> Taheri, S., The link between short sleep duration and obesity: we should recommend more sleep to prevent obesity, Arch. Dis. Child., 2006;91(11):881-884
- <sup>29</sup> Kohatsu, N.D., Tsai, R., Young, T., VanGilder, L.F., Burmeister, Stromquist, A.M., Merchant, J.A., Sleep Duration and Body Mass Index in a Rural Population, Archives of Internal Medicine, 2006; 166(16): 1701-1705
- <sup>30.</sup> Newsweek, March 27, 2006
- <sup>31.</sup> Holt, S., Sleep Naturally, Wellness Publishing Inc., Little Falls, NJ, 2003
- <sup>32</sup> Rajendran, R, Rajendran, K, Pregnane Glycoside compositions and caralluma extracts products uses and thereof; 2005

### Research Recaps

#### Dementia and Alzheimer's Disease: A Scientific Literature Review

#### Introduction

Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. The term "dementia" describes a group of symptoms that are caused by changes in brain function. The most common form of dementia among older people is Alzheimer's disease (AD), which initially involves the parts of the brain that control thought, memory, and language. The brains of individuals affected with AD display amyloid plaques (abnormal clumps) and neurofibrillary tangles (tangled bundles of fibers).

AD is a slow disease, starting with mild memory problems and ending with severe brain damage. The course the disease takes and how fast changes occur vary from person to person. On average, AD patients live from 8 to 10 years after they are diagnosed, though the disease can last for as many as 20 years.

According to Alzheimer's Disease International, there are currently an estimated 24 million people worldwide with dementia, and projections indicate that AD will afflict more than 81 million people by 2040. In the United States, it is estimated that more than 5 million Americans suffer from AD. The direct and indirect costs of Alzheimer care is estimated at over \$100 billion in the US alone.

Presently, AD is irreversible and no cure exists. Additionally, not enough is known about the causes of AD for any specific preventative measures to be recommended. However, researchers are making strides in identifying risk factors and contributing lifestyle links. We review some of these most recent findings in this article.

#### **Cocoa Fights Dementia**

Flavanol-rich chocolate may boost blood flow in the brain and reduce the risk of dementia. In previous research, cocoa flavanols have been shown to benefit cardiovascular health: flavanols improve blood flow by increasing the production of nitric oxide, which is utilized by the endothelium to signal surrounding muscle to relax. According to this new research, consumption of flavanol-rich cocoa was associated with increased blood flow to the brain's grey matter for 2 to 3 hours. The study authors suggest that "cocoa flavanols may be beneficial in ... enhancing brain function among older adults."

International Journal of Medical Sciences volume 4, via Nutraingredients.com, 19 February 2007.

#### **Selenium Levels Indicative of Cognitive Function**

An epidemiological study of 2,000 elderly Chinese people, 70% of whom lived in the same village all their lives, found that increased long-term selenium intake may slow cognitive performance loss. The study, conducted by Indiana University (USA) researchers, found that decreasing selenium levels are associated with lower cognitive scores (with age, gender, education, BMI, and ApoE status all controlled). Lead researcher Sujuan Gao commented: "The effect of the lowest selenium quintile (0.232 mcg per gram or less) compared with the highest quintile (at least 0.553 mcg per gram) ... is equivalent to an increase of 10 years in this cohort."

A separate study, conducted on 1,389 older French men and women, investigated changes in cognitive function as a function of selenium levels in the blood. The average baseline blood selenium level was 1.09 micromoles per litre, and levels were found to generally decrease during the 9 years of follow-up. Adjusting the results for potentially confounding variables, the researchers reported that cognitive decline was associated with decreases of plasma selenium over time. Reports lead author Tasnime Akbaraly of the Universite of Montpelier (France): "Among subjects who had a decrease in their plasma selenium levels, the greater the decrease in plasma selenium, the higher probability of cognitive decline. Because brain oxidative stress is a cause of cognitive impairment, selenium, which is an antioxidant, may protect against cognitive decline."

American Journal of Epidemiology February 2007, via Nutraingredients.com, 13 February 2007; Epidemiology January 2007, via Nutraingredients-usa.com, 2 February 2007.



#### Dementia and Alzheimer's Disease

#### Loneliness Linked to Higher AD Risk

Rush University Medical Center (Chicago, IL USA) researchers followed a group of 823 elderly men and women for 4 years, all of whom were free of dementia at the start of the study. For the study, the team rated the participants' loneliness utilizing a standardized ratings scale. At the conclusion of the study, 76 participants developed dementia that was classified as AD. The researchers found that the risk of developing dementia increased roughly 51% for each notch of increase on the loneliness scale. In addition, loneliness was associated with lower cognitive function at the start of the study and with more rapid cognitive decline during the study. As a result of autopsies performed on 90 individuals who died during the study, the researchers found that loneliness was not related to any of the physiological changes of the brain characteristic of AD; but instead, that loneliness may contribute to the development of AD in some other fashion.

Archives of General Psychiatry February 2007, via Reuters Health, 6 February 2007.

#### **Mental Stimulation Combats AD**

University of California-Irvine (USA) researchers, studying hundreds of mice, found that periodic learning sessions were able to slow the development of the plaques and tangles in brain tissue that are characteristic of AD. The team found that infrequent or modest learning was able to have a dramatic effect on the pathology of AD. Comments study author Dr. Kim Green: "So it suggests in humans, if you learn more and more, it's going to have a huge, beneficial effect. What we have shown is that by learning, by stimulating your mind, you're able to protect against the development of the pathologies associated with the disease."

A separate study, conducted by researchers at the Rotman Research Institute of the Baycrest Center for Geriatric Care (Toronto, Ontario, Canada) found that knowledge of more than one language may stave off the onset of dementia symptoms. The team studied 184 Toronto-area residents. Among the unilingual people, dementia began to appear in men at an average age of 70.8 and in women at 71.9. But among those who knew two or more languages, dementia did not appear in men until an average age of 76.1 and in women until 75.1. Comparing the groups as a whole, the difference in the onset of dementia was 4.1 years. Lead author Dr. Ellen Bialystok observed: "How you learn the language probably doesn't make much difference; how good your grammar is probably doesn't matter. What matters is that you have to manage two complete language systems at once."

Reuter's Health, 24 January 2007;

Neuropsychologia February 2007, via Globe and Mail, 12 January 2007.

#### **Cholesterol Decline May Signal Early Dementia**

A decline in total cholesterol levels may precede the diagnosis of dementia by at least 15 years. Researchers from King's College London (United Kingdom) analyzed data from the Honolulu-Asia Aging Study, comparing the natural history of changes in cholesterol levels over a 26-year period between 56 men who had dementia at examination 3 years after the last cholesterol measurement and 971 men who did not have dementia. Total cholesterol levels at the beginning of the study did not differ by later dementia status, but the decline in subsequent cholesterol levels was significantly steeper among men who developed dementia later. The cholesterol level was most marked in men with dementia and the ApoE gene mutation, and in those with dementia and worse self-reported general health at the final cholesterol levels was observed, so the researchers rule out medications as responsible. Whereas hypocholesterolemia is recognized to be associated with frailty, poor general health, and inflammatory markers, the researchers suggest that "It is possible that the decline in cholesterol levels is a marker for early processes that reflect neurodegenerative changes and also lead to a decline in general health status."

Archives of Neurology January 2007, via Reuters Health, 19 January 2007.

#### REFERENCES

"Alzheimer's General Information," Alzheimer's Disease Education and Referral Center (ADEAR), http://www.nia.nih.gov/Alzheimers/ AlzheimersInformation/GeneralInfo/, accessed 6 March 2007.

"Common Questions," Alzheimer's Disease International, http://www.alz.co.uk/alzheimers/faq.html, accessed 6 March 2007.

"Lifelong selenium intake may slow age-related cognitive decline," Nutraingredients.com, 13 February 2007.



۲

•

### **15TH ANNUAL INTERNATIONAL** CONGRESS ON ANTI-AGING MEDICINE AND REGENERATIVE **BIOMEDICAL TECHNOLOGIES**

AUGUST 2-4, 2007 • CHICAGO, ILLINOIS



MEDICAL WEIGHT LOSS LABORATOR MEDICINE / GNOST ROLUBRICON BIOMARKERS OF AGING AGING SMETIC **FDIC** 15TH ANNUAL INTERNATIONAL CONGRESS ON ANTI-AGING MEDICINE AND REGENERATIVE BIOMEDICAL TECHNOLOGIES is the largest and most influential academic and industry event worldwide in the space of preventative medicine, sports medicine and bio-medical technologies. Network and meet thousands of doctors, guest speakers, exhibitors, key members of the industry and media at this world-class event. 3000+ Participants 400+ Exhibits

75+	International Speakers
110+	Presentations
30+	Hands On/Live
-	Demonstration Workshi
FREE	Bonus Evening Worksho







Dr. Ronald Klatz MD, DO President, A4M

Dr. Robert Goldman MD, PhD, DO, FAASP Chairman of the Board, A4M



**AESTHETIC LA** 

PROCEDURES

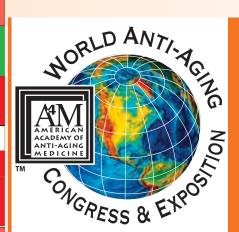


#### Medicine 1510 West Montana Street Chicago, IL 60614, USA

	3
Toll Free (USA)	1.800.558.1267
<b>Registration Information</b>	1.773.528.1000
Registration	1.773.528.4333
Exhibition Information	1.561.997.0112
Fax	1.561.997.0287

WWW.WORLDHEALTH Ν

## Conference Program



15TH ANNUAL INTERNATIONAL Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies Spring 2007 • April 26-28, 2007 Orlando, FL USA

ONAL CONGRESS

#### Scientific Conference Co-Sponsored By:





#### **Certification By:**





(\*\*\*

#### Accreditation Statement Up to 50 AMA PRA Category 1 Credit(s)<sup>TM</sup>

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of InforMED and American Academy of Anti-Aging Medicine. InforMED is accredited by the ACCME to provide continuing medical education for physicians.

InforMED designates this educational activity for a maximum of 50 AMA PRA Category 1  $Credit(s)^{TM}$ . Physicians should only claim credit commensurate with the extent of their participation in the activity.

Consult the Show Guide available separately, for information about the Orlando Anti-Aging Exposition. The Orlando Anti-Aging Exposition is produced and managed by Medical Conferences International Inc.

Refer to the Program Schedule, available on-site at the 15th Annual International Congress on Anti-Aging Medicine's Spring 2007 Session, for the latest available Schedule and related Program information.



Schedule at a Glance

#### Monday, April 23, 2007 - Tuesday, April 24, 2007 - Wednesday, April 25, 2007 A4M PRECONFERENCE WORKSHOPS

NOTES: TIME, SPEAKERS, TOPICS Subject to Change. \* Indicates CME Credits Not Available

Monday, April 23, 2007 (Additional Registration Required)		
7:15 AM – 6:00 PM Fellowship in Anti-Aging and Functional Medicine: Module III (Day 1)		
Possible CME Credits	8 Hours	
Tuesday, April 24, 2007 (Additional Registration Required)		
7:30 AM – 6:00 PM	Fellowship in Anti-Aging and Functional Medicine: Module III (Day 2)	

Tuesday, April 24, 2007 (Additional Registration Required)

8:00 AM – 6:00 PM	WORKSHOP: ACASP/ Sports Medicine	Co-Chair: James T. Bell, Ph.D.
Possible CME Credits	8 Hours	

#### Tuesday, April 24, 2007 (Additional Registration Required)

8:30 AM – 5:00 PM	WORKSHOP: Hormone Symposium: Hormones & Aging Preventive Strategies testing Treatment for Men & Women	Eugene Shippen, MD
Possible CME Credits	8 Hours	

#### Daily CME Hours Possible: 8 Hours



Schedule at a Glance



#### Wednesday, April 25, 2007 (Additional Registration Required)

8:00 AM – 6:00 PM	WORKSHOP: ACASP/ Sports Medicine	Co-Chair: James T. Bell, Ph.D.
Possible CME Credits	8 Hours	

#### Wednesday, April 25, 2007 (Additional Registration Required)

	WORKSHOP: Hormone Symposium: Hormones & Aging Preventive Strategies testing Treatment for Men & Women	Eugene Shippen, MD
Possible CME Credits	8 Hours	

#### Wednesday, April 25, 2007 (Additional Registration Required)

8:00 AM – 5:00 PM	WORKSHOP: Expert Injectables Course	Sharon McQuillan, MD; Holly Barbour, MD; Steven Applebaum, MD; Janette Daher
Possible CME Credits	8 Hours	
8:00 AM – 8:30 AM	Understanding The Aging Face	
8:30 AM – 9:30 AM	Botulinum Toxin A Pharmacology	
9:30 AM – 10:00 AM	Brow Sculpting- Discussion and Demonstration of using Botulin	um Toxin A
10:00 AM – 10:15 AM	Break	
10:15 AM – 10:45 AM	Periocular Rejuvenation- Discussion and Demonstration using Botulinum Toxin A	
10:45 AM – 11:15 AM	Perioral Rejuvenation -Discussion and Demonstration using Botulinum Toxin A	
11:15 AM – 11:45 AM	The Aging Neck- Discussion and Demonstration of neck rejuvenation using Botulinum Toxin A	
11:45 AM - 12:45 PM	Lunch Break	
12:45 PM – 1:45 PM	Facial Filler Properties and Facial Filler Aesthetics	
1:45 PM – 2:05 PM	Using Calcium Hydroxyl Apatitie in Facial Rejuvenation	
2:05 PM – 2:25 PM	Nasolabial and Melomental Fold Correction Using Facial Fillers	
2:25 PM – 2:45 PM	Lip Augmentation Techniques Using Facial Fillers	
2:45 PM – 3:00 PM	Break	
3:00 PM – 3:20 PM	Volume Lift Using Facial Fillers	
3:20 PM – 4:15 PM	Demonstration of Facial Filler Techniques	
4:15 PM – 5:00 PM	The Successful Aesthetic Practice	

#### Wednesday, April 25, 2007

5:30 PM - 6:30 PM	- 6:30 PM EVENING WORKSHOP: Vibrational Resurfacing and Lasers* Presented by VIBRADERM, CANDELA	
5:30 PM - 6:30 PM	Vibrational Resurfacing (VIBRADERM)	Jill Lesaic, DO
6:30 PM - 7:30 PM	M WORKSHOP Presented by CANDELA	
7:30 PM - 8:30 PM	The Aesthetic Opportunity	Janette Daher

#### Daily CME Hours Possible: 8 Hours



Schedule at a Glance

#### Thursday, April 26, 2007 A4M PRECONFERENCE WORKSHOPS

NOTES: TIME, SPEAKERS, TOPICS Subject to Change. \* Indicates CME Credits Not Available

#### Full Day Overview

6:30 AM	A4M Conference Registration Opens
6:00 PM	A4M Conference Registration Closes

#### Thursday, April 26, 2007

7:30 AM – 7:00 PM	WORKSHOP #1: Endocrinology - A Practical Application of Treating Adult Hormone Deficiency Using Bio-Identical Hormone Replacement Therapy	Co-Chair: Ron Rothenberg, MD
Possible CME Credits	7.5 Hours	
7:30 AM – 8:30 AM	Introduction to Treating Hormone Deficiency	Thierry Hertoghe, MD
8:30 AM – 9:30 AM	Testosterone – Andropause and Sexual Health	Ron Rothenberg, MD
9:30 AM – 10:00 AM	DHEA – The Mother Hormone	Ron Rothenberg, MD
10:00 AM – 10:15 AM	Break	
10:15 AM – 11:00 AM	Adult Growth Deficiencies Treatments	Thierry Hertoghe, MD
11:00 AM – 11:45 AM	Thyroid Hormone	Ron Rothenberg, MD
11:45 AM - 1:15 PM	Lunch Break	
1:15 PM – 2:15 PM	The Symphony of Hormones	Pamela Smith, MD
2:15 PM – 3:00 PM	Cortisone	Thierry Hertoghe, MD
3:00 PM – 3:15 PM	Break	
3:15 PM – 3:45 PM	Compounds Used in Adult Hormone Deficiency *	John Grasela, R.Ph.
3:45 PM – 4:30 PM	Weight Loss: The Answer	Pamela Smith, MD
4:30 PM – 5:30 PM	The Nuts and Bolts of Anti-Aging Medicine; 'How to Prescribe' Hormones for All Bio-Identical Hormones That Are Used In a Hormone Replacement Practice	Ron Rothenberg, MD
5:30 PM – 6:00 PM	Break	
6:00 PM – 7:00 PM	Questions and Answers with Thierry Hertoghe, MD *	



### Schedule at a Glance



#### Thursday, April 26, 2007

8:00 AM – 5:00 PM	Workshop #2: Introduction to Aesthetic Medicine and its Implications	Co-Chair: Sharon McQuillan MD
Possible CME Credits	2.5 Hours	
8:00 AM – 8:30 AM	Current Trends in Aesthetic Medicine	Sharon McQuillan, MD
8:30 AM – 9:15 AM	Skin Lesions: Cosmetic Defect or Something More?	Nina Lundberg, MD
9:15 AM – 10:15 AM	Body Contouring by Injection with Demonstration/ Mesotherapy	Denise Bruner, MD
10:15 AM – 10:30 AM	Break	-
10:30 AM – 11:00 AM	New Techniques in Body Contouring	Sharon McQuillan, MD
11:00 AM – 12:00 PM	Body Contouring (SYNERON) *	John Shieh, MD
12:00 PM - 1:00 PM	Lunch Break	
1:00 PM – 1:45 PM	Light-Based Aesthetic Device Overview	Sharon McQuillan, MD
1:45 PM – 2:45 PM	The Fifth Dimension: The Age of Resurfacing (SCITON) *	ТВА
2:45 PM – 3:00 PM	Break	
3:00 PM – 4:00 PM	Chirally Correct Skin Care & Cosmeceuticals (COSMEDIX) *	Julia Hunter, MD
4:00 PM – 5:00 PM	Three Dimensional Skin Care (CUTERA) *	Samuel Lederman, MD
hursday, April 26, 2007		
8:00 AM – 5:00 PM	Workshop #3: Laboratory Testing in Anti-Aging Medicine Fernando Cortizo PhD, Mark Gordon MD, Woo Chul Moon MD, & Roger Deutsch	Co-Chair: Bill Anton, Ph.D
Possible CME Credits	8 Hours	
hursday, April 26, 2007		
8:00 AM – 4:30 PM	Workshop # 4: Clinical Advances in Anti-Aging Medicine	Co-Chair: TBA
Possible CME Credits:	7 Hours	
8:00 AM – 8:30 AM	The Documented Health Risks of Genetically Engineered Foods	Jeffrey Smith, MBA
8:30 AM – 9:00 AM	Detoxification / Detox America	Robert H. Sorge, ND, Ph.D.
9:00 AM – 9:30 AM	Use of lodine in Clinical Practice	Jorge Flechas, MD
9:30 AM – 10:00 AM	Measurements of Free Steroid Hormone Levels in Anti-Aging Medicine Techniques and Pitfalls	Dr. Wolfgang Ziemann
10:00 AM – 10:30 AM	The Revolutionary No-Touch Healing Concepts	Charles J. Crosby, DO, MD
10:30 AM – 11:00 AM	Parasites and Chronic Disease, The Missing Link in Healthcare	James R. Overman, ND
11:00 AM – 12:00 PM	The Grand Design - The Operating System for Life / Neuroendocrine Control for Aging	Jonathan James, MD
12:00 PM - 1:00 PM	Lunch Break	
1:00 PM – 1:30 PM	Hair Restoration: Preserving and restoring the Aging "Frame of the Face"	Alan Bauman, MD
1:30 PM – 2:00 PM	Horizontal Therapy for Osteoarthritis	Dr. Achim Hansjurgens
2:00 PM – 2:30 PM	Bio-Identical Hormone Replacement Therapy	Tara A. Solomon, MD
2:30 PM – 3:00 PM	Nutritional & Botanical Therapeutics	Stephen Holt, MD

Medical Spa Management

The Rational Treatment of Biological Aging by Modulation of

the Second Law of Thermodynamics and the Allostatic Load

3:00 PM - 3:30 PM

3:30 PM - 4:00 PM

W. John Diamond, MD

Sarah Noble



Schedule	at	a	Glance
----------	----	---	--------

#### Thursday, April 26, 2007

<b>J</b> , 1		
8:00 AM – 12:00 PM	Workshop #5 A: Personalizing Hormone Assessment: How to Get Started	Co-Chair: Patrick Hanaway, MD
Possible CME Credits:	4 Hours	
1:00 PM – 5:00 PM	Workshop #5 B: 20 Bio-Identical Hormones That Keep Your Brain Forever Young	Co-Chair: Eric Braverman, MD
Possible CME Credits:	4 Hours	

#### Thursday, April 26, 2007

5:00 PM - 9:00 PM	EVENING WORKSHOP: Aesthetic Medicine - Non-Surgical Treatments	Sharon McQuillan, MD
Possible CME Credits:	4 Hours	
5:00 PM - 6:00 PM	Sclerotherapy and Endovenous Closure with Demonstration	Joyce Vining, LPN
6:00 PM - 7:00 PM	Combination Therapy Non-Surgical Techniques with Demonstration	Holly Barbour, MD
7:00 PM - 8:00 PM	The Art of Chemical Peeling	Julia Hunter, MD Sharon McQuillan, MD
8:00 PM - 9:00 PM	Photodynamic Therapy	Sharon McQuillan, MD

#### Thursday, April 26, 2007

5:00 PM - 9:00 PM	EVENING WORKSHOP: Live Consultation*	Thierry Hertoghe, MD
Possible CME Credits:	0 Hours	

#### Daily CME Hours Possible: 12 Hours



Schedule at a Glance



#### Friday, April 27, 2007 A4M GENERAL SESSION

NOTES: TIME, SPEAKERS, TOPICS Subject to Change. \* Indicates CME Credits Not Available

Full Day Overview		
6:30 AM	A4M Conference Registration Opens	
11:00 AM – 6:00 PM	Exhibit Hall Hours	
6:00 PM	A4M Conference Registration Closes	
Friday, April 27, 2007		
6:30 AM	A4M Conference Registration Opens	
7:00 AM - 8:20 AM	Treatment of Neuroinflammation with Oral and IV Lipid Therapy	Patrici
8.20 AM - 9.00 AM	Oponing Romarks: New Breakthroughs in Anti Aging Modicine	Donal

7:00 AM - 8:20 AM	Treatment of Neuroinflammation with Oral and IV Lipid Therapy	Patricia Kane, Ph.D.
8:20 AM - 9:00 AM	Opening Remarks; New Breakthroughs in Anti-Aging Medicine	Ronald Klatz, MD, DO Robert Goldman, MD, Ph.D., DO, FAASP
9:00 AM - 9:40 AM	Post Traumatic Brain Injury Hormonal Deficiency Syndrome	Mark L. Gordon, MD
9:40 AM - 10:20 AM	Matrix Energetics and Regeneration – Energy Medicine	James L. Oschman, Ph.D.
10:20 AM - 11:00 AM	"The Great Masquerator" The Lyme Spirochet	Robert DeJonge, DO
11:00 AM	Exhibit Hall Opens	
11:00 AM - 1:00 PM	Exhibit Hall Break & Lunch Break	
1:00 PM - 1:30 PM	Successful Weight Management and Change in Body Composition with a Comprehensive Weight Management Program	Shari Lieberman, Ph.D.
1:30 PM - 2:00 PM	Bio-Identical Hormone- An Update on the Evidence	Sangeeta Pati, MD. FACOG
2:00 PM - 2:30 PM	The Anti-Aging Emergency Room: Hormone and Nutritional Treatment for Acute Medical Emergencies Part II	Ron Rothenberg, MD
2:30 PM - 3:00 PM	Methyltetrahydrofolate: Metabolic and Clinical Significance in Aging	Teodoro Bottiglieri, Ph.D.
3:00 PM - 3:30 PM	Reducing Cardio-Metabolic Risk	Fred Vagnini, MD
3:30 PM - 4:00 PM	Avoid Common Pitfalls, Mistakes, and Failures of Anti-aging Saliva Hormone Testing	Paul L. Tai, DPM, FACFS, ABPS
4:00 PM	A4M General Session Closes	
6:00 PM	Exhibit Hall Closes	
6:00 PM	Conference Registration Closes	
Possible CME Credits	7 CME Credits Available	

#### Friday, April 27, 2007

6:00 PM - 10:00 PM	EVENING WORKSHOP: Aesthetic Medicine - Resurfacing Techniques	Sharon McQuillan, MD
Possible CME Credits	4 Hours	
6:00 PM - 7:00 PM	Avoiding Complications in Aesthetic Medicine	Sharon McQuillan, MD
7:00 PM - 8:00 PM	Facial Resurfacing Techniques	Holly Barbour, MD
8:00 PM - 9:00 PM	Fractional Laser Resurfacing	Dianne Quibell, MD
9:00 PM - 10:00 PM	Light Emitting Diodes (LED) in Aesthetic Medicine	Sharon McQuillan, MD



Schedule at a Glance

#### Friday, April 27, 2007

6:00 PM - 9:00 PM	EVENING WORKSHOP: How to Open a Successful Anti- Aging Practice*	John Grasela, R.Ph.
Possible CME Credits	0 Hours	

#### Friday, April 27, 2007

6:00 PM - 9:00 PM	EVENING WORKSHOP: The Effect of Nano Amperes on Human Skin* Presented by USA Perfector Arasys
Possible CME Credits	0 Hours

#### Friday, April 27, 2007

6:00 PM - 9:00 PM	EVENING WORKSHOP: How to Kill Parasites and Recover from Parasite Damage* Presented by Precision Herbs	James R. Overman, N.D.
Possible CME Credits	dits 0 Hours	

#### Friday, April 27, 2007

6:00 PM - 9:00 PM	EVENING WORKSHOP: The End Of Height Loss With Aging*	Eric Braverman, MD
Possible CME Credits	0 Hours	

#### Friday, April 27, 2007

	EVENING WORKSHOP: Personalizing Hormone Assessment: Estro Genomics in Clinical Practice *	Patrick Hanaway, MD
Possible CME Credits	0 Hours	

#### Daily CME Hours Possible: 11 Hours



Schedule at a Glance



#### Saturday, April 28, 2007

A4M GENERAL SESSION

NOTES: TIME, SPEAKERS, TOPICS Subject to Change. \* Indicates CME Credits Not Available

#### Full Day Overview

6:30 AM	A4M Conference Registration Opens
11:00 AM – 6:00 PM	Exhibit Hall Hours
12:00 PM	A4M Conference Registration Closes

#### Saturday, April 28, 2007

6:30 AM	A4M Conference Registration Opens	
7:00 AM – 8:00 AM	Medical Marijuana: Scientific Mechanisms and Clinical Actions	David Bearman, M.D.
8:00 AM – 8:30 AM	Use of Cells and New Low Molecular Weight Compounds as Anti-Aging Agents	Shimon Slavin, MD
8:30 AM – 9:10 AM	Plaque Deposition/Plaque Reversal - The Problem/ The Solution	Stephen Sinatra, MD
9:10 AM – 9:50 AM	A New Look at Chronic Illness: CFS, FMS, Lyme, and Related Inflammatory Diseases and Effects on the Immune System	Carol Ann Ryser, MD
9:50 AM – 10:20 AM	Vibration Training: A Painless path to Active Aging *	Scott Hopson
10:20 AM – 11:00 AM	The Front Line: Legal Developments Regarding Hormone Replacement Therapy	Rick Collins, Esq. J.D.
11:00 AM	Exhibit Hall Opens	
12:00 PM	Conference Registration Closes	
11:00 AM - 1:00 PM	Exhibit Hall Break & Lunch Break	
1:00 PM – 1:30 PM	The Difference Between Bio-Identical and Synthetic Hormones	Neal Rouzier, MD
1:30 PM – 2:00 PM	Derm 101 Aging Face- Top Skin Rejuvenation Treatments	Nina Lundberg, MD
2:00 PM – 2:30 PM	Breaking the Aging Barrier/ Brain Aging	Eric Braverman, MD
2:30 PM – 3:00 PM	Intermittent Hypoxia Training in Anti-Aging Medicine	Voronina Tamara, MD
3:00 PM - 3:30 PM	Personalizing Hormone Treatment: The Whole Picture	Patrick Hanaway, MD
3:30 PM - 4:00 PM	Being Your Own Advocate: How to Negotiate a Professional Licensing Preceding and Select Effective Legal Representation	Algis Augustine, J.D.
4:00 PM - 4:30 PM	Mesotherapy in Clinical Practice	A. Peter Salas, MD
4:30 PM	A4M General Session Closes	
6:00 PM	Exhibit Hall Closes	
6:00 PM	Conference Registration Closes	
Possible CME Credits	7 CME Credits Available	
	1	



Schedule at a Glance

#### Saturday, April 28, 2007

6:00 PM - 9:30 PM	EVENING WORKSHOP Aesthetic Medicine*	Sharon McQuillan, MD
Possible CME Credits	0 Hours	
6:00 PM - 7:00 PM	Intense Pulsed Light Workshop (PALOMAR)	Dianne Quibell, MD Steven Cimerberg, DO
7:00 PM - 8:00 PM	Laser 360 Degrees (ALMA)	Martin Braun, MD Salvatore Restivo, MD
8:00 PM - 9:00 PM	Liability, Operational, & Compliance Issues in Aesthetic Medicine: 20 Questions	Janette Daher, BS

#### Saturday, April 28, 2007

6:00 PM – 8:00 PM	EVENING WORKSHOP How to Open a Turn Key Weight Management Program* Presented by UNIVERSITY COMPOUNDING PHARMACY	Kim Ruby, CE
Possible CME Credits	0 Hours	

#### Saturday, April 28, 2007

4:00 PM – 9:00 PM	EVENING WORKSHOP TBD	TBD
Possible CME Credits	4 Hours	

#### Daily CME Hours Possible: 10.5 Hours

#### ABAARM / ABAAHP / ACASP Examination

Wednesday, April 25, 2007	6:00 PM – 9:00 PM	ABAARM Oral Board Review Course*	Pamela Smith, MD
Thursday, April 26, 2007	6:00 PM – 9:00 PM	ABAARM/ABAAHP Written Exam, Board Review Course*	Pamela Smith, MD
Thursday - Friday, April 26-27, 2007	Times as assigned	ABAARM Oral Examination*	
Saturday, April 28, 2007	1:00 PM – 5:00 PM	ABAARM/ABAAHP/ACASP Sports	Medicine Examination*



Schedule at a Glance



#### Monday, April 23, 2007 - Wednesday, April 25, 2007 SPECIAL WORKSHOPS

NOTE: Additional registration fee applies. Please contact A4M registration department at 800-558-1267 for more information) NOTES: TIME, SPEAKERS, TOPICS Subject to Change. \* Indicates CME Credits Not Available

#### MONDAY, APRIL 23, 2007

7:15 AM – 6:00 PM	Fellowship in Anti-Aging and Functional Medicine: Module III (Day 1)
Possible CME Credits	8 Hours

#### TUESDAY, APRIL 24, 2007

8:00 AM – 6:00 PM	American College of Anti-Aging Sports Medicine Professionals (ACASP)	James T. Bell, Ph.D.
Possible CME Credits	8 Hours	

7:30 AM – 6:00 PM	Fellowship in Anti-Aging and Functional Medicine: Module III (Day 2)
Possible CME Credits	8 Hours

8:30 AM – 5:00 PM	Hormone Symposium: Hormones & Aging Preventive Strategies testing Treatment for Men & Women	Eugene Shippen, MD
Possible CME Credits	8 Hours	

#### WEDNESDAY, APRIL 25, 2007

8:00 AM – 6:00 PM	American College of Anti-Aging Sports Medicine Professionals (ACASP)	James T. Bell, Ph.D.
Possible CME Credits	8 Hours	

7:30 AM – 6:00 PM	Fellowship in Anti-Aging and Functional Medicine: Module III (Day 3)	
Possible CME Credits	8 Hours	

	Hormone Symposium: Hormones & Aging Preventive Strategies testing Treatment for Men & Women	Eugene Shippen, MD
Possible CME Credits	8 Hours	

8:00 AM – 5:00 PM	Expert Injectables Course	Sharon McQuillan, MD; Holly Barbour, MD; Steven Applebaum, MD; Janette Daher
Possible CME Credits	8 Hours	



Educational Affiliates



The American Academy of Anti-Aging Medicine (A4M) created the anti-aging medical movement in 1992, which has since garnered the support of numerous prestigious educational and professional organizations around the world. The American Academy of Anti-Aging Medicine (A4M) wishes to acknowledge the following organizations that have facilitated the global acceptance and availability of anti-aging medicine.



Educational Affiliates





#### Certification from the American Board of Anti-Aging Medicine/Regenerative Medicine(ABAARM)

ABAARM was established in 1997 as a professional physician (MD, DO, MBBS) certification and review board which offers physicians recognition in the form of a specialty based examination in anti-aging medicine.

#### **ABAARM/ ABAAHP (Part I) Review Course**

April 26, 2007, 6:00 pm - 9:00 pm Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment)

**ABAARM Written Examination** April 28, 2007, 1:00 pm - 5:00 pm Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment)



#### **ABAAM (Part II) Review Course**

April 25, 2007, 6:00 pm - 9:00 pm Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment)

#### **ABAAM Oral Examination**

April 26, 2007 and April 27, 2007 Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment and to confirm examination time)

#### Certification from the American Board of Anti-Aging Health Professionals (ABAAHP)

ABAAHP, established in 1999, provides recognition and specialty representation for healthcare professionals, including Doctors of Chiropractic (DC), Doctors of Dentistry (DDS), Naturopathic Doctors (ND), Podiatric Doctors (DPM), Registered Pharmacists (RPh), academic researchers (PhD), nurses (RN), physician assistants (PA), and nurse practitioners (NP).

#### **ABAAM/ ABAAHP (Part I) Review Course**

April 26, 2007 6:00 pm - 9:00 pm Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment)

#### **ABAAHP Written Examination**

April 28, 2007, 1:00 pm - 5:00 pm Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment)



#### SPORTS MEDICINE CERTIFICATE PROGRAM For Health Professionals Involved in the Sports Medicine Specialty

The American College of Anti-Aging Sports Medicine Professionals (ACASP) Certificate and Workshop Programs are a specialized Certificate program in conjunction with medical organizations to allow health professionals to learn the latest in preventative medicine, integrative medicine, anti-aging medicine and longevity medicine and integrate this into their sports medicine practice. The first such Certificate will be in Anti-Aging Sports Medicine & Rehabilitation.

Workshop Program: Takes place in conjunction with the 15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies' Spring 2007 Session:

- April 24, 2007, 8:00 am 6:00 pm
- April 25, 2007, 8:00 am 6:00 pm

#### **Certificate Examination of The American College of Anti-Aging Sports Medicine Professionals (ACASP):**

April 28, 2007, 1:00 pm - 5:00 pm Gaylord Palms Resort & Convention Center, Orlando, FL USA (check with Board Registrar or A4M Service Area for exact room assignment)



To learn more about Board Certification/Certificate Programs of the American Academy of Anti-Aging Medicine, visit www.worldhealth.net, click on "Certifications." For inquiries, please phone Ms. Gabriela Marinescu, Board Registrar, at (773) 528-0046 ext. 2 [ABAAM] or (773) 528-1000 [ACASP], or send email to exam@worldhealth.net.

Faculty Biographies





#### Bill Anton BSc.(Hons), PhD (Honorary), ABAAM, ACNEM

Former Lecturer & Course Coordinator Anti-Ageing Medicine, Swinburne University, Graduate School of Medicine, Melbourne, Australia

Bill Anton is a consultant at PathLab (Australia) as a clinical & nutritional biochemist. As a non-clinical endocrinologist (scientist), he has researched and developed reference ranges for hormones in serum, urine and saliva

based on gender and age groups for physiological and supplemented levels relative to antiaging medicine protocols. He has been instrumental in establishing a number of test panels and profiles for Integrative and Anti-Ageing Medicine. He was a Senior Lecturer and Consultant in Integrative Medicine and the coordinator of the course in Anti-Ageing Medicine at Swinburne University, Graduate School of Medicine, and where he was also involved in Research on Anti-Aging Medicine as part of a PhD. Bill Anton is the Medical Research Director of LifeSource Anti-Aging Clinics in Melbourne and Sydney and has been practicing anti-aging medicine for over 10 years. More recently, with the assistance of the A4M, Bill Anton and colleagues established the AustralAsian Academy of Anti-Aging Medicine (A5M). Bill Anton is also a lecturer and examiner for the European Specialization Course in Anti-Aging Medicine and the USA Anti-Aging Fellowship Program.

Steven Applebaum, MD



#### Algis Augustine, Esq.

Mr. Al Augustine, Esq. is formerly the chief regulatory attorney in the State of Illinois, and for over 26 years has been involved in representing and protecting professionals before licensing boards in many states and/or federal agencies.



Faculty Biographies

#### Holly Barbour, MD

Dr. Holly Barbour received her medical degree from Case Western Reserve University School of Medicine in Cleveland. She then completed her internship at Mt. Sinai Medical Center, returning to University Hospital at Case Western for a three year residency in Ophthalmology. Dr. Barbour then completed an additional two years of specialized fellowship training in Oculoplastic and Reconstructive Surgery at the Duke University Medical Center in Durham, North Carolina. For the last several years, surgeons from all over the country have visited Dr. Barbour to learn her innovative surgical techniques in facial cosmetic surgery and laser skin resurfacing. Central to her decision to become a facial surgeon is the belief that for most people their self-esteem and acceptance in society are tied to their physical appearance. When someone is unhappy with their appearance, they tend to be less confident in their contact with others. "What's important is feeling good about yourself" says Dr. Barbour, "and when I can help patience look the way they want to feel- I've succeeded. I really love what I do!"



#### Alan J. Bauman, MD

Medical Director, Bauman Medical Group

Dr. Alan J. Bauman received his MD degree from New York Medical College and served internship and residency years in Surgery at Beth Israel Medical Center and Mt. Sinai Medical Center in Manhattan, before specializing exclusively in Hair Restoration. As Founder and Medical Director of Bauman

Medical Group in Boca Raton, Florida, he has spent the last ten years of his professional career helping his patients maintain, enhance and restore their own living and growing hair using a results-oriented, "Multi-Therapy" approach. Dr. Bauman is a member of the esteemed International Society of Hair Restoration Surgery and the American Academy of Anti-Aging Medicine. Passionate about hair restoration, Dr. Bauman is an avid author, presenter and frequent faculty member at medical conferences and Live Surgery Workshops. His advice and expertise is sought out not only from patients and physicians, but also the media. Dr. Bauman's hair restoration practice has been featured and profiled in national news stories that have appeared on ABC's *Good Morning America*, NBC's *Dateline*, CNN, MSNBC, FOX News Channel, ABC News, as well as in The New York Times, USA TO-DAY, Men's Health Magazine, and others.

Faculty Biographies

# COLORADOS & EXPOSITION

#### David Bearman, MD

Dr. David Bearman received his M.D. from the University of Washington School of Medicine. He graduated with honors from the University of Wisconsin with an undergraduate degree in Psychology. He was the Director of Medical Services for the Santa Barbara Regional Health Authority (SBRHA) since its inception in 1983 through June 1997, and was then promoted to Senior Health Care Advisor/Grants Development Director. In 1999 as a result of Dr. Bearman's efforts, the California Healthcare Foundation allocated \$10 million to several health entities located in Santa Barbara County for a county-wide medical data exchange system. SBRHA is the oldest County Organized Health System (COHS) in California and the U.S. As Medical Director for SBRHA's first 14 years he developed and implemented Quality Assurance (QA) Utilization Review (UR) system and on-site review; created Peer Review and Quality Improvement Committee and developed Targeted Case Management Program. He has a long and illustrative background in the field of drug abuse treatment and prevention, been prominent in the community clinic movement having started in Seattle the 3rd Free Clinic in the Country, directed the Haight Ashbury Drug Treatment Program, and founded the Isla Vista Medical Clinic in 1970. He has been Medical Director of Santa Barbara County Methadone Maintenance Clinic and Ventura County Opiate Detox Program, taught courses on substance abuse at UCSF, UCSB, and SDSU, been a consultant to Hoffman LaRoche, NIDA and the National PTA, directed several conferences, delivered numerous professional talks, consulted widely, and been an expert witness in over 100 civil, criminal, and family court cases and currently is Medical Director of Zona Seca.



#### Anthony G. Beck, ND, DOM

Dr. Anthony Beck is the Co-Founder and Director of Integrative Medicine at Sajune Medical Center and Medical Spa in Orlando, Florida. He is a member of the American Academy of Anti-Aging Medicine, American Naturopathic Medical Association, Florida Association of Oriental Medicine, and National Certification Commission for Acupuncture and Oriental

Medicine. Dr. Beck has practiced Holistic and Natural Medicine for over 5 years and has over 10 years experience in health and fitness instruction. Currently he specializes in Anti-Aging Medicine, Non-Surgical Aesthetics, Clinical Nutrition, Mesotherapy, Orthomolecular Medicine, and Homotoxicology. Dr. Beck has specialized training in Acupuncture, Botanical Medicine, Counseling and Lifestyle modification, Diet and Fitness Prescription, Homeopathy, Medical Aromatics, and Physical Medicine. Observes Dr. Beck: "Doctors should first and foremost be teachers who educate, empower, and motivate the patient to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle, and diet."



Faculty Biographies



#### James T. Bell, PhD

President, Fitness Professionals Association (IFPA)

In 1994, Jim Bell founded the International Fitness Professionals Association (IFPA). The IFPA has certified 60,000+ Fitness Professionals in less than 12 years. Jim has written several books and hundreds of articles on various subjects in fitness health, nutrition, sports conditioning and motivation.

He has presented thousands of hours of lecture at thousands of locations across the USA and dozens of foreign countries including the Fitness Industries premier trade shows, major fitness events and forums.



#### Teodoro Bottiglieri, PhD

Baylor Institute of Metabolic Disease

Dr. Teodoro Bottiglieri's research focuses on understanding the role of homocysteine, B vitamins and methylation in the central nervous system. The research conducted in his laboratory has application to many disease states, including diagnosis of in-born errors of metabolism, and age related disease

including vascular dysfunction, depression, Parkinson's disease and dementia.



#### Martin Braun, MD

Dr. Martin Braun is one of the most accomplished and respected cosmetic rejuvenation physicians practicing in the Vancouver area. His goal is to help everyone achieve beautiful skin for life, beginning at any age. As a pioneer in laser medicine, Dr. Braun has the distinction of being the first doctor in Canada to perform laser hair removal almost 10 years ago. He currently

injects more Botox<sup>®</sup> than any other practitioner in Canada. After receiving his M.D. from the University of British Columbia (UBC) in 1984, Dr. Braun completed his core surgical training at Vancouver General Hospital. He subsequently became certified to practice both Family and Emergency Medicine. He worked extensively in both areas for more than 15 years, but in response to rising demand, Dr. Braun has devoted his practice exclusively to cosmetic rejuvenation procedures at his private medical clinic.

Faculty Biographies





#### Eric R. Braverman, MD Director, PATH Medical, New York NY

Dr. Eric Braverman is the Director of The Place for Achieving Total Health (PATH Medical), with locations in New York, NY, Penndel, PA (metro-Philadelphia), and a national network of affiliated medical professionals. Dr. Braverman received his B.A. Summa Cum Laude from Brandeis University

and his M.D. with honors from New York University Medical School, after which he performed post-graduate work in internal Medicine with Yale Medical School affiliate. Dr. Braverman is the author of five medical books, including the *PATH Wellness Manual*, which is a user's guide to alternative treatment. He has appeared on CNN (Larry King Live), PBS, AHN, MSNBC, Fox News Channel and local TV stations. Dr. Braverman has been quoted in the *New York Post, New York Times and the Wall Street Journal*.



#### Denise Bruner, MD

Former President, American Society of Bariatric Physicians

Dr. Denise Bruner is a 1979 graduate of Howard University, College of Medicine, Washington DC. Recognized as a national leader in Bariatric medicine, Dr. Bruner is the former President of the American Society of Bariatric Physicians. She focuses on the treatment of obesity and eating dis-

orders. Dr. Bruner's knowledge and experience has made her a frequent source of bariatric information, as she has been quoted in a variety of publications and been a guest on nationally televised talk shows. In 2001 Dr. Bruner became a Diplomate of the American Academy of Anti-Aging Medicine and is a board examiner.

#### Steven Cimerberg, DO



#### Rick Collins, Esq., JD

Partner/Principal, Collins, McDonald & Gann, P.C.

Mr. Rick Collins is a principal in the law firm of Collins, McDonald & Gann, P.C. [www.cmgesq.com], with offices on Long Island and in downtown New York City. He is nationally recognized as a legal authority on anabolic steroids, human growth hormone, and other performance-enhancing sub-

stances, and has been retained as counsel or consulted by anti-aging physicians, hormone replacement clinics, and pharmacists across the nation. He has been awarded the highest accolades for legal abilities and ethical standards, and is listed in the *Bar Register of Preeminent Lawyers*. He received his undergraduate degree from Hofstra University, Hempstead, NY, and his law degree from Hofstra School of Law, where he attended on a full academic scholarship and served on the *Law Review*. He was admitted to the New York Bar in 1985 and served as an assistant district attorney for five years.



Faculty Biographies



#### Fermando Cortizo, PhD

Dr Fernando Cortizo completed his PhD at Monash University in the Department of Biochemistry, Faculty of Medicine. During his PhD studies, he became a member of the Diabetes Research Group and was trained in the area of Endocrinology, specializing in Insulin action and Insulin receptors in muscle. At the same time he was also involved in collaborative research in the

USA at the Department of Pathology, University of Pennsylvania, Philadelphia, followed by an appointment as Head of the Teaching laboratories of the Department of Biochemistry at La Trobe University, Bundoora. He held the position of Senior Research Officer at the Department of Medicine, Alfred Hospital Monash Medical School and then joined CSL as a Protein Chemist and thereafter held the position of Product Specialist, Manager and Project Manager. In the last 12 years he has been actively involved with a number of enterprises specializing in the fields of microbiology and biotechnology. Dr Cortizo served for a number of years as a Senior lecturer and Director of Research Development at The Graduate School of Integrative and Environmental Medicine, Swinburne University. He is currently the Project Development Manager at Evidenced Based Medical Technologies P/L as well as an Integrative Medicine Consultant to Pathlab in Melbourne, Australia.



#### Charles J. Crosby, DO , MD(H)

A board- certified orthopedic surgeon with more than 30 years of clinical experience, Dr. Crosby is also board certified in osteopathic manipulative medicine and certified by the American Academy of Pain Management. Dr. Crosby is the inventor and developer of the Scalar Energy device.



#### Janette Daher, BS

Ms. Janette Daher currently serves as the Director of Education and Consulting Services for The Ageless Aesthetic Institute, a training program for medical professionals founded by Dr. Sharon McQuillan, providing Level 4 AMA PRA certification in Botox, Facial Filler, and Aesthetic Laser procedures. The Institute is also provides an array of medical spa consulting

services to assist medical professionals with their medical spa development and operational needs. Janette has presented at many conference and workshops including the American Academy of Anti-Aging Medicine, the American Academy of Aesthetic Medicine, the Bariatric Society, and the National Procedures Institute. She has been recently featured in medical spa industry publication *MedEsthetic* Magazine.

Faculty Biographies





#### Robert A. DeJonge, DO

Dr. Robert A. DeJonge is a practicing Board Certified Family Physician with over two decades of hand-on treatment in: emergency medicine, geriatrics, dermatology, and anti-aging medicine. In addition, he is an international keynote speaker on complimentary medicine and sports medicine and the positive effects realized through the addition of supplementations and

detoxifying the body. Dr. DeJonge has always carved his own path through the maze of medical data and misnomers, discarding dalliances while investigating every possible genuine lead to the pursuit of longevity with optimal health in human medicine. Every patient receives a customized program specifically designed for them and their individual needs. He and his very talented staff provide a potpourri of options to achieve optimal health in a friendly and inviting atmosphere. Whether you are facing a medical challenge or want to insure that the good health you are currently experiencing continues-this is the place to be. We are the Longevity Center Of West Michigan and are delighted to support your quest for optimal health!



#### **Roger Deutsch**



#### W. John Diamond, MD, HMD, FAAMA., CHom

Dr. W. John Diamond is a Board Certified Pathologist, trained at the Albert Einstein College of Medicine, the Clinical Center of the NIH and the SUNY Center for Health Sciences in Syracuse, NY. He is certified in Medical Acupuncture as a Fellow of the American Academy of Medical Acupuncture and is faculty of the American Academy of Pain Management. He was

trained in TCM by master herbalist Anastasia White; and in homeopathy at the Pacific Academy in Berkeley, California. He is a Member of the Homeopathic Pharmacopoeia of the United States. He ran the Post Masters Course in Integrated Therapies at the University of Nevada, Reno and is a preceptor for the National College of Naturopathic Medicine. He has been Medical Director of Heel, USA and Botanical Laboratories, Inc. He is presently Chief Medical Officer of InteMedica, USA and China, and runs a large Integrated Medicine practice in Reno, Nevada. His publications include *The Clinical Practice of Complementary*, *Alternative and Western Medicine* ICRC Press, Boca Raton, FL, USA. 2000); and the *Alternative Medicine Definitive Guide to Cancer* (Future Medicine Publishing, Tiburon, CA, USA. 1997).



Faculty Biographies



#### Jorge D. Flechas, MD, MPH

Medical Director, Flechas Family Practice

Dr. Jorge Flechas is the Medical Director of Flechas Family Practice in Hendersonville, NC, specializing in hormonal therapy for treatment in Fibromyalgia and Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS). He also specializes in Iodine Therapy for Hypothyroidism and Fibrocystic

Breast Disease. He is on the family practice staff of Park Ridge Hospital in Fletcher, NC, and is a member of the New York Academy of Sciences and American College of Nutrition. Four years ago, Dr. Flechas learned the technique to measure urine iodide levels and the iodine/iodide loading test at Dr. Abraham's Laboratory. He has since performed over 15,000 tests.



#### Mark L.Gordon, MD

#### The Millennium Health Group for Anti Aging Medicine

After 14 years of Clinical Orthopedics and 20 years as a residency trained board certified Family Physician, Dr. Mark L. Gordon integrates Anti Aging Medical theories into a program of sports rehabilitation. Using nutrition, exercise and his knowledge of supplementation he has helped a number

of injured patients return to their activities in a significantly reduced time. Pre-operative programs help surgical outcome and reduce the down time for both sports and non-sports related injuries. Many natural products are available to accomplish these goals. Dr. Mark Gordon has been recognized as a leader in the area of Anti Aging Medicine and holds Associate Clinical Professorships at USC and UCLA. Dr. Gordon has recently been reappointed as Medical Director for CBS Studios, Medical Consultant to HBO and FX. In these positions he is available for consultation on areas of Preventive, Anti-Aging and Alternative Medicine. He writes articles on nutritional supplementation and hormonal replacement some of which have been published in *Max Muscle* and *Planet Muscle*.

Faculty Biographies





#### Robert M. Goldman, MD, PhD, DO, FAASP

Chairman, American Academy of Anti-Aging Medicine (A4M)

Dr. Robert M. Goldman has spearheaded the development of numerous international medical organizations and corporations. Robert Goldman. M.D., Ph.D., D.O., FAASP has served as a Senior Fellow at the Lincoln Filene Center, Tufts University, and as an Affiliate at the Philosophy of Education Research Center, Gradu-

ate School of Education, Harvard University. Dr. Goldman is a Clinical Consultant, Department of Obstetrics and Gynecology, Korea Medical University. He also serves as Professor, Department of Internal Medicine at the University of Central America Health Sciences (Belize). In addition, Goldman presently holds the position of Visiting Professor at Udayana Medical University (Indonesia). Dr. Goldman is a Fellow of the American Academy of Sports Physicians and a Board Diplomat in Sports Medicine and Board Certified in Anti-Aging Medicine.

Dr. Goldman received his Bachelor of Science Degree (B.S.) from Brooklyn College in New York, then conducted three years of independent research in steroid biochemistry and attended the State University of New York. He received the Doctor of Medicine (M.D.) Degree from the Central America Health Sciences University, School of Medicine in Belize, a government-sanctioned, Ministry of Health-approved, and World Health Organization-listed medical university. He received his Doctor of Osteopathic Medicine and Surgery (D.O.) degree from Chicago College of Osteopathic Medicine at MidWestern University. His Ph.D. work was in the field of androgenic anabolic steroid biochemistry.

He co-founded and serves as Chairman of the Board of Life Science Holdings, a biomedical research company with over 150 medical patents under development in the areas of brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation technologies. He has overseen cooperative research agreement development programs in conjunction with such prominent institutions as the American National Red Cross, the US National Aeronautics and Space Administration (NASA), the Department of Defense, and the FDA's Center for Devices & Radiological Health. Dr. Goldman is the recipient of the 'Gold Medal for Science (1993), the Grand Prize for Medicine (1994), the Humanitarian Award (1995), and the Business Development Award (1996).

During the late 1990s, Dr. Goldman received honors from Minister of Sports and government Health officials of numerous nations. In 2001, Excellency Juan Antonio Samaranch awarded Dr. Goldman the International Olympic Committee Tribute Diploma for contributions to the development of sport & Olympism. In addition, Dr. Goldman is a black belt in karate, Chinese weapons expert, and world champion athlete with over 20 world strength records, he has been listed in the Guinness Book of World Records. Some of his past performance records include 13,500 consecutive situps and 321 consecutive handstand pushups.

Dr. Goldman was an All-College athlete in four sports, a three time winner of the John F. Kennedy (JFK) Physical Fitness Award, was voted Athlete of the Year, was the recipient of the Champions Award, and was inducted into the World Hall of Fame of Physical Fitness. In 1995, Dr. Goldman was awarded the Healthy American Fitness Leader Award from the President's Council on Physical Fitness & Sports and U.S. Chamber of Commerce. Dr. Goldman is Chairman of the International Medical Commission overseeing sports medicine committees in over 176 nations. He has served as a Special Advisor to the President's Council on Physical Fitness & Sports. He is founder and international President Emeritis of the National Academy of Sports Medicine and the cofounder and Chairman of the American Academy of Anti-Aging Medicine (A4M). Dr. Goldman visits an average of 20 countries annually to promote brain research and sports medicine programs.



Faculty Biographies



#### John Grasela, RPh

Owner, University Compounding Pharmacy

John Grasela and his brother, Joe Grasela, are both compounding pharmacists who have owned and managed pharmacies in San Diego and Chula Vista since 1988. After finding some customers had special needs unmet by a traditional pharmacy, in September they created University Compounding

Pharmacy (UCP) where customers can get customized prescriptions. UCP specializes in re-making discontinued medicines and creating new dosage forms for patients, physicians, and medical researchers. Their pharmacists use state-of-the-art technology with FDA-approved chemicals so that the finished medication meets the doctor's exact specifications



#### Patrick Hanaway, MD

Dr. Patrick Hanaway is a board-certified family physician with a Medical Degree from Washington University and residency training at the University of New Mexico. Dr. Hanaway received his Bachelors degree from the University of Wisconsin in Molecular Biology and has done research in muscle biology, neurochemistry, lipid metabolism, public health, preventive

medicine, immunology, digestion, and nutrition. In addition to being a family physician, Dr. Hanaway is a board-certified holistic physician and currently is on the American Board of Holistic Medicine. Dr. Hanaway founded Family to Family: Your Home for Whole Family Health in Asheville, NC, and is currently Chief Medical Officer for Genova Diagnostics. Dr. Hanaway has lectured extensively on the clinical application of nutrition and genomics; particularly in the areas of endocrinology, digestion, oxidative stress, inflammation, and achieving long-term wellness.



#### Achim Hansjurgens, PhD

Dr. Hansjurgens studied at the Universities of Karlsruhe (technique, business), Berlin (technique) and Heidelberg (medicine) and served as a Medical Researcher at the Dept. of the Nemectron GmbH (Interferential current) Invention of "Dynamic Interferential Current". He completed his Doctoral dissertation at the University of Straßburg in France. In 1986, Dr. Han-

sjurgens created a new medical concept, known as EDT – Electrical Differential Therapy. At the 1988 Olympic Games in Seoul, Korea, Dr. Hansjurgens was responsible for the EDT treatments of athletics of all countries in the Medical Center of the Olympic Village. In 1992, he invented Horizontal®-Therapy in cooperation with Universities and Clinics in Münster, Aachen, München (Germany), Lódz (Poland), and Verona, Pavia, and Chieti (Italy).

Faculty Biographies





#### Thierry Hertoghe, MD

President of the World Society of Anti-Aging Medicine (WOSAAM) President of the European Academy of Quality of Life and Longevity Medicine (Eaquall)

In addition to serving as President of the World Society of Anti-Aging Medicine (WOSAAM) and as President of the European Academy of Quality of Life and Longevity Medicine (Eaquall), Drm Thierry Hertoghe is Scientific

Coordinator of the International English-speaking and national French-speaking Anti-Aging Medicine Specialization linked to the European Institute of Scientific Anti-Aging Medicine. Dr. Hertoghe has authored various books translated into several languages (Spanish, Russian, Chinese, German, French, Danish, Dutch, etc.), including the *Hormone Handbook* (International Medical Books) and the *Hormone Solution* (Harmony books).



## Stephen Holt, MD, LLD(Hon.) ChB., DNM, FRCP (C) MRCP (UK), FACP, FACG, FACN, FACAM

Dr. Stephen Holt is a medical practitioner in New York State. He has published hundreds of peer-reviewed scientific articles. As a best-selling author, with twenty books in international distribution, he has received several institutional awards for teaching and research. He is a Professor of Medicine,

adjunct Professor of Bioengineering, highly acclaimed lecturer and media expert. The recipient of a Congressional Medal of Distinction, 2006, he is a Knight of the Orthodox Knights Hospitaller of St. John of Jerusalem.



#### **Scott Hopson BS**

Director of Education and Training, Power-Plate North America

Mr. Scott has an Honors degree in Sport and Exercise Science from London, UK as well as being internationally certified through the CHEK Institute, the National Strength and Conditioning Association, the National Academy of Sports Medicine and the American College of Sports Medicine. He is also

successfully completing his Masters Degree in advanced Kinesiology in addition to being a certified and practicing USA Rugby Coach. Mr. Scott practices a true holistic approach to enhancing the whole person and believes that the natural mechanisms of vibrational healing and training lay at the crux of optimal health and function. As Director of Research, Education and Training it is his goal to develop Power-Plate as leaders of distinction in this science, understanding that it is the application of knowledge that is most important.



Julia Hunter, MD





#### Jonathan B. James MD

Dr. Jonathan James is Board Certified in Internal Medicine with an Honors Degree in Chemistry and Biochemistry from the University of Iowa. His Internship and Advanced Training in Internal Medicine were performed at Tripler Army Medical Center, Hawaii. For the last twenty five years, he has been in practice in semi-rural Kailua-Kona, Hawaii. He is currently a

member of the American Academy of Anti-Aging Medicine, the Academy of American of Aesthetic Medicine, and the American Society for Laser Medicine and Surgery. He is also a Medical Examiner for the FAA and founder and research director for Maxagen Bioscience Corp.



#### Patricia Kane, PhD

Dr. Patricia Kane's expertise is in boldly addressing complex metabolic disorders and lipid disturbances with targeted nutritional intervention. Focusing on evidence based nutrition for over 25 years, Dr. Kane has written numerous articles and books for both the scientific community and the public. An accomplished lecturer as well as author, she presents to medical societies

and universities throughout the year as well as being involved in clinical and university based research studies. Dr. Kane's primary interest is in fatty acids, nutritional biochemistry, cell membrane function and neurological disturbances. Dr. Kane has a long standing interest in the challenging areas of seizure disorders, autism, traumatic brain injury, MS, ALS, Parkinson's, NeuroLyme, Post-Stroke, CFIDS, and heavy metal toxicity. Her dedication and success in working with children and adults with fragile brain architecture and patients with challenging neurological problems has brought her widespread recognition in the field of nutritional biochemistry.

Faculty Biographies





#### Ronald M. Klatz, MD, DO

Dr. Ronald Klatz is recognized as a leading authority in the new clinical science of anti-aging medicine. He is co-founder and President of the American Academy of Anti-Aging Medicine (A4M). Dr. Klatz also co-founded the National Academy of Sports Medicine (NASM), and serves as Director of Life Science Holdings, a biomedical company which has been dedicated to the re-

search and development of organ transplant and other advanced medical technologies. Dr. Klatz is the inventor, developer, or administrator of 100-plus scientific patents. In 1993, he was awarded the Gold Medal in Science for Brain Resuscitation Technology, and in 1994 he was honored with the Grand Prize in Medicine for Brain Cooling Technology. A best-selling author of over a dozen books and editor, Dr. Klatz served as Senior Medical Editor of Longevity magazine, a contributing editor to the Archives of Gerontology and Geriatrics, and was a syndicated columnist with Pioneer Press (a division of Time-Life Inc.). Dr. Klatz is a graduate of the Florida Technological University and received his D.O. degree from the College of Osteopathic Medicine and Surgery (Des Moines, IA) and his M.D. degree from Central American Health Sciences University School of Medicine. Dr. Klatz is Board Certified in Family Practice, Sports Medicine, and Anti-Aging Medicine. Dr. Klatz presently holds the position of Visiting Professor at Udayana Medical University (Indonesia). He also serves as Professor of Internal Medicine at the Department of Internal Medicine / Central America Health Sciences University (Belize). Previously, Dr. Klatz has served as a Senior Fellow at the Lincoln Filene Center, Tufts University.



#### Samuel Lederman, MD

Dr. Samuel Lederman is a native of South Florida and received his undergraduate degree from Duke University. He graduated from the University Of Miami School Of Medicine with Research Distinction Honors, and finished his training in Obstetrics and Gynecology at the University of Colorado. He is Board Certified by the American College of Obstetrics & Gynecology and

is the Past President of the Palm Beach County OB/GYN Society. He has served as Chairman of the Gynecology Department of JFK Hospital for the past 8 years. Dr. Lederman is Co-Director of Laser Skin Solutions and has over 20 years of experience in Laser Surgery. He is a Fellow of the American Society for Lasers in Medicine and Surgery and is a trainer and international lecturer for laser procedures.



Faculty Biographies



#### Jill Lezaic, MD

Dr. Jill Lezaic, Medical Director of Laser Skin Solutions, received her Doctorate from Nova Southeastern University College of Osteopathic Medicine where she graduated with Honors. She is a board-certified Family Physician who specializes in Aesthetic Medicine, including laser treatments, sclerotherapy, BOTOX<sup>®</sup> and dermal fillers. She is a member of the American So-

ciety for Lasers in Medicine & Surgery and regularly lectures about cosmetic procedures throughout the United States.



#### Shari Lieberman, PhD, CNS, FACN

Nutrition Scientist, Exercise Physiologist

Dr. Shari Lieberman earned her Ph.D. in Clinical Nutrition and Exercise Physiology from The Union Institute, Cincinnati, OH and her M.S. degree in Nutrition, Food Science and Dietetics from New York University. She is a Certified Nutrition Specialist (C.N.S.); a Fellow of the American College of

Nutrition (FACN); President of the American Association for Health Freedom. She is the recipient of the National Nutritional Foods Association 2003 Clinician of the Year Award and a member of the Nutrition Team for the New York City Marathon. Her newest book, *Transitions Glycemic Index Food Guide* (Square 1 Publishers 2006) was just recently released. Dr. Lieberman's best-selling book *The Real Vitamin & Mineral Book* is now in its 3<sup>rd</sup> Edition (Avery/Penguin Putnam 2003). Dr. Lieberman is the Founding Dean of New York Chiropractic College's MS Degree in Clinical Nutrition; an industry consultant; a contributing editor to the American Medical Associations' 5th Edition of Drug Evaluations; a peer reviewer for scientific publications; a published scientific researcher and a presenter at numerous scientific conferences. Dr. Lieberman is a frequent guest on television and radio and her name is often seen in magazines as an authority on nutrition. She has been in private practice as a clinical nutritionist for more than 20 years.



#### Nina Lundberg, M.D.

Postgraduate Educational Medical Consultant, American Academy of Anti-Aging Medicine (A4M), American Board of Anti-Aging Medicine

Dr. Nina Lundberg earned her medical Degree from St-Petersburg State Medical University, St.-Petersburg, Russia. She later completed a Residency in Dermatology and Internal Medicine and became a board certified in Der-

matology. She was engaged in research and study programs dedicated to the skin pathology and skin cancer and development study programs for medical students. She maintains a keen interest in age-related dermatologic aspects of skin rejuvenation. Dr. Lundberg has recently become Board Certified by ABAARM and she is actively involved in expanding the educational and research activities of the A4M Academic Programs.

Faculty Biographies





#### **Sharon McQuillan MD**

Dr. Sharon McQuillan attended The Ohio State University College of Medicine where she graduated with honors and was elected to the Alpha Omega Alpha Medical Honor Society. She did her postdoctoral training at Riverside Methodist Hospital in Columbus, Ohio and became Board Certified in Family Practice. Dr. McQuillan began Southwood Family Practice

in 1986, focusing on preventive medicine, exercise physiology, nutrition, and the "mindbody" connection. Dr. McQuillan owns and operates The Ageless Institute of Sarasota, offering Anti-Aging and Aesthetic treatments. Dr. Sharon McQuillan is a Board certified physician who specializes in both Aesthetic and Anti-Aging Medicine. She is certified in the therapeutic and cosmetic use of Botox<sup>®</sup>, the cosmetic use of facial fillers, sclerotherapy, chemical peels, mesotherapy, and the aesthetic use of lasers. Dr. McQuillan formed The Ageless Aesthetic Institute, the only level 4 ACCME accredited aesthetic training program for medical professionals, in order to standardize and elevate the practice of Aesthetic Medicine. Dr. McQuillan has been featured in *Dermatology Times, Vogue, Medical Spa Report, Elevate, and MedEsthetic* magazine.

#### Woo Chul Moon, MD



#### Sarah Noble, Lic.Ac. MTAcS MIMgt, MIDs.

Having opened award-winning spas for Four Seasons, the Taj group, consulted for Mandara spas, Kempinski & Peninsula, Harrods, London and The Ritz Hotel, London, Ms. Sarah Noble is considered to be the voice of the spa industry, lecturing at Wellness and Medical conferences and training in Hospitality Universities ie Cornell. Initially trained as an acupuncturist,

Sarah is also trained in massage counseling, nutrition, herbal medicine, hydrotherapy and allergy detection. With 15 years experience hands-on client care, and of managing her own large multidisciplinary clinic, she has since then been a consultant advising on treatment and training standards and management strategy for clinics and spas. Twenty five years of experience in the Health industry, and a proven track record in the Spa Fitness & Hospitality industry have earned Sarah a reputation as a visionary & international expert and speaker on the leading edge of the Health Tourism market.



Faculty Biographies



#### James L. Oschman, Ph.D.

After a successful career as an academic scientist, specializing in cell biology and biophysics, Dr. James Oschman began to research complementary medicine. He has published about 30 research papers in some of the world's leading scientific journals, and about an equal number in journals related to complementary medicine. He has also written two books on energy medi-

cine, and lectures internationally on this subject. He has presented workshops for virtually every therapeutic school and has also lectured at a variety of medical schools and hospitals around the world. Jim's investigations of the energetics of the living connective tissue matrix are the evidence base for integrating a wide range of therapeutic approaches that are part of the new medicine that is emerging worldwide.



#### James R. Overman, MDiv, MH., ND

Known internationally as the "parasite specialist", Dr. James Overman killed the parasites and repaired their damage in over 17,000 people on 6 continents. He taught his infectious disease program to over 300 church leaders from 7 African nations and 400 Filippino medical doctors.



#### Sangeeta Pati MD, FACOG

President & Medical Director of RejuvenAge Medical Center Faculty of I.W. Lane College Integrative Medicine Diplomat of American Board of Obstetrics and Gynecology Diplomat of American Board of Anti-Aging Medicine

Sangeeta Pati, MD has practiced obstetrics-gynecology in the Washington, D.C., area for 14 years before opening an integrative, evidence-based alternative and conventional medical center in Orlando, FL. She graduated at the top of her medical class at the University of Maryland School of Medicine, Baltimore, and served a residency at Georgetown University School of Medicine, Washington, D.C. She has practiced in the USA and internationally serving as the Medical Director for a 350 employee international organization, Engender-health. She has authored numerous evidence-based reviews and articles.

Faculty Biographies



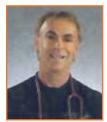


#### **Dianne Quibell, MD**

Dr. Diane Quibell is a Board Certified Internal Medicine specialist practicing in Wellesley Hill, Massachusetts. She is medical director of MD TLC, a concierge Internal Medicine and Wellness Practice as well as the President and Owner of Wellness MD Center for Medical Aesthetics. Dr. Quibell is an Associate Professor at Tufts University School of Medicine and an As-

sociate Professor at Harvard Medical School. She plays an active role in many professional societies including the Massachusetts Medical Society, American College of Physicians, and American Medical Women's Association. She is a fellow of the American Society of Laser Medicine and Surgery, and is also a member of the International Society of Cosmetic Laser Surgery and the American Society of Photodynamic Therapy and is a clinical educator for Laserscope and Palomar Medical Technologies. Dr. Quibell has also been selected by the Massachusetts Board of Registration for the Medical Spa Task Force.

#### Salvatore Restivo, MD



#### Ron N. Rothenberg, MD

*Clinical Professor, Preventive & Family Medicine, University of California, School of Medicine Founder, California HealthSpan Institute* 

As a pioneer in the field of Anti-Aging Medicine, Ron Rothenberg, M.D., was one of the first physicians to be recognized for his expertise to become fully board certified in the specialty. Dr. Rothenberg founded the California

HealthSpan Institute in Encinitas, California in 1997 with a commitment to transforming our understanding of and finding treatment for aging as a disease. Dr. Rothenberg is dedicated to the belief that the process of aging can be slowed, stopped, or even reserved through existing medical and scientific interventions. Challenging traditional medicine's approach to treating the symptoms of aging, California HealthSpan's mission is to create a paradigm shift in the way we view medicine: treat the cause. He received his MD from Columbia University, College of Physicians and Surgeons in 1970. Dr. Rothenberg performed his residency at Los Angeles County-USC Medical Center and is also board certified in Emergency Medicine. He received academic appointment to the USCD School of Medicine Clinical Faculty in 1997 and was promoted to full Clinical Professor of Preventive and Family Medicine in 1989. In addition to his work in the field of Anti-Aging medicine, Dr. Rothenberg is an Attending Physician and Director of Medical Education at Scrips Memorial Hospital in Encinitas, California. Dr. Rothenberg travels extensively to lecture on a variety of topics, which include Anti-Aging Medicine and Emergency Medicine and is the author of Forever Ageless. He has recently been featured in the University of California MD TV series in the shows on Anti-Aging Medicine.



Faculty Biographies



#### Neal Rouzier, MD

Neal Rouzier, M.D., is an emergency physician and was assistant director of a large trauma center in Southern California. After completing residencies in family practice and emergency medicine at U.C.L.A., he has practiced emergency medicine for 18 years. He has been in private practice for five years where his special interest has been natural hormone replacement for men and women.

He lectures nationally on this new paradigm in medicine. Dr. Rouzier teaches a comprehensive medical seminar on the clinical application of natural hormone replacement. Because optimal hormone levels play such an important role in health, metabolism and well-being, he will elaborate on how this exciting therapy is a natural addition to any clinical practice.



#### Carol Ann Ryser, M.D.

Carol Ann Ryser, M.D. is a Board Certified Pediatrician, Board Certified Clinical Analyst, member of: F.A.A.P.; AMA, Orthomolecular Health Medicine (OHM); The American Academy of Anti-Aging Medicine (A4M) and the International Lymes and Associated Diseases Society (ILADS). The primary focus of Dr. Ryser's medical practice is on the prevention of illness and disease.

Dr. Ryser has published and presented a number of papers in her area of expertise, appearing in such publications as *The American Journal of Diseases of Children; Journal of Neurology, Neurosurgery and Psychology*; and *Pediatrics*. Since 1978. Dr. Ryser started evaluating and treating chronic medical illness i.e. CFS, FMS, Lyme disease, autoimmune diseases, and the immune system activation of clotting, and psychiatric disorders. Her first Lyme patient was diagnosed and treated in 1982. She also started evaluating patients for Chronic inflammatory illness that related to disorders of psychiatric illnesses.



#### A. Peter Salas, MD, FACS, FACM

President, American Board of Aesthetic Mesotherapy President-Elect, Aesthetic Medicine and Mesotherapy Association Director of Plastic Surgery Clinic, St. Barnabas Medical Center Director of Section of Plastic Surgery, Surg-Elite Institute

Dr. Peter Salas is a Board certified plastic surgeon and a leading authority in the field of Mesotherapy. He was trained in Mesotherapy in Europe and incorporates Mesotherapy in his practice in New York and New Jersey. Dr. Salas is current president of the American Board of Aesthetic Mesotherapy, president-elect of the Aesthetic Medicine and Mesotherapy Association, director of the Plastic Surgery Clinic at St. Barnabas Hospital, director of the Section of Plastic Surgery at Surg-Elite Institute of Medicine. He is a member of the French Society of Mesotherapy (SFM) and the American College of Aesthetic Mesotherapy. Dr. Salas has done extensive research in the field of Mesotherapy and recently presented some of his work at the 2005 Annual meetings of the American Society for Aesthetic Plastic Surgery and the American Society of Plastic Surgeons. Since 2000, Dr. Salas has been educating North American physicians in the field of Mesotherapy. He is largely responsible for introducing the concept of Mesotherapy to the American plastic surgery community.

Faculty Biographies





#### John Shieh, MD

John Shieh, M.D. was one of the first to offer skin rejuvenation treatments using combinations of light energy with radiofrequency energy upon the United States' FDA approval in 2002. He was also an FDA investigator for the first medical device approved for cellulite reduction, and one of the first to successfully use the latest infrared and radiofrequency combined energy devices for

skin tightening upon FDA approval in May 2006. Over the past 5 years, he has successfully integrated these treatments into his anti-aging aesthetic medicine practice and has become an internationally recognized speaker for lectures and workshops in this field.



#### Eugene Shippen, MD

Dr. Eugene Shippen is a well known speaker on the subjects of testosterone replacement for men and HRT for women. His book *The Testosterone Syndrome* was published in 1998 and remains a classic, best seller on the subject. He has been a popular speaker at A4M conferences and has presented lectures on the subject at conferences nationally and internationally. He was on the faculty of

The Second Annual Andropause Consensus Committee sponsored by The Endocrine Society in 2001. His Tutorial Conferences on hormonal replacement strategies for men and women provide unique approaches for evaluation and treatment that have been highly rated by attendees. New approaches for the hormonal co-treatment of many of the common degenerative diseases are on the cutting edge of anti-aging medicine.



#### Stephen T. Sinatra, MD, FACC, FACN, CNS, CBT

Assistant Clinical Professor of Medicine, University of Connecticut School of Medicine CEO, New England Heart Center

Dr. Stephen Sinatra is a board-certified cardiologist, certified bioenergetic psychotherapist, and certified as a nutrition and anti-aging specialist and has more than 30 years of experience in helping patients prevent and reverse heart dis-

ease. At his practice in Manchester, Connecticut, Dr. Sinatra integrates conventional medicine with complementary nutritional and psychological therapies that help heal the heart. He is a fellow in the American College of Cardiology and the American College of Nutrition as well as the former chief of cardiology at Manchester Memorial Hospital, where he had previously been Director of Medical Education for 18 years. Dr. Sinatra is also an assistant clinical professor of medicine at the University of Connecticut School of Medicine. He is the author of several books including *Lose to Win, Heartbreak and Heart Disease, Optimum Health, The CoEnzyme Q10 Phenomenon, Heart Sense for Women, Eight Weeks to Lowering Blood Pressure, The Sinatra Solution* and *The Fast Food Diet.* His latest book, *Reverse Heart Disease Now* was just released. Dr. Sinatra also writes a monthly national newsletter entitled *Heart, Health and Nutrition* published by Healthy Directions, L.L.C. Dr. Sinatra is a world-wide lecturer and workshop facilitator as well as being featured in several publications and medical periodicals. He is also been a featured guest on many national radio and television shows including CNN, MSNBC, and Fox on Health.



Faculty Biographies



#### Shimon Slavin, MD

Professor & Chairman Hadassah University Hospital

Shimon Slavin, MD graduated from the Hadassah Hebrew University School of Medicine in Jerusalem, Israel, in 1967. He specialized in internal medicine and subsequently in clinical immunology at Stanford University, California, and the Bone Marrow Transplant Center at the Fred Hutchinson

Cancer Research Center, Seattle, and USA. Dr Slavin serves on many editorial boards and national and international advisory boards. He is a member of the Executive Committee of the IBMTR and a member of the Immunotherapy Committees of the IBMTR and EBMT. Slavin authors more than 600 scientific publications and 4 books.



#### Jeffrey M. Smith, MD

International bestselling author Jeffrey M. Smith is a widely popular and authoritative spokesperson on the risks of Genetically Modified Organisms (GMOs) and how Ag biotech companies rig research, gag critics, hijack regulatory agencies and spin fantastic unfulfilled promises. He digs through layers of industry spin and scientific sleight-of-hand to reveal the

shaky foundations and unprecedented dangers of this infant and unpredictable technology. Mr. Smith has counseled dozens of world leaders from every continent, changed the course of government policies and is now orchestrating a shift in public opinion through his programs at the Institute for Responsible Technology. He has spoken in 25 countries and has been quoted in media across the globe including, *The New York Times, Washington Post, BBC World Service, Nature, The Independent, Daily Telegraph, New Scientist, The Times (London), Associated Press, Reuters News Service, Genetic Engineering News, Chicago Tribune, LATimes.com, ABC.com, HollywoodReporter.com* and *FoodConsumer.org.* A masterful storyteller, his hard-to-put-down accounts of industry manipulation and political collusion promoted his first book, Seeds of Deception, into the world's bestseller on GMOs. His just-release new book, *Genetic Roulette.* 



#### Pamela Smith, MD, MPH

Director, Anti-Aging and Regenerative Medicine Fellowship

Pamela Smith MD, MPH spent the first 22 years of practice as an emergency room physician at the Detroit Medical Center. In addition to her medical degree, she also has a master's degree in public health. Dr. Smith is an internationally known speaker and author on the subjects of wellness and

anti-aging. She is a member of the American Academy of Anti-Aging Physicians and is a board examiner.

Dr. Smith is also the author of *HRT: The Answer and vitamins: Hype or Hope*. Her new book entitled *100 Pearls for Healthy Living* is scheduled to come out in early 2006.

Faculty Biographies





#### Tara A. Solomon, MD FACOG

Dr. Tara Solomon is a board-certified gynecologist who practices in South Florida. She is the owner and medical director of the Women's Wellness Center of South Florida, LLC, specializing in anti-aging medicine, specifically menopause and andropause. She is a graduate of Albert Einstein College of Medicine, Bronx New York and Columbia University College of

Physicians and Surgeons, New York City. Dr. Solomon's passion for public speaking began in the mid-ninety's with a local news feature on "Over the Counter Yeast Medication... Cure or Culprit." Since that time, she has dedicated her career to finding alternative cures for common female ailments, especially bio-idental hormone replacement therapy for menopause and andropause. Dr. Solomon recently launched her new website: www. bio-identicalhrtmd.com which has reached men and women all over the globe and she is presently working on the second edition of her book entitled "What Your Gynecologist Never Told You." She has also served as a staff writer for "More" magazine and "Balance Magazine

#### Robert A. Sorge, ND, PhD

As a pre-teenager Dr. Sorge was overmedicated, nearly killed and left for dead by his allopathic doctors. After they told his parents, "We did everything modern day medical science could do for him" He was taken to Bernard McFadden N.D. the father of modern day physical culture. Dr. Sorge learned the principles of Naturopathic Medicine Detoxification and Nutrition first hand. Within ten years he went from his death bed to the victory platform winning the 1959 Mr. North America contest. Dr. Sorge went on to graduate a school that specialized in detoxification the same school as McFadden did in 1898 The United States School of Naturopathy and Applied Sciences. A Doctor of Naturopathic Medicine since 1964, presently Dr. Sorge is the Director of Abunda Life Medical Nutrition Testing Clinic. The Abunda Life Naturopathic Detoxification/ Body fat Loss Boot Camp and The President of Detox America.



#### Dr. Paul Ling Tai, DPM., FACFS, ABPS. (Ret.)

Dr. Paul Ling Tai is a trained Podiatric medical physician and Board certified surgeon with expertise in herbal compound engineering, research and development and nine (9) patents credited to his name. In additional to his various capacities, Dr. Tai has served as Chairman of the Podiatric Physicians Continuing Education, as well as Chief Compliance Officer for the

state of Michigan, supervising doctors. He is also a professor in the New York College of Podiatric Medicine's Department of Integrative Medicine. Dr. Tai is the author of the best seller books "Cordyceps Miracles" and "8 Powerful Secrets to Antiaging".



Faculty Biographies

#### Voronina Tamara, MD

Dr. Voronina Tamara is an endocrinologist, clinical researcher into the use of Intermittent Hypoxia Training (IHT), last year in connection with Stem Cell motility. She has carried out research into Krebs cycle enzymes during fasting and various diets for sufferers from diabetes type 2 and obesity. For the last fifteen years she has been in private practice in London.



#### Frederic J. Vagnini, M.D.

Dr. Frederic J. Vagnini is one of the most unique physicians in today's rapidly changing medical system. He embraces both traditional and holistic theories. Dr. Vagnini was graduated from Saint. Louis University School of Medicine where he received his Doctor of Medicine degree. He subsequently served in the United States Army as Lieutenant Colonel and entered into practice

as a heart, blood vessel, and thoracic surgeon, which he continued for 20+ years, and had and continues to have a teaching appointment at Cornell where he is a Clinical Assistant Professor of Surgery. In more recent years, Dr. Vagnini has dedicated his practice to Clinical Nutrition and Preventive Medicine and the management of cardiovascular diseases, and he is presently Executive Medical Director for the Heart, Diabetes, and Weight loss Centers of New York located in Westbury Long Island and in New York City.

#### Joyce Vining, LPN



#### Dr. Wolfgang Ziemann

Dr. Wolfgang Ziemann is a biochemist living in the northern part of Germany. He is a well-known specialist for hormone testing in central Europe. After leaving the university in 1975 he joined a medical diagnostic lab and developed the first quantitative immunoassays for the measurement of steroids in serum using tritiated tracer and extraction with organic solvents.

He has used such assays for 4 years in the medical testing lab. Then he switched to the professional industry for developing such immunoassays to be used in medical diagnostic testing labs world wide. The new assay techniques used for the development of routine steroid assays have been direct methods without extraction using Iodine-125 tracers. In 1995 he started the development and the production of steroid assays for salivary testing. At the beginning these have been chemiluminescence assays, later he switched to the ELISA technology. Currently he is building up a major commercial laboratory for saliva testing in Germany. He is fully dedicated to saliva testing of steroids covering the development and production of such testkits as well as the practical use in the diagnostic laboratory for routine patient care.

## Faculty Disclosures



In accordance with standards set for and by the Accreditation Council on Continuing Medical Education (ACCME), faculty have been asked to disclose relationships with commercial entities producing pharmaceuticals, medical equipment, and/or other products that are of relevance to the content of presentations. Such disclosure is not intended to suggest or condone bias, but rather is elicited to provide attendees with the information that might be of potential importance to the evaluation of a particular presentation.

#### The following faculty have reported significant relationship with a commercial entity:

Bill Anton, Ph.D.	Age Diagnostic Labs		
Alan Bauman, M.D.	Merck & Co., Inc. George Tiemann & Co.	Sunetics, Inc.	
James T. Bell, Ph.D.	Fitness Institute of Technology International Fitness Professionals	Fitness Institute of TechnologyDoctors Fitness CenterInternational Fitness Professionals Association	
Teodoro Bottiglieri, Ph.D.	Pamlab, LLC	Doctor's Provisio, LLC	
Eric Braverman, M.D.	PATH Medical	Total Health Nutrients	
Fernando Cortizo, B.Sc. (Honours) Ph.D.	Pathlab		
Charles Crosby, D.O., M.D.(H)	Crosby Advanced Medical Inc.	Crosby Advanced Medical Inc.	
Janette Daher, B.S.	Ageless Aesthetic Institute		
Roger Deutsch	Cell Science Systems, Ltd.		
W. John Diamond, M.D.	Intermedica, LLC		
Jorge Flechas, M.D., M.P.H.	FFP Lab		
Robert Goldman, M.D., Ph.D., D.O., FAASP	Medical Conferences International,	Medical Conferences International, Inc.	
John Grasela, R.Ph.	University Compounding Pharmacy	University Compounding Pharmacy	
Patrick Hanaway, M.D.	Genova Diagnostics		
Thierry Hertoghe, M.D.	Vitamin Diagnostics		
Stephen Holt, M.D.	Natures Benefit Inc.	Natural Clinician	
Scott Hopson	Power Plate North America	Power Plate North America	
Patricia Kane, Ph.D.	Haverford Wellness Center	Body Bio	
Ronald Klatz, M.D., D.O.	Medical Conferences International,	Medical Conferences International, Inc.	
Samuel Lederman, M.D.	Cutera		
Sharon McQuillan, M.D.	Allergan Sciton	Bioform Reliant Technologies	
James L. Oschman, Ph.D.	Erchonia Medical Energy Balancing Associates	Ondamed	
James R. Overman, N.D.	Overman's Healthy Choices, Inc.	Precision Herbs, LLC	
Dianne QuiBell, M.D.	Palomar Medical Technologies Fotona/Sarajoga Diagnostics	Laserslope/Iridex	
A. Peter Salas, M.D., FACS, FACM	USA Meso, Inc.		
John Shieh, M.D.	Syneron, Inc.		
Stephen Sinatra, M.D., F.A.C.C., C.N.S.	Optimal Health International		
Tara Solomon, M.D.	Glaxo Smith Kline	Berlex Pharmaceuticals	
Robert H. Sorge, N.D., Ph.D.	Abunda Life Medical Nutrition Testi Abunda Life Laboratories Detox America		
Joyce Vining, LPN	Cool Touch	Umi Ultrastand	
Dr. Wolfgang Ziemann	Company Demeditec		

and **Kegenerative** Siomeo lechno ress on Ogles Session

Faculty Disclosures continued on page 52



Faculty Disclosures

#### The following faculty have reported no significant relationship with a commercial entity:

Algis Augustine, Esq.		
Holly Barbour, M.D.		
David Bearman, M.D.		
Anthony G. Beck, N.D., DOM		
Denise Bruner, M.D.		
Rick Collins, Esq., J.D.		
Robert A. DeJonge, D.O.		
Mark Gordon, M.D.		
Dr. Achim Hansjurgens		
Jonathan B. James, M.D.		
Shari Lieberman, Ph.D.		
Nina Lundberg, M.D.		
Woochul Moon, M.D., Ph.D.		
Sangeeta Pati, M.D.		
Ron Rothenberg, M.D.		
Carol Ann Ryser, M.D.		
Eugene Shippen, M.D.		
Shimon Slavin, M.D.		
Jeffrey M. Smith		
Pamela W. Smith, M.D.		
Paul Ling Tai, N.D.		
Voronina Tamara, M.D.		
Frederic Vagnini, M.D.		

#### As of the time this Show Program went to press, the following faculty did not report:

Steven Applebaum, M.D.
Julia Hunter, M.D.
Jill Lesaic, D.O.
Sarah Noble
Neal Rouzier, M.D.

4bstracts

Tuesday & Wednesday, April 24 & 25, 2007

Tuesday & Wednesday April 24 & 25, 2007 WORKSHOP: American College of Anti-Aging Sports Medicine

Professionals (ACASP)/ Sports Medicine

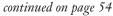
Jim Bell, Ph.D.

#### Exercise Prescriptions for Anti-Aging Programs

Exercise and nutrition are excellent medicine for everyone, but not everyone knows the correct prescription and dosage. This presentation will teach the medical professional how to incorporate fitness programming into their medical and wellness model. This session will present a straightforward and concise analysis of the basic Exercise Science Principles; and a system approach to Fitness Accessment, Exercise Prescription, Fitness Program Design, Exercise Management, Administrative Problems and suggested solutions.

Goals & Objectives:

- Detail the fundamental Exercise Science Principles
- Detail the requisite Fitness Accessments to insure the proper development of safe and effective exercise prescription.
- Detail the process of exercise prescription to be safely and effectively used to correct patient dysfunction.
- Detail the systems approach to Program Design and provide safe and effective Program Design examples to meet the requirements of all 10 "Components of Fitness".
- Detail potential Administrative Problems and suggested solutions to those problems.
- The attendee will understand the 5 primary exercise science principles.
  - ° S.A.I.D. Principle (Specific Adaptation to Imposed Demands)
  - ° G.PO. Principle (Gradual Progressive Overload)
  - ° F.I.T.T. Principle (Frequency, Intensity, Time and Type)
  - ° Individuality Principle
  - ° Variation (Selve General Adaptation Theory)
- The attendee will understand the primary fitness accessment instruments and their use in the safe and effective development of Exercise Prescription.
  - ° PAR-O
  - ° HHO
  - ° Other Fitness Accessment Tests
- The attendee will understand how effective Exercise Prescription can be utilized to correct various dysfunctions in their patients.
  - ° Muscle Dysfunctions
  - ° Joint Dysfunctions
  - ° Biochemical Dysfunctions
  - ° Nerve Dysfunctions
- The attendee will learn to utilize the information gathered from the Fitness Accessment to develop safe and effective Program Design to ensure improvements in fitness and health. Program Design issues will be detailed and sample Program Designs for Neurological Improvement as well as improvement in all 10 "Components of Fitness".
  - ° Strength
  - ° Speed





Notes

# egenerali PC press on PS Sess





Tuesday & Wednesday, April 24 & 25, 2007

#### Notes

continued from page 53 ° Power

- ° Aerobic Endurance
- ° Anaerobic Endurance
- ° Agility
- ° Balance
- ° Coordination
- ° Flexibility
- ° Body Composition
- The attendee will understand the typical Administrative Problems for exercise adherence.
  - ° Biochemical, psychological, physiological
  - ° Quality of trainers
  - ° Supervision/Leadership in Health Clubs
  - ° Health Club Culture
  - ° Can medical supervision be cost effective
  - ° Potential solutions

#### Tuesday & Wednesday April 24 & 25, 2007 WORKSHOP: Hormone Symposium: Hormones & Aging Preventive Strategies testing Treatment for Men & Women Eugene Shippen, MD

#### Tuesday, April 24, 2007

Focus on HRT Strategies and Common

Problems in Women from peri-menopause to menopause

Overview of endocrine changes from normal to the menopausal phases

Critical issues - breast cancer, risk-benefits of HRT

Testing modalities – saliva, serum and 24 hour urine profiles – sorting out the positives and negatives – case histories and problem solving

#### Wednesday, April 25, 2007

Aging endocrinology for Men – Overview, Diagnosis and Innovative treatment modalities – a practicum for the practicing physician Overview of Endocrine changes – an evidenced based review

#### Wednesday April 25, 2007

#### WORKSHOP: Expert Injectables Course

Sharon McQuillan, MD; Holly Barbour, MD; Steven Applebaum, MD; Janette Daher

#### **Understanding the Aging Face**

Aesthetic Medicine is a medical specialty that utilizes a unique combination of science and artistry for successful outcomes. The ability of the physician to understand and appreciate this synergy is important. This presentation will focus on the concepts of beauty and ideal facial features. A discussion of the anatomy and physiology of the aging face will be presented.

## JOIN THE ELITE CORE OF ANTI-AGING PHYSICIANS 2000 MEMBERS AND GROWING

### Board Certification In Anti-Aging Medicine Is Your Gateway To Opportunity

Certification is a professional landmark to help you gain practical knowledge skills in the science of longevity, and secure essential skills in the clinical application of anti-aging /regenerative medicine.

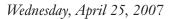


- Increase your practice's annual income
- Establish your practice as a leading facility for anti-aging health care
- Receive new patient referrals through the Physicians Directory at the World Health Network, www.worldhealth.net

To Register for the American Board of Anti-Aging & Regenerative Medicine Board Certification Program, contact: American Academy of Anti-Aging Medicine 301 Yamato Road • Boca Raton, FL 33431 Tel: (561) 997-0112 • Fax: (561) 997-0287 email: exam@worldhealth.net



Abstracts



#### **Notes**

continued from page 54

#### **Botulinum Toxin A**

The advent of Botulinum Toxin A revolutionized the aesthetic industry. This presentation will focus on the differences between the various neurotoxins as well as our experience with these individual toxins to date. Data regarding indications, contraindications, and an analysis of adverse events will be presented.

Goals & Objectives:

- Discuss mechanism of action of Botulinum Toxin A
- Compare and contrast various serotypes of Botulinum Toxin A
- Review dose ranging efficacy trials for various indications of Botulinum Toxin A

#### Brow Sculpting with Botulinum Toxin A

It has been said that the eyes are the windows to the soul. With this in mind, the eyebrow is the "window frame". This presentation will discuss how the shape and position of the eyebrow is affected using Botulinum Toxin A. A review of the pertinent muscular anatomy will be presented, as well as the proper dosing and injection technique for brow sculpting. A demonstration of brow sculpting technique will be provided.

#### Periocular Rejuvenation with Botulinum Toxin A

Periocular rejuvenation is a common aesthetic goal for patients. Many patients express concern regarding crow's feet or looking tired or sad. This presentation will review the pertinent periocular anatomic structures, proper dosing, and injection techniques necessary for successful periocular rejuvenation using Botulinum Toxin A. A demonstration of periocular treatment will be provided.

#### Perioral Rejuvenation with Botulinum Toxin A

Botulinum Toxin A can be used to successfully treat perioral rhytides as well as soften nasolabial folds or relax the chin. Botulinum Toxin A can be used as a primary treatment or in combination with other procedures in lower facial rejuvenation. This presentation will review the pertinent perioral anatomic structures, proper dosing, and injection techniques necessary for successful perioral rejuvenation using Botulinum Toxin A. A demonstration of perioral treatment will be provided.

#### The Aging Neck

Botulinum toxin A injections serve an important role in neck rejuvenation. Understanding the pathophysiology of the aging neck involves many factors. Botulinum Toxin A injections can be used as a primary treatment or in combination with other treatments in neck rejuvenation. This presentation will review the pertinent platysmal anatomic structures, proper dosing, and injection techniques necessary for successful neck rejuvenation. A live demonstration of platysmal injections will be provided.

#### Facial Filler Properties and Facial Filer Aesthetic

This lecture is designed to introduce physicians to the cosmetic use of facial fillers. However, a preceptorship including hands-on training with an experienced colleague is essential to develop the adequate skill necessary to perform these procedures. With aging, the combined effects of photo injury, fat atrophy, and changes in facial muscle balance cause both wrinkles and contour defects. The newest approach to lower facial enhancement involves restoring volume loss. The histology of the dermis will be reviewed allowing the attendee to develop an appreciation for the dermal depth of the various cosmetic defects to be filled. The properties of the various fillers and the indications for each will be discussed.

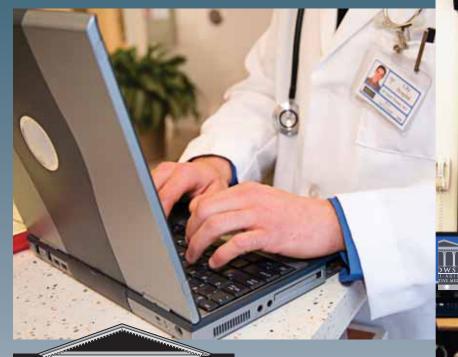
Goals and Objectives:

- Develop understanding of depth of various cosmetic defects
  - Understand properties and indications for various facial filler

## EXPAND YOUR PROFESSIONAL TRAINING ON YOUR SCHEDULE AND ON YOUR TERMS



ENROLL IN THE FELLOWSHIP ANTI-AGING MEDICINE & REGENERATIVE MEDICINE



Post Graduate Hands-on **On-site Classroom Training &** Procedures Plus VR Computer Classes For At Home Convenience. We Make Fellowship Convenient.



"I'm proud to be the director of this comprehensive new integrated approach to anti-aging, medical nutrition. We strive for excellence in post-graduate medical education and deliver with a roster of world renowned experts from this new clinical specialty.

Fellowship Director Pamela W. Smith, M.D., M.P.H.



"This is the only officially recognized and credentialed Anti-Aging fellowship program... It enjoys the full

endorsement of both the A4M & ABAARM."

Ron Klatz, M.D., D.O.



"A major advancement in the history of medicine ... teaching physiology to practical evaluation and comprehensive

treatment. The speakers are experts in their fields and are accessible. I'm proud to participate."

Ron Rothenberg, M.D.



"This is the most comprehensive integrated approach to anti-aging medicine, regenerative medicine, medical nutrition and advanced healthcare. This is presented by a

worldclass group of internationally acclaimed experts in this new medical speciality"

Mark Gordon M.D.

FELLOWSHIP IN ANTI-AGING MEDICINE & REGENERATIVE MEDICINE 301 Yamato Road - Boca Raton, FL 33431 Phone: (561) 997 - 0112 Toll Free: [800] 558 -1267 Fax: (561) 997 - 0287

Online info available at:

## WWW.WORLDHEALTH.NET

## Where Else Can You Get It All?

Complementary Prescriptions<sup>™</sup>, the exclusive medical brand of VRP offers you, the clinical professional, a full palate of products, clinical tests and proven practice builders. All with one call.

### **Advancing the Science of Healthy Aging Since 1979**

- Unique Formulas Based in current science
- Depth of formulary Over 400 superior products
- Diagnostic tools Clinically proven analytics
- Breadth of choice

One source shopping for brands like Epicor<sup>™</sup> Nordic Naturals<sup>™</sup>, NanoGreens<sup>™</sup>, Culturelle<sup>™</sup>, BioTears<sup>™</sup> and more.

- **Buy from the source** *Primary manufacturer with GMP quality assured*
- Source of knowledge Dedicated to professional and patient education
- Proven practice builder

Unique patient referral program, increase practice revenues while better monitoring your patients supplement program - Partners For Life™

Vitamin Research Products Empowering Healthy Aging Since 1979

Vitamin Research Products is a primary manufacturer and distributor of nutraceuticals operating under strict quality guidelines. Founded in 1979, the company has been a pioneer in the Science of Healthy Aging. VRP offers over 400 distinct products distributed in 57 different countries. The recipient of numerous business awards from the State of Nevada, the company also recently received recognition for its Extend Plus Multi Vitamin from the *Comparative Guide to Nutritional Supplements*. VRP's product was chosen as one of the top 3 out of 1,700 products reviewed. This extensive evaluation resulted in a coveted 5 Star Award.

### **Complementary Prescriptions**<sup>™</sup> - The Brand You Can Trust

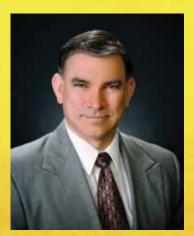


the medical division of Vitamin Research Products

### (888) 401-0967 • www.cpmedical.net



Complementary Prescriptions<sup>™</sup> unique "Modular Formulas" provide nutrient applications without the worry of overdosing or dangerous interactions. Complementary Prescriptions<sup>™</sup> provides synergy between products in a complete therapeutic application.



Don't Miss Dr. Flechas' Presentation at A4M Orlando

"The Use of lodine in Clinical Practice"

Jorge D. Flechas, MD, MPH, is the Medical Director of Flechas Family Practice in Hendersonville, NC, specializing in the treatment of Fibromyalgia, Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS). He also specializes in Iodine Therapy for Hypothyroidism and Fibrocystic Breast Disease.

## Visit Us at Booth # 201



Abstracts

Wednesday, April 25, 2007

continued from page 56

**Notes** 

#### Using Calcium Hydroxyl Apatite in Facial Rejuvenation

#### **Nasolabial Fold Correction Using Facial Fillers**

The development of the nasolabial fold is a result of volume loss, repetitive muscle movement, and photoaging skin. This presentation will focus on volume correction of the nasolabial fold using various fillers. A review of the pertinent anatomical structures involved in oral expression will be presented, as well as the proper injection technique for nasolabial fold correction.

#### **Melomental Fold Correction Using Facial Fillers**

The development of the melomental fold is a result of the loss of maxillary and mandibular bone, as well as subcutaneous fat. This presentation will focus on the volume correction of melomental folds using various fillers. A review of the pertinent anatomical structures involved in oral expression will be presented, as well as the proper injection technique for melomental fold correction.

#### Lip Augmentation Techniques Using Facial Fillers

The most common concern for perioral rejuvenation is loss of the vermillion lip. Photoaging, smoking, and repetitive muscle movement results in depleted vermilion lip as well as lip rhytides. This presentation will focus on the volume correction and enhancement of the vermilion lip using various fillers. A review of the proper injection techniques for lip augmentation will be presented.

#### **Volume Lift Using Facial Fillers**

The vast array of facial fillers available on the market today has made the restoration of facial volume and contours the first line of defense for patients before surgical correction is considered. This presentation will focus on the restoration of facial symmetry and volume using injection techniques in the tear troughs, malar and mandibular areas.

#### **Demonstration of Facial Filler Techniques**

The expert panel will demonstrate the injection techniques for nasolabial and melomental folds, lip augmentation, and the restoration of facial symmetry and volume on live patients using various facial fillers.

#### The Successful Aesthetic Practice

The successful aesthetic practice model requires a unique combination of successful patient outcomes with superior customer service. This presentation will discuss twenty ways for a practice to take advantage of the aesthetic opportunity. Included in this discussion will be aspects such as staff development, operational considerations, training, regulatory components, marketing, and advertising.

#### Wednesday, April 25, 2007

American Board of Anti-Aging / Regenerative Medicine (ABAARM) Oral Board Review Course\*

Pamela Smith, MD

#### Wednesday, April 25, 2007 EVENING WORKSHOP: Vibrational Resurfacing and Lasers\*

4bstracts

Thursday, April 26, 2007



continued from page 60

#### Thursday, April 26, 2007

WORKSHOP #1. Endocrinology- A Practical Application of Treating Adult Hormone Deficiency Using Bio-Identical Hormone Replacement Therapy *Co-Chair: Ron Rothenberg, MD* 

Introduction to Treating Hormone Deficiency: The ABC's with tips on how to boost their safety and efficacy *Thierry Hertoghe, MD* 

With aging, the production and levels of most hormones decline in adults. The notion that this phenomenon has adverse consequences and may accelerate or even cause premature aging, becomes increasingly accepted.

To keep the body healthy and tight the aged adult body, which in size and volume remains grossly as important as it was in the youthful years, requires amounts of hormones similar to the ones it had during young adulthood. The slow progressive decline in hormone levels with age should therefore be considered as an unfavourable evolution and its correction with hormone supplements to the more youthful concentrations may slow down or even partially reverse the aging processes.

A quick overview of the various anti-aging hormone replacement therapies is presented in this lecture, together with tips on how to make hormone supplementation safer. Basic conditions for such safe treatments consist of focusing on correcting only deficiencies (avoiding any unnecessary treatments), carefully adjusting the dose ("personalizing" the dose to each individual patient), doing regular follow-ups (with cancer screening), using small, physiological doses (avoiding overdoses), correctly balancing the hormone system (and rarely use one hormone alone, because of the risk of unbalancing the system), and last but not least, on preferably using bio-identical hormones (avoiding as much as possible synthetic derivatives of the human body's natural hormones).

Other measures such as regular exercising, diet adjustments (including avoiding to eat excessively, or cook at too high temperatures), focusing on positive emotions, nutritional supplementation, should be added to the program, as various scientific reports have shown theses methods to further reduce the risk and severity of cancer and heart disease and thereby to increase the safety of hormone treatments.

#### Testosterone – Andropause and Sexual Health

Ron Rothenberg, MD

This presentation will review the current medical literature on Testosterone Replacement Therapy in men and women and provide practical algorithms for treatment. Symptoms of deficiency will be reviewed. Different methods of replacement will be discussed, lab evaluation reviewed, side effects and downstream metabolites will be covered. The relationship of TRT to cognitive function, cardiovascular function, prostate disease, body composition and quality of Life will be analyzed. Protocols for safety and treatment of side effects will be presented.

Goals and Objectives:

- Learn the symptoms of testosterone deficiency
- Learn the different methods of TRT.
- Learn how to evaluate Serum free, total and bio-available testosterone



## A NATIONAL NETWORK OF ANTI-AGING PHYSICIANS



- Proven Success
- Marketing and PR
- Strategic Partners
- Turn-key Solution
- Simple, Easy and Customized
- Learn and Share Knowledge

#### AS SEEN IN...



For more information, contact Patrick Savage: pwsavage@bodylogicmd.com www.BodyLogicMD.com

Tap into new patients • Increase profits Comprehensive anti-aging practice



ApothéCure is one of the largest compounding pharmacies in the US and offers thousands of the highest quality custom compounds available.

### **Featured Products:**

- HEAVY METAL DETOX
- MESOTHERAPY
- BIO-IDENTICAL HORMONES
- PRESERVATIVE-FREE STERILE INJECTABLES\*
- PAIN MANAGEMENT
- GROWTH FACTORS
- SEXUAL DYSFUNCTION
- SPORTS MEDICINE
- DERMATOLOGY
- PROLOTHERAPY / PAIN MANAGEMENT
- NUTRITIONAL IVs
- CUSTOM BLENDS
- SUPPLIES
- CUSTOM ORDER SHEETS

\* All injectables are independently tested for sterility and pyrogenicity.

## CALL TODAY 1.800.969.6601

4001 McEwen Road, Suite 100 Dallas, Texas 75244

pharmacist@apothecure.com

Local: 972.960.6601 Fax: 800.687.5252

## www.apothecure.com





Thursday, April 26, 2007

### continued from page 61

#### DHEA- The Mother Hormone

Ron Rothenberg, MD

DHEART and the concept of Adrenopause will be reviewed. Topics covered will include the biotransformation of DHEA into androgens and estrogens as well as direct effects. Medical literature will be analyzed to determine the benefits of DHEART in anti-aging medicine. The role of DHEA and body composition, cognitive function, immune function, cardiovascular disease and cancer prevention will be considered as well as the use of 7-oxo DHEA vs. DHEA.

Goals & Objectives:

- Learn the biotransformation pathways of DHEA
- Learn the effects of DHEA on cognitive function, immune function, cardiovascular function and caner.
- Lean dose algorithms and side effects of DHEART

#### **Adult Growth Deficiencies Treatments**

#### Thierry Hertoghe, MD

GHRT for treatment of Adult Growth Hormone Deficiency (AGHD) generates more controversy than any other hormone replacement. This presentation will analyze the peer reviewed medical literature on GHRT for AGHD. Symptoms, physiology, treatment algorithms, side effects will be reviewed. The relationship of GH IGF-1 GHRT and cognitive function, cardiovascular function, immune function, body composition, quality of life, longevity and cancer will be discussed. The medical, economic, legal and philosophical controversies will be presented for discussion.

Goals and Objectives:

- Learn the symptoms and treatment of Adult Growth Hormone Deficiency
- Learn the schedules, dosages and side effects of treatment of AGHD.
- Learn the controversies surrounding GHRT for AGHD

#### Thyroid Hormone

#### Ron Rothenberg, MD

What they did not teach you in Medical School. Thierry Hertoghe M.D. will teach you the importance of T-3 & T-4 and how TSH needs to be looked at differently then what you have been taught.

The influence on the human body of the very small amount of thyroid hormones that it daily produces, is impressive. When the production of thyroid hormones abruptly ceases, an individual in a matter of weeks swell up with myxoedema, looses consciousness and even any feelings, becoming a human "plant", dying in coma.

The partial deficiency in thyroid hormones – hypothyroidism – allows life, but a life often miserable with complaints and physical signs typical for the disease. The increased incidence of age-related thyroid deficiency may explain some of the puffiness of the face of aging adults, dry skin, mild obesity, cold extremities, increased incidence of coronary heart disease, and possibly of cancer. Psychic and mental symptoms such as morning fatigue, depression, slowness, memory loss, etc. are common complaints of elderly adults that may result from the age-related decline of thyroid hormones.

One of the greatest adverse consequences of thyroid deficiency is a decrease in the production of most other important hormones such as growth hormone, testosterone, female hormones, cortisol, DHEA, etc.

This polyhormonal deficiency leads to premature senescence, which is reversed by thyroid treatment. *continued on page 65* 



Thursday, April 26, 2007



Notes

continued from page 64

What is the best thyroid treatment? Despite intensive use and marketing, treatment with thyroxine alone has never been reported to be superior to medications combining both thyroxine (T4) and its much more active metabolite, triiodothyronine (T3). On the contrary, in several studies on human subjects associations of T4 and T3 have been shown to be more efficient.

#### The Symphony of Hormones

Pamela Smith, MD

In order for a woman to live to be a healthy 100 years of age she must be hormonally sound. Her hormones are a symphony and all members of the orchestra must be playing in tune. This seminar will look at the web of estrogen, progesterone, testosterone, DHEA, cortisol, melatonin, pregnenolone, thyroid and insulin. For example, insulin resistance and hypperinsulinemia influence the synthesis of testosterone and the metabolism of DHEA in women. Insulin resistance increases testosterone production and depletes DHEA in the body because elevated insulin raises the activity of 17, 20-lyase which converts more DHEA to cortisol and testosterone. This seminar also discusses the metabolism of estrogen and treatment modalities for maintaining a good 2-OH estrogen to 16-OH estrogen ratio.

#### **Cortisone - The major hormone of quality of life and longevity when safely used** *Thierry Hertoghe, MD*

Many authors in the medical literature have suggested that cortisol is an "aging hormone", a hormone that accelerate aging. The premature aging processes that occur with excessive cortisol levels is considered by these authors as prove of the hypothesis. Elevated levels of cortiosol absolutely or relatively to other hormones is indeed found either through an excessive endogenous secretion (Cushing syndrome or disease), either through an excessive exogenous intake of the hormone or one of its synthetic derivative (excess glucocorticoid intake). These excesses are effectively known to cause premature aging.

But, two circumstances make high levels of this hormone particularly unhealthy. The longterm persistence or chronicity of higher cortisol levels, and deficiencies in antagonistic hormones such as growth hormone, testosterone (in men), DHEA, (endogenous or transdermal, not oral), estradiol, etc.

Careful avoidance of these two conditions may prevent most, if not all, aging effects of cortisol.

Furthermore, deficiencies in cortisol, even mild forms, may on their turn accelerate aging too. A condition which may be prevented with adequate cortisol replacement therapy in safe physiological doses. In these circumstances cortisol work as a powerful "anti-aging hormone" and may, in severe deficiencies, even be life-saving. Scientific studies have shown beneficial "anti-aging" effects of this hormone on the human psyche and body.

#### **Compounds Used in the Anti-Aging Practice**

John Grasela, R.Ph.

Compounded prescription medications now account for almost 5% of prescriptions prescribed. Many physicians have never been in a compounding pharmacy or are not aware of how they are used in their practice. This presentation is designed to teach the physician about the availability of compounded drugs for their practice. It will go over the laws that govern compounding that the physician must know, what to look for in a compounding practice and the various unique products that are available. Physicians will learn about bio-identical hormone replacement compounds used in the treatment of menopause, andropause, and total hormone replacement used in anti-aging medicine. Manufactured growth hormone used in somatopause and devices will be discussed along with the cost for

continued on page 68

51



## 

WHAT IS THE NANO PERFECTOR? Perfector is a non-invasive, skin rejuvenation computerized device that...

- significantly reduces wrinkles
- increases collagen & elastin
- lifts & sculpts facial muscles
- oxygenates, detoxifies & purifies
- reduces pigmentations & sun damage
- reduces acne & rosacea

AFTER

- reduces dark circles & puffiness
- leaves your skin glowing with health

#### BEFORE

= 79.5





#### Three Treatments

WHAT MAKES PERFECTOR DIFFERENT FROM OTHER SYSTEMS THAT MAKE SIMILAR CLAIMS?

- Delivers a high definition signal
- Innovative hardware that minimize resistance
   or biological "noise"
- High-Tech waveforms that self adjusts to resonate biological process
- Long lasting dramatic results

www.arasysperfector.com (phone)1-866-25-YOUNG (email) info@arasysperfector.com





Thursday, April 26, 2007

**Notes** 

continued from page 65

various growth products. Also included will be aesthetic compounds that are used in antiaging medicine to keep you looking younger as we age.

Goals & Objectives:

- To understand compounded prescriptions and how it is used in the physicians practice.
- Understand the laws regulating compounding
- Understand the differences in growth hormone products
- Learn the most common hormones prescribed and dosages used in Anti-Aging practice.
- Make the physician aware of aesthetic compounds to improve facial appearance.

#### Weight Loss: The Answer

Pamela Smith, MD

Weight loss is a multifactorial problem. Hormonal issues including sex hormones, thyroid hormones, and insulin play a major role. Allergies and inflammation are also significant contributing factors. This seminar will look at the science behind one of the largest reasons weight gain occurs: addiction to a particular food. Yes, there is a scientific reason that one become addicted to chocolate and even "healthy" foods such as cheese. This conference will provide the attendee with the latest information to help their patients with one of the hardest health areas, that of weight loss.

#### Hormones: The Nuts and Bolts of Anti-Aging Medicine

#### Ron Rothenberg, MD

This presentation will focus on the practical aspect of hormone replacement therapy for adult hormone deficiencies. The following hormones will be reviewed. Testosterone, Estrogens, Progesterone, DHEA, Growth Hormone, Thyroid, Cortisol.

Each hormone will be presented in a way that the participant can begin to prescribe the hormone with expertise. For each hormone the following will be detailed:

- Delivery method, dosage forms
- Dose, how to select initial dose
- Symptoms of Deficiency
- Symptoms of Excess
- Lab testing
- Downstream metabolites
- Side effects
- Follow up required: lab and clinical
- Controversies: medical, legal, philosophical, informed consent.

Goals and Objectives:

- Learn the symptoms of deficiency and excess of the key hormones
- Learn the doses, side effects and follow up needed to replace the key hormones which may be needed in treatment of adult hormone deficiencies

#### Questions and Answers with Thierry Hertoghe, MD\*

4bstracts

Thursday, April 26, 2007

ORERESS & EXPOSITIO

Notes

continued from page 68

#### Thursday, April 26, 2007

#### **WORKSHOP #2: Introduction to Aesthetic Medicine and its Implications** *Co-Chair: Sharon McQuillan, MD*

#### **Current Trends in Aesthetic Medicine**

#### Sharon McQuillan, MD

Aesthetic Medicine is a rapidly growing specialty that employs office-based procedures to enhance patients' satisfaction with their appearance. The demand for these procedures has increased with an aging population, as well as the advent of successfully minimally invasive techniques that are affordable and require no down time. This presentation will explore the latest trends and technology available in this ever-expanding field.

#### **Skin lesions diagnostic**

#### Nina Lundberg, MD

A real world office based tutorial on the topics of

- Healthy skin anatomy& histology
- Pathophysiology of the skin
- Common skin lesions
- Diagnostic of common skin lesions

The presentation will cover such necessary subjects for the office Aesthetic Cosmetic and Surgical practices when can be immediately implicated in the primary care environment.

#### Mesotherapy: The Treatment of Cellulite and Fat

Mesotherapy involves the introduction of microscopic quantities of natural extracts, homeopathic agents, pharmaceuticals and vitamins into the mesoderm of the skin to treat a variety of conditions.

The history of mesotherapy will be reviewed as well as its medical cosmetic applications. Cosmetic mesotherapy treatment includes the reduction of cellulite and localized fat deposits. These procedures will be discussed, as well as their indications and contraindications.

Goals and Objectives:

- Understand the history of mesotherapy
- Understand indications and contraindications for cosmetic mesotherapy

## The Treatment of Cellulite and Sub-Cutaneous Fat Reduction Using Light Based Aesthetic Devices

Noninvasive cosmetic treatments have been on the rise over the recent years, with technology evolving to produce higher efficacy and more indications. In addition to lasers, broad-spectrum light energies (also known as intense pulsed light or IPL) are available for non-ablative skin rejuvenation. A relatively new technology was FDA approved in October 2002, utilizing intense pulsed light combined with bipolar radiofrequency for increased skin tightening, with proven results on the abdomen, breasts, neck, and face. The FDA has also recently approved the first medical device for reduction of cellulite. This new device also utilizes a combination of infrared light energy combined with bipolar frequency energy and mechanical suction.

These light and radiofrequency combination devices bring to the anti-aging and aesthetic medicine doctor provide efficacious treatments that are now desired in the marketplace. The need for a high patient satisfaction rate increasingly important now, as the early adopters and middle majority begin seeking non-invasive cosmetic treatments.



Abstracts

Thursday, April 26, 2007

**Notes** 

continued from page 69

Goals and Objectives:

• Understand indications and contraindications for cellulite and fat reduction using light-based medical devices

#### Role of Light Based Treatments in Aesthetic Medicine: An Overview

The objective of this course is to take the mystery out of laser aesthetic medicine. This course will review basic laser physics and acquaint the attendee with the concepts of selective photothermolysis and the various laser parameters. Each wavelength will be reviewed for its indications and contraindications for cosmetic implications including facial rejuvenation and the removal of unwanted hair and veins. A critique of the available technology for the various wavelengths will be presented.

Goals and Objectives:

- Understand laser physics
- Review various wavelengths for cosmetic applications

#### Thursday, April 26, 2007 WORKSHOP #3: Laboratory Tests for Anti-Aging Medicine

Co-Chair: Bill Anton, Ph.D. (Honorary), Sc.(Hons)

#### Case Studies in Anti-Aging Laboratory Testing/Monitoring

Anti-Aging is about depletion, inflammation and wear and tear. In this series of workshops we will cover the tests available, when to order them, how to interpret them and how to treat your patients. These are the Standard Tests you need to know about. Now they are available through an A4M Accredited Anti-Aging Laboratory. With Comments & Treatment Protocols as per the Fellowship & Board Certification Training Programs in the USA, Austral-Asia and Europe.

*Sexual Transmitted Disease:* Launching New Patented Laboratory Technology (A spot Urine Test or Swab to screen for STDs with Genetic & PCR technology). 95% of all known STDs identified with ONE test. Urethritis & Cervicovaginitis, Genital Ulcers, Systemic STD, Standard Screen, HPV, or Comprehensive Screen.

Hormones & Lab Case Studies Serum, Saliva & Urine: Which tests to order, how to correlate to HRT & troubleshooting with hormones. Case Studies in Menopause, Andropause, Somatopause, PCOs, Thyroid, Adrenals, Estrogen Metabolites.

Vitamins & Antioxidants: Water & Fat Soluble, Oxidative Damage assessment.

Minerals & Metals: Trace & Macro, Heavy/Toxics, Post Challenge Tests, RBC, Hair Mineral, Urine, Serum levels.

Amino Acids: Essentials & Non-Essentials, Neurotransmitters & Metabolites

Essential Fatty Acids: Omega 3, 6, 9 and how to supplement based on lab results.

*Organic Acids:* The first step in Anti-Aging screening - Metabolic Pathways, Environmental Toxins.

Inflammation: CRP(hs), Cytokines, AA/EPA, Anabolic/Catabolic Ratio, Gut Functional Assessment

Allergies & Sensitivities: Food Allergies, Food Sensitivities, Food Additives, Medicine Sensitivities, Obesity & Food Sensitivities, Metal Allergies & Sensitivities.

*Genetics, SNPs and Proteomics Panels:* Nutrigenomics, Inflammation, Cardiovascular & Hypertension, Bone Health, Dementia, Detox, Male Panel, Female Panel, Metabolic Syndrome, Cancer Panel, Skin & Hair Health Panels.

#### Skin Rejuvenation

#### ReFirme<sup>™</sup> Skin Tightening

Hair Removal

# the elōs™ body of evidence

#### Clinically Proven. Totally Revolutionary.

Created by the same minds responsible for the Aesthetic Long-Pulsed Nd:Yag and Intense Pulsed Light revolution, elōs technology combines Bi-Polar Radio Frequency and Light. elōs technology delivers a safer, more effective solution for deeper dermal penetration, increased selectivity and the most predictable, focused treatment results. To view clinical papers and more, visit syneron.com or call 1.866.259.6661 today.

Brilliant Minds • Beautiful Bodies

#### VelaSmooth™ Cellulite Treatment

Leg Veins & Vascular





### A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 5

### Worldwide Demographic Shifts to Impact Economies and Political Structures by 2025

In more developed regions of the world, the ratio of the elderly to the numbers of working-age citizens is rising rapidly, a demographic trend that is forecast to have a profound impact on long-term economic growth and politics in many nations. Collectively, the United States, Europe, and Japan, which account for 70% of the world's economy, will have as many people age 60-plus, as those of working age within the next 20 years. As a result, the dependency ratio will rise from 30% at the start of this century, to stand at 50% by the year 2025.

Financial Times, 14 March 2007.

### Chinese Optimistic About Retirement

A survey conducted by the insurance firm AXA-Minmentals Assurance, found that China's residents regard retirement as an "active, financially favorable new life." The survey also revealed that 8 of every 10 people interviewed were happy, with their happiness linked to income and good health. Three-quarters of the working people and two-thirds of the retirees said their income would be sufficient to support their lifestyle after retirement. Additionally, they believed that their living standard and quality of life would be improved after retirement because of China's consistent strong economic growth.

China Daily, 14 March 2007.



The United Nations (UN) Department of Economic and Social Affairs Population Division reports that the world population will likely increase by 2.5 billion over the next 43 years, passing from the current 6.7 billion to 9.2 billion in 2050. This increase is equivalent to the total size of the world population in 1950, and it will be absorbed mostly by the less developed regions, whose population is projected to rise from 5.4 billion in 2007 to 7.9 billion in 2050. In contrast, the population of the more developed regions is expected to remain largely unchanged at 1.2 billion, and would have declined, were it not for the projected net migration from developing to developed countries, which is expected to average 2.3 million persons annually.

As a result of declining fertility and increasing longevity, the populations of more and more countries are ageing rapidly. Between 2005 and 2050, half of the increase in the world population will be accounted for by a rise in the population aged 60 years or over, whereas the number of children (persons under age 15) will decline slightly. Furthermore, in the more developed regions, the population aged 60 or over is expected to nearly double (from 245 million in 2005 to 406 million in 2050), whereas that of persons under age 60 will likely decline (from 971 million in 2005 to 839 million in 2050). The number of people age 60plus may nearly triple to 2 billion by 2050, comprising one-quarter of the entire global population of 9.2 billion by that year. The UN report also found that populations of developed regions are hardly growing and thus will age very rapidly, in large part as a result of improvements in life expectancy. Most of the growth and youth in the world is expected to come from poorer nations, and migrations from poor to rich nations is expected to make up for labor shortages in the developed world.

United Nations Press Release, 13 March 2007.

continued on page 76



C C A R E

# **Parasites!**

# Are they the missing link in your anti-aging program?

This two-part program uses The Harmonic Quad Zapper to kill infectious agents in all body tissues and precision-formulated herbal combinations to kill them in the intestinal tract.

Did you know that parasites, toxins and somatic mutations, along with abnormal gene switching, are frequent contributors to aging-related chronic disease?



Herbal Products Conquer Specific Problems!

- You can beat yeasts with **Yeastex**. **Yeastex** is a proprietary herbal formulation containing Nutmeg, echinacea angustafolia tops, safflower, 1lysine, 1-glutamic acid, caprylic acid, 1-aspartic acid and cellulase.
- You can overcome fungi, mildew and slime molds with **Fungex**.
- You can conquer flukes, roundworm and tapeworms with **Parasitex**.
- You can vanquish antibiotic-resistant bacteria, viruses and protozoa with **Proteka**.

If you like this approach to health care, you'll love Precision Herbs, LLC. All 300 herbal products were formulated to do *one specific job the best* by Master Herbalist, Dr. James R. Overman, N.D. Hundreds of healthcare professionals prefer Precision Herbs products to care for thousands of clients in six of the seven continents of the world.

## The Harmonic Quad Zapper beats parasites in all body tissues!

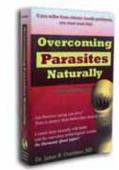
- Defeats mildew in the muscles.
- Masters protozoa in the pancreas.
- Crushes yeast in the uterus.
- Subdues slime molds in the lungs.
- Routes fungi from the bones.
- Denatures prions in neural tissue.
- Conquers roundworms in the kidneys.
- Beats tapeworms in the brain.
- Defeats flukes in tumors.
- Denatures poisonous venoms in animal bites and stings.



#### The Amazing Harmonic Quad:

- Has given relief from chronic disease to thousands of people by overcoming their parasites.
- Produces thousands of harmonic frequencies to cover the entire range of parasitic organisms.
- Beats most parasites in the organs and tissues in less than 3 minutes.
- Does not harm beneficial intestinal bacteria.
- Denatures prions, the active agent in Creutzfeld Jacob's disease.
- Removes ionic toxins from the body.

Want More Information? Then you need *Overcoming Parasites Naturally*, by Dr. James R. Overman, N.D.



#### Learn to:

- Identify parasites and the many types of infectious agents using kinesiology.
- Use the **Harmonic Quad** and all its attachments for parasite killing, detoxification and tissue healing.
- Learn specific herbal products to kill infectious agents in the digestive tract.
- Learn to heal parasite damage in all tissues of the body.

#### **Contacts:**

 For herbal products and the Harmonic Quad call *Precision Herbs, LLC*.
 330-276-6511 or check

#### www.precisionherbs.com.

• For books and seminar information call *Overman's Healthy Choices, Inc.* **330-276-4234**.

#### **Workshop!** *Parasites and Chronic Disease, the Missing Link in Healthcare,* Friday, April 27th from 6:00-9:00pm in Orlando. Also, feel free to visit us at booth 430!

This ad has not been evaluated by the FDA. It is not for diagnosing or treating disease. All statements refer to historical use and do not constitute medical claims.

# STARTING YOUR ANTI-AGING PRACTICE CAN BE EASY DO YOU KNOW HOW?



- How many anti-aging patients are you treating now?
- Who can you turn to for clinical support?
- What is your practice grossing now and by how much can it improve?
- Would you like to be in the market for anti-aging patients that will pay an upfront fee of \$5,000?
- Are you selling anti-aging products at the right margin?
- What should you do tomorrow to realize these changes?

To learn more about New Aging's pathway to a successful anti-aging practice, please visit our **Conference Booth or www.newaging.com** 





### A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 72

### US Businesses Not Prepared for Aging Workforce

A survey by Boston College's Center on Aging and Work (USA) found that more than one-quarter of US businesses have failed to plan for the effects of the aging American workforce. Despite reports that the US faces a shortage of millions of workers within the coming decade as Baby Boomers retire, the Center found that American businesses are not making plans to adjust and replace the pool of labor and talent. Of the 578 businesses surveyed, the Center found that only 37% of employers had adopted strategies to encourage latecareer workers to stay past the traditional retirement age. The survey also found that, while late-career employees have high levels of skills, strong professional and client networks, strong work ethic, and are loval and reliable, older workers commented that such employees are looking for flexible work options, including alternatives to the typical 8-hour workday/5-day workweek.

Boston College Press Release, via EurekAlert, 13 March 2007.



#### Assets

M C A R E

> In Australia, the nation's Baby Boomer generation controls half of the nation's total household wealth, but represent only one-quarter of the population. A report by AMP and Australia's National Centre for Social and Economic Modelling found that 1 in 4 of the nation's Baby Boomer generation hold an average of more than \$1 million in assets. However, the report also revealed a disparity across the Baby Boomer population: the bottom 25% of Baby Boomers have \$78,400 in assets on average, almost 14-times less than the millionaire Baby Boomers in the elite 25%. The only similarity between the top and bottom of this age group is that the family home accounts for one-third

of all assets. By contrast, the typical Baby Boomer in the average ranking on the wealth ladder has more than half their wealth locked in the family home. In Australia, 1 in 3 Baby Boomers still has a mortgage; by age 60-64, only one-tenth of them still owe money on the family home.

The Australian, 13 March 2007.

# Baby Boomer Generation Dominates Political Offices

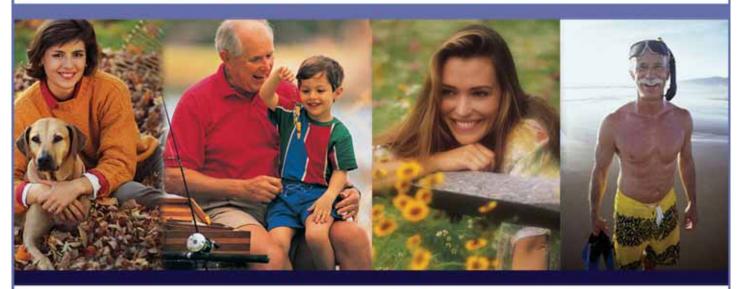
Of the 6,100 elected state and national offices across the United States, a slight but significant majority are members of the Baby Boomer generation. An analysis by Scripps Howard News Service found that more than 55% of America's current governors, state lawmakers, and congressional representatives and senators were born between 1946 and 1964. While their perspectives and life experiences are quite different from generations that precede and follow them, the Baby Boomer politicians run the range of political party affiliations, largely a factor of their age positions within the generation. About 55% of the lawmakers who are part of the forward segment (born between 1946 and 1954) of the Baby Boomer generation are Democrats, whereas 45% are Republicans. Among later-blooming (born between 1955 and 1964) Baby Boomers, 50% are Republicans and 49% are Democrats. Regardless of party affiliation, however, universally among Baby Boomers in political office, concerns of healthcare, pensions, and age discrimination rank as top priorities.

Scripps Howard News Service, 12 March 2007.

continued on page 124



## SINCE 1974... WE ARE YOUR PARTNER IN OPTIMIZING HEALTH & WELLNESS... ONE PATIENT AT A TIME.



### YOU'RE INVITED TO... Beyond the Basics Level II BHRT Symposium

Date: June 1-3, 2007 Where: Westin Tabor Center, Downtown Denver Pre-Conference: Strategies for Optimizing Practice Income Date: May 31, 2007 For more details: visit www.collegepharmacy.com

### **ANNOUNCING:**

College Pharmacy- now exclusive US distributor for Evomed Co., Germany. Worldwide, Evomed has the most comprehensive testing available for delayed food sensitivities that can lead to chronic inflammatory conditions associated with many age related disorders.

### NOW AVAILABLE: TWO FORMS OF GHRH

SERMORELIN Injectable and Transdermal Analogs

Tel: (800) 888-9358 (719) 262-0022 www.collegepharmacy.com for Age Related Disorders: Adult Hormone Deficiency Heavy Metal Detox Mesotherapy Prolotherapy Sclerotherapy Mature Skin Formulations Custom Amino Acid Formulations Chelation Nutritionals Immune Enhancement Cognitive Function Stroke Recovery Pain Management

Custom individualized Therapies

Fax: (800) 556-5893 (719) 262-0035 drhotline@collegepharmacy.com



# JOIN THE ELITE CORE OF ANTI-AGING PHYSICIANS 2000 MEMBERS AND GROWING

## Board Certification In Anti-Aging Medicine Is Your Gateway To Opportunity

Certification is a professional landmark to help you gain practical knowledge skills in the science of longevity, and secure essential skills in the clinical application of anti-aging /regenerative medicine.



Increase your practice's annual income

Establish your practice as a leading facility for anti-aging health care

Receive new patient referrals through the Physicians Directory at the World Health Network, www.worldhealth.net

To Register for the American Board of Anti-Aging & Regenerative Medicine Board Certification Program, contact: American Academy of Anti-Aging Medicine 301 Yamato Road • Boca Raton, FL 33431 Tel: (561) 997-0112 • Fax: (561) 997-0287 email: exam@worldhealth.net

## EXPAND YOUR PROFESSIONAL TRAINING ON YOUR SCHEDULE AND ON YOUR TERMS



ENROLL IN THE FELLOWSHIP ANTI-AGING MEDICINE & REGENERATIVE MEDICINE



Post Graduate Hands-on **On-site Classroom Training &** Procedures Plus VR Computer Classes For At Home Convenience. We Make Fellowship Convenient.



"This is the only

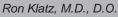
"I'm proud to be the director of this comprehensive new integrated approach to anti-aging, medical nutrition. We strive for excellence in post-graduate medical education and deliver with a roster of world renowned experts from this new clinical specialty.

Fellowship Director Pamela W. Smith, M.D., M.P.H.



officially recognized and credentialed Anti-Aging fellowship program... It enjoys the full endorsement of both the A4M &

ABAARM."





"A major advancement in the history of medicine ... teaching physiology to practical evaluation and comprehensive

treatment. The speakers are experts in their fields and are accessible. I'm proud to participate."

Ron Rothenberg, M.D.



"This is the most comprehensive integrated approach to anti-aging medicine, regenerative medicine, medical nutrition and advanced healthcare. This is presented by a

worldclass group of internationally acclaimed experts in this new medical speciality"

Mark Gordon M.D.

FELLOWSHIP IN ANTI-AGING MEDICINE & REGENERATIVE MEDICINE 301 Yamato Road - Boca Raton, FL 33431 Phone: (561) 997 - 0112 Toll Free: [800] 558 -1267 Fax: (561) 997 - 0287

Online info available at:

## WWW.WORLDHEALTH.NET



# The years continue to pass, just not as conspicuously.

The Power Plate is a powerful weapon in the fight against aging. Without conscious exertion, men and women can regain lost muscle mass and bone density, improve blood circulation and oxygenation and experience a spike in HGH. These workouts also help increase collagen to tighten the skin. Acceleration Training on the Power Plate is a relaxing, low-impact experience, producing endorphins and seratonin. The Power Plate is an essential tool for anyone who helps people live healthier, longer lives.





www.powerplate.com · 877.87.PLATE

Copyright 2007 Power Plate North America



# The years pass at the same speed, they just leave less evidence.

The Power Plate is a powerful weapon in the fight against aging. Without conscious exertion, men and women can regain lost muscle mass and bone density, improve blood circulation and oxygenation and experience a spike in HGH. These workouts also help increase collagen to tighten the skin. Acceleration Training on the Power Plate is a relaxing, low-impact experience, producing endorphins and seratonin. The Power Plate is an essential tool for anyone who helps people live healthier, longer lives.



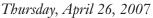


www.powerplate.com · 877.87.PLATE

Copyright 2007 Power Plate North America







Notes

Thursday, April 26, 2007

## WORKSHOP # 4: Clinical Advances in Anti-Aging Medicine

Co-Chair: to be announced

continued from page 70

#### The Documented Health Risks of Genetically Engineered Foods Jeffrey Smith, MBA

When genetically modified (GM) foods were quietly slipped into the American diet a decade ago, the claims of safety were largely based on untested assumptions. Many of the key ones have proven wrong and there is mounting evidence that GM foods are dangerous. This presentation will highlight the adverse reactions traced to GM foods and explore possible explanations as to cause and prevalence.

Although there has only been about two dozen published peer-reviewed animals feeding studies on GM foods, the results of these and other reports are troubling. Lab animals tested with GM foods had stunted growth, impaired immune systems, bleeding stomachs, abnormal and potentially precancerous cell growth in the intestines, impaired blood cell development, misshapen cell structures in the liver, pancreas and testicles, altered gene expression and cell metabolism, liver and kidney lesions, partially atrophied livers, inflamed kidneys, smaller brains and testicles, enlarged livers, pancreases and intestines, reduced digestive enzymes, higher blood sugar, inflamed lung tissue, increased death rates and higher offspring mortality. About two dozen farmers report that GM corn varieties caused their pigs or cows to become sterile, 71 shepherds say that 25% of their sheep died from grazing on Bt cotton plants, and others say that cows, water buffaloes, chickens and horses also died from eating GM crops. Filipinos in at least 5 villages fell sick when nearby Bt corn was pollinating and hundreds of laborers in India report allergic reactions from handling Bt cotton. Soy allergies skyrocketed by 50% in the UK, soon after genetically engineered soy was introduced; and one human subject out of the handful tested showed a skin prick allergic-type reaction to GM soy, but not to natural soy. In the 1980s, a GM food supplement killed about 100 Americans and caused sickness and disability in another 5,000-10,000.

There are several possible causes for these and other reactions associated with GM foods. The process of inserting transgenes creates significant collateral damage in the host plant's genome. Natural genes at the insertion site may become mutated, deleted, altered or permanently turned on or off. Up to 5% of the hosts' genes may also change expression levels. And growing out GM cells in tissue culture can cause hundreds or thousands of additional genome-wide mutations. These changes can alter RNA, proteins, and primary and secondary metabolites in the plant, any one of which may prove harmful.

The transgene itself introduces a new protein into our diet, which may be allergenic or toxic. The structure and function of the protein may change unpredictably when processed in the new organism. In addition, the transgene sequence may be altered, truncated or mixed with other DNA during insertion, or it may rearrange spontaneously years later—creating proteins with amino acid sequences that were never intended.

Add to this the unpredictable influences of the plants' genetic disposition, growing conditions, interactions between multiple gene inserts and heavier applications of herbicides. In addition, the transgene, antibiotic resistant marker gene or promoter might transfer into the DNA of our gut bacteria or internal organs; genetic material may also pass through the placenta into the unborn or possibly influence sex cells prior to conception.

Each of these risks are unique to GM crops in character or scale and most go unchecked by safety assessments and lax regulations.

continued on page 86

# **Rejuvenating Skin Cream**

The free radical theory of aging is believed to explain, in part, how and why our skin ages. Sun damage, cigarette smoke, and air pollutants are all possible causes of free radical damage. Anti-oxidants have commonly been used to combat the damage done to skin and help correct the various problems associated with skin aging. However, until now, high strength anti-oxidants have not been available without a prescription!

Our compounding pharmacists have researched different treatments and along with dermatologists, have developed a potent new product for the aging skin. Physicians and patients alike now have the ability to treat skin conditions such as wrinkles, fine lines, uneven pigmentation, large pores, and dark under-eye circles.



## UNIVERSITY COMPOUNDING PHARMACY

Specializing in custom made cosmeceuticals for men and women.

### FOR THE TREATMENT OF:

- Wrinkles and fine lines
- Sun damage
- Dark under eye circles
- Uneven pigmentation
- Dry skin
- Large pores

#### **CONTAINS**:

- Vitamin C 5% a potent anti-oxidant and instant skin lightener
- Coenzyme Q10 1% a potent skin anti-oxidant and skin energizer
- DMAE 3% an instant skin tightener
- Lipoic Acid 2% a potent anti-oxidant

UNIVERSITY COMPOUNDING PHARMACY

REJUVENATING

CUSTOM FORMULATIONS ALSO AVAILABLE.



# Look & Feel Younger Now!

For more information Call today for a Free Brochure (800) 985-8065

Tour our pharmacy at www.ucprx.com

YOU CAN HAVE A SUCCESSFUL ANTI-AGING MEDICAL PRACTICE WE CAN SHOW YOU HOW



Our modular approach to helping medical practitioners like you enter the anti-aging industry is a world first. We specialize in positioning you to capitalize on the huge and growing interest in anti-aging medicine.

New Aging seeks operators of the highest caliber who want to:

- expand an existing anti-aging clinic utilizing best practice treatments and products
- convert an existing practice into an anti-aging clinic
- join an organization committed to being the world's leading brand in anti-aging medical solutions
- adopt a proven approach without having to pay any up front licence or franchise fee

To learn more about New Aging's pathway to a successful anti-aging practice, please visit our **Conference Booth or www.newaging.com** 



Notes

4bstracts

Thursday, April 26, 2007

continued from page 82

Goals & Objectives:

- To understand the range of reported adverse reactions to genetically modified foods, including effects on lab animals, livestock and reports from people and institutions around the world.
- To understand at least five categorical risks of GM foods, which may explain the adverse reactions reported.
- To learn how current safety assessments are incompetent to identify or protect us from these risks, and how we can protect ourselves.

#### **Detoxification/ Detox America**

Robert H. Sorge N.D., PhD

We are living in a toxic soup, at the most toxic time in human history. Toxic free sanctuaries no longer exist on our planet. Our scientists tell us that polar bears above the Arctic Circle have been found dead with strodium 90 in their livers. This condition will only worsen as more pygmie nations develop atomic weapons.

Thousands of tons of fish are found dead in our oceans, lakes and rivers daily as a result of plastic by-products and dioxins. Many of our fish are saturated with mercury. Eskimo women have been found to have cadmium in their breast milk. The environment protection agency has announced recently that they can no longer assure the quality of our drinking water in any municipality in the entire country. Each of us has 1,000 times the lead in our bones as our great grand parents.

Why are we as a nation becoming sicker and sicker? How is this possible that one woman in 300,000 gets breast cancer in Gambia, a third world country, while one woman in six in the U.S. can expect to get this same disease? In Naturopathic Medicine we believe toxicity is the common denominator to all disease. Where do these toxins come from? We are living in them. Who's toxic? In the 21<sup>st</sup> Century, everyone is toxic. Some people more than others.

The three major contributors are one, exogenous toxins in our environment that we just touched on. Two, Endogenous toxins resulting from our unnatural life style, the garbage we consume, most Americans don't even know what real food is consuming whoppers, dunkin donuts, taco bell, jack in the box, golden fries, baskin robbins, pizza hut, mcnuggets, wonder bread, starbucks, swine flesh, feces consuming crustaceans like shrimp, lobsters, clams, squid, Nathan's dogs, breakfast of champions, tang, jello, chocolates, sandwich meats, big mac's, finger licken good, and things go better with coke! We become what we eat.

We have become a nation of junk food junkies addicted to nutritionless plastics and grocery items that do little more then fill a void in our stomachs.

As our cells break down metabolic toxins build up at a faster rate than our body's eliminative channels are capable of throwing them off compromising our immune system.

The final insult is when we get sick our toxic bodies are treated with the most harmful toxins imaginable under the guise of practicing drug medicine by the book. The sicker we become the stronger the toxic substances.

We have reached a point that the so called side effects (poisoning effects) are worse than the conditions that are being treated. We are killing people in the name of medicine. Orthodox drug medicine has indeed become a dangerous practice. Iatrogenic disease has become the biggest killer in the U.S. after heart disease and cancer. Do you agree that we are facing a serious problem as a nation? What is the solution? The solution has been suppressed by the pharmaceutical gangs propaganda machine, but it's been there all the time. We believe the solution is Naturopathic Detoxification.

Spring 2007 Session <u>15th Annual International Congress on Anti-Aging Medicine</u> Technologies **Biomedica** Regenerative and

#### ADVERTISEMENT

## **SPACE-AGE TREATMENTS**

Latest in Fat Fighters!

Are you a medical professional and you don't know how to deal with visceral fat patients? Are you an Obstetric Gynecologist watching your patients become increasingly depressed as the excess pounds gained during pregnancy continue to accumulate on their waistline?

You've read the headlines; A recent study by the Harvard School of Public Health found that a startling two-thirds of Americans are overweight. Even more startling, is the finding that 28.7 percent of adult American men and 34.5 percent of American women were clinically obese. And these numbers will only get worse. America's problem with bulging waistlines has reached pandemic proportions according to federal health officials, who warn that obesity is becoming society's No. 1 killer - a top contender for type II diabetes, heart attack, stroke, maybe even a replacement knee or hip. But as doctors wrestle with this problem, we sought a more clever alternative: Gerry Pollock's high tech power device, the Arasys, developed in London University in 1994 and recently upgraded (2005) in Bi Centre Innova Science Park, a European Union funded research center. Pollock who is also a pioneer in Ultra Violet Light, built the Arasys on the basis of his expertise in co-inventing the first pacemaker. The pacemaker targets the smooth heart muscle transmitting electrical signals that can be customized in various complex programs to analyze the heartbeat and decide if the pacemaker should electrically stimulate the heart to contract. While the pacemaker is designed for the smooth heart muscle, Pollock's device, the Arasys, is designed for the nerve that contracts the skeletal muscle. Pollock invented the Arasys to treat Multiple Sclerosis and Muscle Atrophy, but the technology was imported into the USA as a result of its highspeed muscle building, instant inch loss, visceral fat reduction, and dramatic effects in tightening abdominal muscles after pregnancy.

All other devices that make similar claims to the Arasys are muscle stimulators. What this means is that they cause a depolarization of the skeletal muscle and result in a contraction that is powered by the limited ATP supply (cell energy) stored within the skeletal muscle. Unlike muscle stimulators, Arasys uses advanced MENS technology programmed into an intricate complex waveform composed with up to 1000 frequencies. The waveform is built to analyze, artificially increase and ultimately counteract what would be equivalent to resistance training. Arasys electronic mechanism is hand made to automatically resonate the rhythm of neuroby Xanya Sofra-Weiss, Ph.D

nal signals during strenuous exercise while the operator manually increases the flow of signal transmission. Pollock's waveform combines the calculated accuracy involved in hitting a moving target with the specificity necessary for a key to fit a particular lock. The Arasys waveform unlocks the biological process leading to the release of ATP at the nerve synapse along with a neurotransmitter called Acetycholine. ATP subsequently powers the muscle contraction. ATP involved in the neuronal process does not have the limitations it does during muscle stimulation that draws on the limited supply of ATP stored in the skeletal muscle. Additionally, a number of research studies (Cheng 1982, Santos et al 2004) indicate that MENS stimulation increases ATP up to 500%.

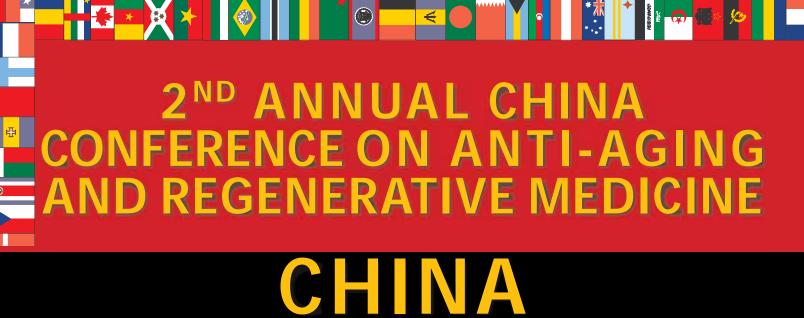
BEFORE



AFTER

**3 TREATMENTS** 

Arasys effectiveness has been demonstrated by clinical studies that have compared Arasys with physical exercise over a number of variables including inch loss and body building (2004, 2005). Inch loss after Arasys treatments is reportedly significant with individuals suspected to have visceral fat (2004). Arasys Effortless Power Workout speeds up muscle building and inch loss at a fraction of the time needed at the gym. Results are equivalent to strenuous exercise and they last as long. There is no gym burnout since the Arasys procedure does not require glucose, which is normally utilized during physical exercise - an important benefit because the body burns the surrounding fat cells without decreasing glucose levels. This prevents significant build up of lactic acid. Arasys naturally increases metabolic rate to initiate weight loss, and is perfect for spot training to target trouble areas that cannot be conquered with standard exercise. The enhanced detoxification and blood circulation achieved during the Arasys treatment reduces the appearance of cellulite and leaves you with an overall sense of well-being. For more info on the Arasys, vist the website at: www.arasysperfector.com or call 1-866-25-YOUNG. For a free demo visit Booth #501 at the Anti-Aging Expo 2007.



# AªM CHINA

世界抗衰老医学会·中国

MAY 18-20 GUANG ZHOU, CHINA AUGUST 16-19 BELING, CHINA

WWW.A4MCHINA.COM



毌



\*





# CHINA

# NOVEMBER 1-4 SHANGHAL, CHINA

## WWW.A4MCHINA.COM



Abstracts

Thursday, April 26, 2007

Notes

Use of lodine in Clinical Practice Jorge Flechas, M.D.

#### Measurement of Steroid Hormone Levels in Serum and Saliva Samples. Techniques and Pitfalls

Dr. Wolfgang Ziemann

continued from page 86

Measurement of steroid concentrations. State of the art from the literature and from own investigations. Discussion of the steroid fractions in serum and saliva (free and bound). Interferences by conjugates and binding proteins. Steroid secretion and biological CV; compensation by multiple sampling and measurement of the mixture. Influence of blood contamination and absorption problems. Stability of saliva samples. Food interference. Recommendations for reliable and reproducible free steroid measurements in saliva.

Most of the current steroid hormone determinations are done from serum samples even if results in the low or very low concentration range are expected like in elderly patients. This is a real challenge for any diagnostic laboratory. The problems even increase taking into consideration the episodic secretion pattern of steroid hormones. It is known since the 80<sup>th</sup> that steroid secretion shows a significant episodic pattern in serum as well as in saliva. Nevertheless still today most of the determinations are done from just one serum sample. This results in non-reproducible results due to the biological CV. Moreover the measurement of serum concentrations in the low concentration range technically is rather difficult as it recently has been shown in the scientific literature. In general serum measurements only can give the total steroid hormone concentration whereas saliva testing results in the measurement of the free active hormone fraction. Therefore salivary testing is a reliable alternative provided multiple sampling is done. We are recommending to collect 5 or 6 samples within 2 or 3 hours and the successive measurement of one mixed sample. In contrast to this steroid measurements in just one single saliva sample always will give arbitrary results.

The analytical sensitivity of current commercial saliva testkits do allow a reliable and reproducible measurement even in the very low concentration range (below 1 pg/ml). These results in fact do represent the free hormone concentration; this is the active hormone fraction. Therefore saliva hormone measurements might be a good and convenient alternative for steroid determinations in anti-Aging medicine in males and in females.

Blood contamination of saliva samples can be excluded by visual inspection. The stability of saliva samples is superior to serum samples. Absorption of the analyte might be a problem which can be overcome by selecting proper plastic material for the sampling device. Influence of hormone containing food is similar in serum and in saliva samples. Meanwhile simple commercial ELISA kits are available for the reliable quantification of free steroid hormones in saliva even in the very low concentration range.

Goals and Objectives:

- Reviewing the scientific publications showing the problems and limitations of current steroid measurements in serum
- Comparing steroid measurements in serum and saliva (clinical and technical differences)
- Showing the limits and obstacles in saliva testing together with the solutions
- Giving practical recommendations for reliable saliva testing of free steroids *conti*



## Laser Hair Therapy For Your Practice

## "Over 85% Patient Satisfaction" **Clinically Reported**

**Cool to the Touch & Pain Free** 

SUNETIC













**Non-Transplant Patients** 

## "Doctor's Choice for Laser Hair Therapy"

100% Full

**Scalp Coverage** (107 Laser Diodes)



#### Dr. Charles Maricle PhD **CEO Sunetics International**

"Laser Hair Therapy is one of the most exciting tools being added to the line-up of options in fighting hair loss.

It's classification as a non-significant risk device is very appealing to patients."

Sunetics International only sells it's Clinical Laser to Physicians or Medically Supervised Facilities

#### 877-777-8818 info@sunetics.com

www.sunetics.com

## Medical Advisory Board



Dr. Alan Bauman

Dr. J. Goerghy



Dr. Robert Reese











Dr. Martin Unger



The Sunetics International Medical Advisory Board is comprised of leading cosmetic surgeons and physicians who are Board Certified and specializing in Hair Restoration therapies; highly respected medical professionals who have presented papers and studies at scientific conferences and have contributed research to peer-reviewed medical journals and books.

Dr. Ron Shapiro

Sunetics International wants to ensure that other professionals have access to the best and most advanced technologies in order to provide the highest quality of care possible to their patients.



Abstracts

Thursday, April 26, 2007

**Notes** 

continued from page 90

#### The Revolutionary No-Touch Healing Concepts Charles Crosby, DO, MD (H)

TensCam is a new approach to health care for the 21<sup>st</sup> century. This revolutionary notouch healing concept uses the principles of quantum physics, in combination with conventional medical technology and the proven electrical properties of quartz crystal to make a formidable healing device. Result: TensCam treats the underlying cause of pain, inflammation and dysfunction without drugs, needles or surgery.

TensCam devices offer medical practitioners and patients an effective new alternative:

- Painless, non-invasive treatment.
- Relief of pain and inflammation.
- No harmful side-effects.
- Nearly immediate results.

#### Parasites and Chronic Disease, the Missing Link in Healthcare

#### James R. Overman, N.D.

This lecture investigates the relationship of parasites to such chronic diseases as asthma, arthritis, cancer, endometriosis and MS. Parasite types include parasitic worms and protozoa; parasitic saprophytic plants, fungi, slime molds, mildews and yeasts; and microparasites, bacteria, spirochetes, mycoplasmas, nanobacteria and viruses.Side effect free, alternative methods of fighting parasitic infection include the use of electronic instruments such as zappers and magnetic pulsers, oxidation with an ozone generator and herbal combinations. These three methods work best when used in concert.

Goals & Objectives:

- To recognize the relationship of parasitic invaders to chronic human disease.
- To review the wide range of types of parasitic infectious agents.
- To explore side effect free, alternative methods of parasite control.

#### The Grand Design- The Operating System for Life

#### Jonathan James, MD

After the last 50 years of heavy research the scientific community has developed a very large amount of Knowledge but very Little Understanding of some of the most basic questions. Based on current available theory there has no explanation of how the brain really works.

What makes a thought? Why do we need to sleep? What is a Dream? Why do we get Sick under stress? How do Hormones work? These are questions that were unanswerable with a system based on synapse theory and Re-Uptake of neurotransmitters.

Norepinephrine represents the survival instincts, and as such, is the driving force for all the changes caused by stress. In turn, most diseases are the result of excessive defense mechanisms driven by constantly increasing levels of Norepinephrine. Stress charges the brain and drives evolution, aging and disease.

By following the flow energy with The Grand Design, it becomes clear that that our brain and nerves are a Charged System where energy is Produced, Stored Transmitted and Used in a manner that is Straight Forward, Logical and easily understood by everyone. The theory follows all the laws of Thermodynamics and has great implications for all of Medicine.

A synopsis of the Grand Design and an introduction to the great ramifications of this theory would be discussed. The theory explains the Flow of Energy from Production in the Reticular system continued on page 96



## A big practice in a small box

**Hair Removal** 



Includes SkinTyte™ for skin laxity

Interchangeable filters for multiple wavelength bands

Multiple spot sizes

Adjustable precision cooling for maximum comfort and safety

Unlimited lamp life under warranty

BBL<sub>S</sub> brings you all the applications you need in one box making it the ideal system to launch an aesthetic practice or to expand an existing one.

When you buy a Sciton system you will receive comprehensive marketing support, advanced clinical training and a 3-year service warranty.

L<sub>S</sub> is the only system available today that offers you the widest range of procedures with one versatile handpiece.

With unique features such as dual-lamp design, changeon-the-fly filters and precision thermo-electric cooling, you will find L<sub>S</sub> to be the most durable and valuable system available.

Get started today with your L<sub>S.</sub> Call Sciton at 888-646-6999 or visit www.sciton.com **Pigmentation** 

Vascular

**Skin Laxity** 

Rejuvenation



# INCREASE REVENUE, GROW PROFITS, GENERATE REAL WEALTH **REGISTER NOW**



New Aging provides everything you need to enter the highly profitable field of anti-aging medicine. We partner with you to ensure your high-end anti-aging clinic is a success, with:

- a unique product and service offer
- clinical support, diagnostics and training
- management expertise and advice
- a customized business plan
- expert branding and marketing support

Let us show you how to increase revenue and turn profits into real wealth.

To learn more about New Aging's pathway to a successful anti-aging practice, please visit our **Conference Booth or www.newaging.com** 





Abstracts

Thursday, April 26, 2007

Notes

How energy is stored in the brain as a electro-potential. How the energy is transmitted and used through hormones and the dual Nervous system.

Goals & Objectives:

continued from page 92

- Understand a new way to look at the chemistry and flow of the energy of the brain
- How the energy of life is created, stored, transmitted and used.

#### Hair restoration: Preserving and Restoring the Aging "Frame of the Face" Alan Bauman, MD

Hereditary hair loss, considered by many as an outward sign of premature aging that can be seen from across the room, currently affects an estimated 50 Million men and 30 Million women in the U.S. research suggests that 50% of all men and women will experience some degree of hair loss by the time they age 50, with Americans spending over a bilion dollars annually on treatments, cures' and cover-ups. However, recent advances in medical treatments and procedures now offer men and women who suffer from hair loss safe and effective, truly viable methods of maintaining and/or restoring their own natural, living and growing hair.

Goals & Objectives:

It is our goal to present an overview of the mechanisms of Androgenetic Alopecia (male and female pattern hair loss) and viable treatment options that address its long and short term management, including non-chemical/non-invasive therapies (low Level Laser Therapy/LED phototherapy), FDA-approved medications, advanced microsurgical hair trasnplantation procedures, and future therapies (like hair multiplicatiion/ "hair cloning"). The evolution, benefits and limitations of each treatment modality will be discussed.

#### Horizontal Therapy for Osteoarthritis

#### Dr. Achim Hansjurgens

With osteoarthritis patients in early and late stadium who are regularly treated with Horizontal<sup>®</sup> Therapy, pain can be reduced fundamentally. Patients get painless in 80% of all cases. The function of the joints in addition is restored and maintained largely. The progressing changes off joints can be brought or slowed down to a stop.

It is assumed in addition that the metabolism of the endothels and also that one of all cells being located in the treatment area is activated by a membrane effect of the electrical alternating fields. In the literature significant changes of the cAMP mirror under the influence of middle frequent electrical alternating fields have been described (Brighton & Townsend, 1986, at application; NOSZVAI-NAGY et Al, 1992). This observation was taken as an explanation for the generally tropic

The Horizontal<sup>®</sup> Therapy promotes the metabolism, support the circulation, the Lymph transports and the diffusion processes. The function ability of the chondrocytic is improved by it and the production of the hyaluronic acid supported. So it isn't surprising that many patients talk already about an "oil change" after the first treatment at osteoarthritis in the knee.

Goals & Objectives:

- To gain a basic understanding of the mechanisms of actions of Horizontal Therapy
- To gain an undersatuding of the specific healing mechanisms of horizontal therapy as they relate to osteoarthritis
- To gain an understanding of the rejuvenation effects of horizontal therapy and the overall effects of horizontal therapy on the aging process

continued on page 100



# 1ST ANNUAL THAI CONFERENCE O N A N T I - A G I N G A N D REGENERATIVE MEDICINE BANGKOK, THAILAND JUNE 8-10 2007



-₩. WW.THAIPLASTICSURGERY.COM Organized by: THAI A4M Supported by: Bravo Medical Tech Co., LTD.

# TOTAL ANTI-AGING JAPAN 2007

The Dawn of Anti-Aging Medicine

# June 15th-17th at Roppongi Hills Tokyo , JAPAN







# TOTAL ANTI-AGING JAPAN www.worldhealth.jp





Abstracts

Thursday, April 26, 2007

Notes

**Bio-Identical Hormone Replacement Therapy for Menopause and Andropause** *Tara A. Solomon, MD* 

Bio-Identical hormone replacement therapy (BHRT) has been used for over twenty years as an alternative treatment to the traditional synthetic hormone therapy which has been available since the late 1960's. Although BHRT shares many of the same risks as traditional hormone therapy, the risks are much lower if given by a transdermal route.

By using a combination of estradiol, estriol, progesterone, DHEA, testosterone, progesterone, thyroid hormone, human growth hormone and pregnenolone, most practitioners will be able to achieve hormonal balance in both their femaile and male patients. When BHRT is given trasdermallly, blood levels do not rise significantly, making it imperative that the practitioner check saliva levels frequently.

A personal or family history of breast cancer, uterine cancer, prostate cancer, heart disease and stroke are not absolute contraindications to BHRT.

Goals & Objectives:

continued from page 96

- To understand the differences between bio-identical hormone replacement therapy and synthetic hormone replacement therapy.
- To understand the implications of the Women's Health Initiative published in the *New England Journal of Medicine* in 2002.
- To understand the risks versus the benefits of BHRT as well as using a proper consent forms in the office setting.
- To understand the different modalities in which BHRT can be given.

#### **Nutritional and Botanical Therapeutics**

Stephen Holt, MD, LLD(Hon.) ChB., PhD, DNM, FRCP (C), MRCP (UK), FACP, FACG, FACN, FACAM

While dietary supplements cannot be used to diagnose, prevent or treat any disease, many dietary supplements are considered to be valuable interventions in the practice of Integrative and Anti-Aging Medicine. There are few, if any, drugs that do not have their imprint in Nature. Modern pharmacology has its roots in the practice of pharmacognosy. Legislators have provided an artificial separation between natural medicine and standard allopathic approaches, such as the exclusive use of pharmaceuticals. Our President, G. W. Bush, Jr., addressed the U.S. nation in his State of the Union speech, January 07 by indicating that treatment decisions are best made by physicians and their patients, rather than by beaurocrats. Any attempts to legislate against a patient's self reliance to seek natural healthcare cannot be considered to be part of any modern democratic society. That said, dietary supplement interventions, used in professional practice, must be evidencebased and involve leading edge nutraceutical technology. Patients do not accept willingly the dispensation of dietary supplements that are freely available in retail because many such products are sold with meager evidence of benefit and safety. Professional dietary supplements should only be dispensed on a professional label unique to clinical practice and such product should employ the advanced science of synergistic formulations to address cascades of biochemical events that effect body structures and functions.

Goals and Objectives:

- Define relative issues concerning the dispensation of evidence based nutraceuticals in professional practice
- Explain formulation concepts involving synergistic use of nutrients, botanicals and herbs
- Define current regulatory issues concerning the ethical use of supplements in clinical practice

continued on page 102

# AVAILABLE FROM COMPLEMENTARY PRESCRIPTIONS™



High-Metabolite Immunogen

### What is EpiCor<sup>®</sup>?

**EpiCor** is a revolutionary dietary ingredient that is creating an entirely new category of immune health products. It is an all-natural, high-metabolite immunogen that nourishes the body's immune system. There is no other ingredient like **EpiCor** on the market. Not an herb, vitamin or mushroom, **EpiCor** is an all natural yeast-based product manufactured by a proprietary process called **MetaGen4**<sup>™</sup>, a multi-stage fermentation and drying process.

#### **Researched Safe**

Non-toxic

Without contraindications

Non-mutagenic

Non-mitogenic

#### **Researched Effective**

Activates natural killer (NK) cells

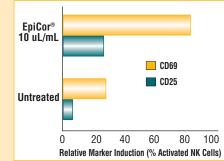
Activates human B cells

Maintains the integrity of the human mucosal immune barrier

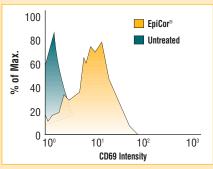


(888) 401-0967 • www.cpmedical.net





Flow cytometric analysis of CD69 and CD25 expression on lymphocyte subsets cultured in the presence and absence of **EpiCor**<sup>®</sup> overnight. The presence of **EpiCor**<sup>®</sup> resulted in higher induction of both markers. The induction of CD69 on NK cells was significantly higher than that of CD25.



**EpiCor**<sup>®</sup> treatment of freshly purified human NK cells results in expression of the activation marker CD69 on almost all CD3 CD56 NK cells.



Ask for your FREE copy of the CD presentation



"The Discovery of a Novel Immune Modulatory Agent: EpiCor®"

By Alexander Schauss, Ph.D, F.A.C.N.





Thursday, April 26, 2007

## Notes

Sarah Noble This session is designed for clinic & spa owners & managers who wish to broaden their services and stay abreast of current industry trends.

If you already have a spa, this will demonstrate that despite having all the theory & systems in place, we can sometimes all miss opportunities to enhance the guests experience and your revenue.

When you leave this session you will know the good, the bad, and the ugly of spas, and will take home a list of improvements to your operations.

# The Rational Treatment of Biological Aging by Modulation of The Second Law of Thermodynamics and the Allostatic Load *John Diamond, MD*

This lecture will pull together the therapeutic implications of the Second law of Thermodynamics, Allostasis and the Allostatic Load, and offer a theoretical model of CAM Anti-Aging action that can be used clinically and the basis for further investigative experimentation.

The use and recognition of Complementary, Alternative or Integrative Medicine has been increasing exponentially during the last decade. However, there has not been a unifying biological concept or concepts to scientifically unite or explain the anti-aging modes of action of the disparate modalities that constitute CAM. Nor has there been an adequate explanation of how the CAM modalities should be used in combination with each other or with mainstream pharmacology. Examination of 100,000 patient encounters in 15,000 patients over 18 years - all treated with Traditional Chinese Medicine (Acupuncture and Chinese Herbs), Classical and Complex Homeopathy, Therapeutic Nutrition and Pharmacological Drugs - led to a clinical realization that Anti-Aging Integrated Therapy is governed by the Second Law of Thermodynamics and the concept of entropy. The biological concepts of Information, Energy and Structure are able to modulate entropy, and these constants are related to CAM Anti-Aging therapeutic inputs. The central holistic theme of CAM is further explained by the new concepts of allostasis and the allostatic load. These concepts are the central theory of cause and effect in the body and related to psychoneuroimmunology which is the core of CAM physiology and regulation.

This lecture will pull all these concepts together and offer a theoretical model of CAM Anti-Aging action that can be used clinically and the basis for further investigative experimentation.

Goals & Objectives:

continued from page 100

Medical Spa Management

- Understand recent biological findings related to stress, coping and aging
- Understand the therapeutic significance of the Second Law of Thermodynamics
- Introduction to Allostasis, Allostatic load and their implications for anti-aging therapy

continued on page 104



# Unit Dose Packaging for Hormones



## Better delivery system, better results!

For More Information Come See Us at Booth 709

# Specializing in Anti-Aging Solutions



Injectables

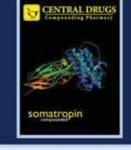


#### Mesotherapy











Chelation

Human Skin Care Growth Hormone

Feel good about your compounding pharmacy, knowing that your patients do.

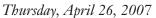
Phone: (877) 447-7977 www.anypharmacy.com



Fax: (877) 447-7977 info@anypharmacy.com







Notes

continued from page 102

#### Thursday, April 26, 2007

## WORKSHOP 5A. Personalizing Hormone Assessment: How to Get Started Co-Chair: Patrick Hanaway, MD

In this session, Dr. Hanaway will review the different matrices (sample types) available for hormonal testing; this includes serum, saliva, and urine. He will discuss the features and benefits of each sample type in understanding the full picture of a woman's (or man's!) need for hormone replacement therapy, through menopause and andropause. The use of serum, saliva, and urine hormonal testing creates a 3-Dimensional picture to clarify the proper treatment with estrogens, testosterone, progesterone, DHEA, cortisol, pregnenolone, thyroid hormone, and growth hormone.

#### Thursday, April 26, 2007 WORKSHOP 5B: 20 Bio-Identical Hormones that Keep Your Brain Forever Young

Co-Chair: Eric Braverman, MD

#### 20 Bio-Identical Hormones that Keep Your Brain Forever Young Eric Braverman, MD

Hormonal changes due to age, imbalances or other factors all impact the brain's speed, attention, memory and personality. For example, prior to assuming psychiatric disturbance in individuals, one needs to look at the neuro-endocrine axis, since hormone changes account for a host of neurological, psychological and psychiatric changes in the brain.

Listeners will learn about the 20 hormones that affects brain health, be able to identify which ones increase with age and which ones decrease, and be able to measure these hormonal changes, so to fully understand a patient's condition in order for proper and adequate diagnostic and treatment protocols to be utilized.

The lecture will focus on some of the most dramatic hormone therapy successes including IGF-1, melatonin, calcitonin, thyroid (T3& T4), parathormone, growth hormone, incretin, insulin, vitamins D2 & D3, erythropoietin, hydroxycortisol/ aldosterone, progesterone, estradiol, estrone, estriol, pregnenolone, androstenedione, dihydroepiandrostenedione (DHEA), and testosterone to name a few.

#### Thursday, April 26, 2007

American Board of Anti-Aging / Regenerative Medicine (ABAARM) & American Board of Anti-Aging Health Practitioners (ABAAHP) Written Exam, Board Review Course\*

Pamela Smith, MD

continued on page 106

# Rejuvenate Your Practice And your patients' skin, too.



#### Visit us at Booth #813

**Eliminate stress over slow growth or sluggish appointment schedules**. Try the Laser360 treatment protocol from Alma Lasers. It addresses the most common patient requests for noninvasive skin rejuvenation.

**Laser360** is an easy-to-customize, 60-day comprehensive treatment plan that utilizes traditional AFT pulsed light and ST infrared technologies—and the **new Pixel module**— to create breathtaking results for your patients.

LASER 360 3 Lasers, 60 Days, Complete Skin Rejuvenation

Learn how you can incorporate Laser 360 into your practice.





www.laser-360.com | 1.866.414.2562





Thursday, April 26, 2007

**Notes** 

continued from page 104

#### Thursday, April 26, 2007

EVENING WORKSHOP: Aesthetic Medicine - Non-Surgical Treatments Co-Chair: Sharon McQuillan, MD

## Aesthetic Venous Treatments

Chronic venous disease affects an estimated 25-30% of the population. This presentation will discuss the anatomy of the venous system. Various methods of treatment will be presented, including sclerotherapy and endovenous closure. Various scleroscants and their effectiveness will also be discussed, as well as the various procedural techniques employed for successful results. A demonstration of sclerotherapy will be provided

Goals and Objectives:

- Understand the venous anatomy
- Understand the indications and contraindications of various scleroscants
- Understand indications for endovenous closure

#### Combination Therapies in Aesthetic Treatment: Achieve the "Non-surgical Face Lift"

This presentation will discuss the use of Botox<sup>®</sup> Cosmetic, Facial Fillers, and the aesthetic laser treatments to achieve results comparable to that of a full face lift with minimal risk and far less down time. These procedures can be performed in a physician office setting.

Goals and Objectives:

• Understand components of combination therapies and their indications and contraindications

#### The Art of Chemical Peeling

Aesthetic resurfacing with various acids has been practiced throughout the ages. The various acids used in superficial, medium depth, and deep peels will be reviewed. The indications and contraindications of various peels will be described. Clinical protocols to obtain optimal results will be presented.

Goals and Objectives:

- Understand indications and contraindications for various peels
- Review clinical protocols for optimal peel results

## Photodynamic Therapy: Revolutionizing the Treatment of Acne and Actinic Keratoses

Photodynamic therapy is a treatment performed with aminolevulonic acid, a photosensitizing agent and a special wavelength of light that selectively kills the abnormal cells found in conditions like acne, actinic keratoses, pigmented lesions, and rosacea. This course will review the mechanism of photodynamic therapy. The indications and contraindications of photodynamic therapy will be discussed.

## Thursday, April 26, 2007

EVENING WORKSHOP: Live Consultation\* Thierry Hertoghe, M.D.

### YOUNGER YOU! BREAK THE AGING BARRIER A NUTRITIONALLY BASED PROGRAM TO JUMP-START BRAIN HORMONES AND REVERSE THE EFFECTS OF AGING.

Finally a pivotal piece of the aging puzzle is solved. Eric Braverman, MD is a leading researcher on how controlling brain and body hormones through diet, lifestyle changes, key supplements, and other natural therapies can halt the aging process.

In Younger You, Dr Braverman presents his anti-aging life plan designed to help readers look and feel years younger. After taking an in-depth quiz to help pinpoint your problem areas, you will discover how to immediately address your most pressing needs. Vital organs such as the heart, brain, liver, lungs and skin will express the benefits of hormonal balance resulting in a younger you!

#### Here is what leading physician authors had to say about Dr. Braverman's groundbreaking approach.....

"Dr. Braverman's book Younger You will help the aging boomers by explaining that their oldest part should be the focus of their health concerns, so they can grow older with a better quality of life."

Isadore Rosenfeld, MD Professor of Medicine, New York Hospital Weill Cornell Medical Center Author, *Live Now, Age Later* 

"As I have an antiaging treatment for the skin, Dr. Braverman has an antiaging treatment for the whole body. His book Younger You describes the aging code at every section of the body and how we will break the aging barrier..."

#### Nicholas Perricone, MD, FACN Author, *The Wrinkle Cure*

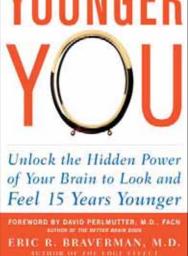
"We are only as young as our oldest part. We should be able to keep our brains and bodies younger and healthier than ever before. The book is not just for ourselves, but for our children who frequently enter into adulthood with aged parts because of poor nutrition and health practices."

#### David Perlmutter, MD Director, Perlmutter Health Center

"Dr. Braverman zeroes in on a very important concept: the need to keep (PATH) and the Chief all organ systems healthy and functional. Most important, he also offers provocative methods for doing just that."

Julian Whitaker, MD Founder, Whitaker Wellness Institute Author, Health & Healing Newsletter Eric Braverman, MD, is Director of the Place for Achieving Total Health (PATH) and the former *Chief Clinical Researcher at the Princeton Brain Bio Center. He has appeared on "Larry King Live"* and the "*David Letterman Show"* And he hosts his own radio program "Total Health" on WOR

Younger You hardcover \$24.95 To Order call 1-888-THN-PATH





# CERTIFICATE PROGRAM/WORKSHOPS FOR SPORTS MEDICINE & FITNESS PROFESSIONALS



Dr. Robert Goldman MD, PhD, DO, FAASP Chairman of the Board,

## American College of Anti-Aging Sports medicine Professionals

Phone 1.773.528.1000 E-mail sports@worldhealth.net

WWW.WORLDHEALTH.NET



# CERTIFICATE PROGRAM/WORKSHOPS FOR SPORTS MEDICINE & FITNESS PROFESSIONALS



WWW.WORLDHEALTH.NET





Friday, April 27, 2007

**Notes** 

Friday, April 27, 2007

continued from page 106

#### Treatment of Neuroinflammation with Oral and IV Lipid Therapy Patricia Kane, Ph.D.

Aberrant lipid metabolism in the formation of very long chain fatty acids forming ceramides or lipid rafts may follow exposure to neurotoxins and may be biomarkers of neuroinflammation in patients presenting with Multiple Sclerosis, Parkinson's Disease, Alzheimer's Disease, post-stroke, neurotoxicity (mercury, toxic mold, bacteria, virus', chemicals) and ALS subjects which we have documented in medical presentations and literature from 1996 3,4,5,6,7. Detailed history of exposure of neurotoxins as heavy metals (such as maternal fish consumption), xenobiotics (pesticides), and microbial exposure (fumonisin from corn) are carefully evaluated in our subjects along with appropriate laboratory testing. An intravenous protocol is introduced to stabilize brain architecture and to address neurotoxic exposure and neuroinflammation. Our targeted IV therapy with phosphatidylcholine, Leucovorin, rGlutathione and phenylbutyrate is an attempt to clear neurotoxins, support hepatic function, address cell membrane phospholipid integrity, and stabilize the state of neuroinflammation that may accompany Neuroinflammatory disorders such as ALS, Multiple Sclerosis, Parkinson's Disease, Alzheimer's disease, and post-stroke subjects. Oral therapy includes highly unsaturated fatty acids (HUFA), 4:1 ratio of omega-6 to omega-3 polyunsaturated fatty acids (PUFA), fatty alcohols, butyrate or Phenylbutyrate, PC and methylation support. Oral targeted treatment regimes are utilized after red cell lipid analysis has been completed at Kennedy Krieger Institute's Peroxisomal laboratory in Baltimore, Maryland and biomedical analysis through BodyBio in Millville, NJ. We have noted marked improvement in regard to neurological function in our patient population of 1000. Continued IV and oral lipid therapy yields sustained clinical improvement. Goals and Objectives:

- Exploration of a newly developed biomedical intervention of detoxification and membrane stabilization with the use of phospholipids and phenylbutyrate.
- Discuss the complexity of neuroinflammation that may be addressed with lipid based protocols which can pass the blood brain barrier.
- Begin to assess lipid membrane dynamics in regard to neuroinflammation via study of the buildup of very long chain fatty acids within red cells.
- Demonstrate how to apply lipid therapy in a clinical setting for patients with neurological involvement as ALS, Parkinson's, Alzheimer's disease, post stroke and Multiple Sclerosis.

Opening Remarks; New Breakthroughs in Anti-Aging Medicine

Ronald Klatz, M.D., D.O.; Robert Goldman, M.D., Ph.D., D.O., FAASP

#### Post Traumatic Brain Injury Hormonal Deficiency Syndrome

Mark L. Gordon, MD

There are 373,000 cases of Traumatic Brain Injury a year in the United States alone, according to a WHO study of 2003. Nearly 56% of those that survive the initial injury have an insidious decrease in Anterior Pituitary hormones which by 12 months improves to 36%. Associated with the deficiencies are changes in mental and physical abilities and a general decrease in quality of life. Within the past 3 years a clear cause and effect has been established. Prior to this new knowledge patients have been treated with symptomatic

continued on page 114

## Pre-Mixed Compounded Somatropin W/B12 & B6

A pre-mixed, multidose vial, six months stability, injection system of somatropin (rDNA)

## Custom Vitamin/ Mineral & Amino Acid Formulations

Mesotherapy

Testosterone Cypionate Injection - Testosterone Gel

Nandrolone Injection -Nandrolone Cream

Anastrazole Compounded HCG 10.000 Unit Vial

Bi-Estrogen -Progesterone - DHEA -T3/T4 – HC

**Commonly requested Prescription Compounds also Available!** 

# Licensed in all required states

except Arkansas

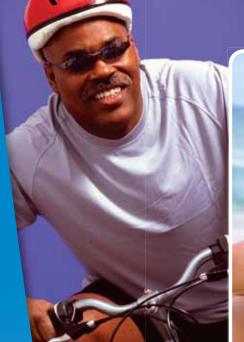
Compliant with USP 797 standards for sterile compounding



(888)733-0300 • Omaha, NE www.kohlls.com







Asia's Premier Spa & Longevity Institute Offering TOTAL SOLUTIONS for Optimum Wellness & Longevity through Integrative Anti-Aging, Spa & Aesthetic Medicine





# Scientifically designed by trustworthy consortium to excel the international standard and protocols set by world authority of anti-aging & regenerative medicine.

VICTUS Life Bali is an offspring of WELLNESS Indonesia, an exceptionally experienced group of professionals who has been in fitness, spa and tourism industry for more than 20 years. VICTUS Life emerges as the first center in Asia applying A4M's concept of integrative science-based wellness, anti-aging and regenerative medicine. Affiliated with the respected World Research Center for Anti-Aging Medicine, VICTUS Life intends to make available the most excellent client-orientated total anti-aging solution.

WELCOME International Strategic Partners and ABAAM Certified Physicians, aim to expand their practice to South East Asia and develop business opportunity targeting ASEAN prominent clients and corporates. Learn about ASEAN marketplace <u>www.us-asean.org</u>

### Ultimate Wellness System from \$399

### Revolutionary Anti-Aging System from \$799

## 3D/2N Bali Bliss Escape from \$499

VICTUS Life True Spa & Longevity Journey



- » Enjoy a Tropical Beach Resort Accommodation
- » Clinical Consultation & Health Assessment
- » Anti-Aging TODAY! Edutainment Talkshow
- » LE Diet Cooking Class & Lunches
- » Yoga-Fit Exercise
- » Pure Spa Body Treat
- » Advanced Aesthetic Spa for Face/Body Treat
- » Wine Dining
- » Free & Easy Bali Island of Paradise Tour

# www.VictusLife.com

- » Anti-Aging TODAY! Edutainment
- » Anti-Aging Clinical Diagnostics
- » Bio-Hormone Replacement Therapy
- » Healthy Aging Management
- » Biological Cell Extracts Supplementary
- » Stem Cells Therapy



# Bali, 7-9 Sept '07 **CONNECTING SCIENCE TO CLINICAL PRACTICE**

asia

\*

Delegate

Registration

fr. US\$150

Chicago-USA Las Vegas-USA Orlando-USA

Austria Nonaco Romania Italy

South Africa

Dubai

England

Spain. Portugal

 Thailand Malaysia

BALI - INDONESIA Australia .

 $( \circ$ 

# **ASIA ANTI AGING**

The 6th Asia Pacific Conference on Anti-Aging Medicine The 3rd International Conference on Wellness & Anti-Aging Medicine The 1<sup>st</sup> Asia Hospital CEO Summit

# 7 – 9 September 2007

At Nusa Dua Beach Resort Hotel – Beautiful Bali ... With its vibrant culture and mystical landscapes, The Island of the Gods, The Asia's most enchanting destinations!

**PRACTICAL LECTURES & WORKSHOPS** 2 days POST-CONFERENCE SHORT COURSES WORLD CLASS PRESENTERS HANDS-ON / LIVE DEMO BONUS ENTRY TO TRADE EXPO Earn Cat. 1 AMA/PRA CME Credits

Exhibit

Opportunity

fr. US\$1,000

**GET EXTRA BONUS\*** When you register between Feb - Apr'07 The New Anti-Aging Revolution Book by Dr Robert Goldman & Dr Ronald Klatz OR 60 mins BALICIOUS-Spa Body Massage subjected to availability



www.AsiaAntiAging.net

Early Bird

Dateline:

11 June'07





Friday, April 27, 2007

Notes

#### continued from page 110

protocols that just did not work. Published medical articles are now showing the benefits from replacement of the deficient hormones with significant improvement in their clinical presentation. The use of Growth Hormone, Testosterone and the likes is no longer just an issue of vanity medicine but one of medical intervention.

Goals & Objectives:

- Understand the association between head trauma and pituitary hormone deficiencies.
- Learn how to assess the potential of Head Trauma as the cause for hormonal deficiencies.
- Establish a format for the assessment of head trauma related hormone deficiency.
- Learn how to replace the deficiencies.

#### Matrix Energetics and Regeneration- Energy Medicine

#### James Oschman, Ph.D.

Energy medicine involves the diagnostic and therapeutic implications of the various forms of energy used by the human body to regulate living processes, such as healing. For example, an injury results in an electrical wave called the injury potential that triggers healing and regeneration; and a number of modern therapeutic devices introduce comparable electric waves that stimulate natural tissue repair processes. The public is attracted to these methods because they are often capable of resolving medical issues that are difficult to diagnose or treat by other means; and the techniques have few if any side effects. The science behind these technologies is both fascinating and revealing. One aspect involves the energetics of the "living matrix" which is the largest organ system in the human body. It consists of the extracellular matrix, i.e. the connective tissues and myofascial systems, and their extensions into the cytoskeleton and nuclear matrix of every cell in the body. Hence the living matrix forms a continuous physical system reaching into every nook and cranny of the body. As whole-body substrate for chemical, electronic and mechanical signaling, the quality of the living matrix is a major factor in health and longevity.

Goals & Objectives:

- Identify 5 components of the living matrix
- Identify 3 different forms of energy that are conducted by the living matrix
- Identify 3 chronic diseases that are now thought to be caused by inflammation.

#### "The Great Masquerator" The Lyme Spirochet

#### Robert DeJonge, DO

Over the course of medical history several illnesses have had the above connotation. In my early years regarding pulmonary emboli, the NEJM had an article called "Emperor Has No Clothes." Implying a pulmonary embolus is very difficult to diagnose. In regards to infections, in the past syphilis was an insidious infection that caused multiple symptoms from rashes to CNS disturbances. What are the characteristics of an infectious masquerator? They are the ability to avoid detection and cause a variety of seemingly different symptoms.

This talk is on Chronic Lyme Disease. Lyme disease, if not detected early and treated effectively, may evolve into cardiovascular arthritic or neuromuscular disease. Oddly I will give presentations on MS, PMR, Sarcoidosis, Fibromyalgia, Parkinsons, and others. Lyme disease is also a spirochete like syphilis. I will discuss how to diagnose and treat Chronic Lyme Disease, and also how to monitor treatment progression.

continued on page 118

# Partners For Life<sup>TM</sup>

A proven system to build your practice!

# Improve patient compliance and cash flow with no investment.

The Partners for Life<sup>™</sup> program is designed for practicing healthcare professionals like you. This proven successful program costs you nothing.

- Vou write the product referral.
- Patient orders by toll free number or internet.
- We ship directly to your patient.

Once your patients are registered to your practice you receive a monthly report of all purchases and a rebate check on all patient orders. This gives you full knowledge of the supplements your patients are using providing key information for their case management. In addition; all of their purchases, for as long as they live, will produce a monthly revenue source for your practice.

Get access to all 400 of our superior products and stock only the products that support the conditions you most commonly treat.

The Partners For Life<sup>™</sup> program also includes marketing support for your office with free personalized health information from your clinic and free nutritional posters for your exam rooms and lobby.



(888) 401-0967 www.cpmedical.net

THERE IS MORE TO LEARN ABOUT THIS GREAT PROGRAM Visit Booth #201 and get this program working for you today.



# International Pioneers in Anti Ageing Medicine and Preventative Health

For More Information about what we do please visit us at booth #724

As one of the sponsors of the **Anti Ageing Conference London 2007** please visit the HB Health booth to submit your scientific abstracts or poster presentations.

> HB HEALTH www.hbhealth.com Email: info@hbhealth.com Tel: +44(0)20 7838 0765







# 4th Annual Anti Ageing Conference London, England

## September 14-16, 2007

Contact Information: Anti Ageing Conference London PO Box 50622, London, SW6 2YP, UK Tel: +44 (0)20 7581 6962 Fax: +44 (0)20 7589 1273 Email: conference@antiageingconference.com www.londonantiageingconference.com

Sponsored and Organized By:

In Association with:







Abstracts

Friday, April 27, 2007

Notes

continued from page 114

#### Successful Weight Management and Change in Body Composition with a Comprehensive Weight Management Program

Shari Lieberman, Ph.D., C.N.S., F.A.C.N.

Although more than 1000 diet books are available today and each year millions of Americans enroll in commercial self-help weight loss programs, the prevalence of obesity continues to rise. Approximately 2/3 of Americans are overweight or obese and now this epidemic is rising all over the world. For weight loss to be meaningful and long lasting body fat loss must be maximized and muscle loss must be minimized. Unfortunately the vast majority of weight management information either through books or self-help programs has focused merely on the weight change on the scale rather than actual body composition. Lifestyle modification is also crucial including low glycemic index food choices, specific exercise recommendations and behavior modification. Results of a pilot intervention study will be presented. Weight management must be addressed first in order for any further intervention to be successful regardless of the health issue(s) needing to be addressed.

Goals & Objectives:

- Learn the consequences of losing muscle mass rather than body fat when losing weight.
- Become proficient in recommending lifestyle changes to help patients achieve their weight management goals through low glycemic index food choices, exercise and behavior modification.
- Explore the science behind specific dietary supplements that may accelerate weight loss and percent body fat loss.

## Bioidentical Hormones: An Update on the Evidence

Sangeeta Pati, MD

As more women are prescribed bioidentical hormones, we need to address the criticism that there is not enough good data to support their use. Therefore in addition to understanding the risks of synthetic hormones; we need to understand the data that specifically supports the safety and efficacy of bioidentical hormones. Here we will present a 2006 update and critical analysis of the recent published data on bioidentical hormone replacement. Topics will include

- the effects of bioidentical hormones on osteoporosis, cognitive decline, Alzheimer's, stroke and heart disease.
- the association of hormones and breast cancer and colon cancer,
- the critical role of nutrition and detoxification in hormone replacement.

. Goals & Objectives:

- Attendees will gain evidence-based knowledge on the use of bioidentical hormones in women based on the presenter's recent published article "Bio-identical Hormones: The Evidence" from European Journal of Anti-Ageing Medicine, March 2006.
- Learn the recent evidence on bio-identical hormones and degenerative diseases
- Learn the association of hormones with breast and colon cancer
- Learn how to optimize hormone replacement through the use of nutritional support and detoxification
- Get a board-certified Ob/Gyn's perspective on hormone replacement with bioidentical hormones
- Dosing and follow-up guidelines

# Tone and Titan



#### The treatment your patients want.

Titan is fast becoming the most requested treatment your practice can offer. Why? Innovative infrared technology and outstanding results. In a 2006 survey of Titan customers, 93% would recommend Titan to a colleague.

"I use the Titan system in my practice everyday and I've been impressed with the results in all age groups—this includes patients who might need surgical facelifts but just don't want to have surgery." David J. Goldberg, MD, New York Dermatologist

www.titanskin.com 888-4CUTERA







Friday, April 27, 2007

Notes

# The Anti-Aging Emergency Room: Hormone and Nutritional Treatment for Acute Medical Emergencies Part II

Ron Rothenberg, MD

continued from page 118

Anti-aging medicine is the medical specialty that has taken the lead in treating adult hormone deficiencies and optimizing nutrition to maximize quality of life. Informal surveys have shown that 10-20% of anti-aging physicians have a background in emergency and critical care medicine. This presentation will review current medical literature that supports treatment of cardiovascular, trauma and other emergencies with hormone and nutrition optimization along with life saving principles of emergency and critical care medicine. Testosterone, estradiol, progesterone, growth hormone, thyroid, melatonin, cortisol, DHEA and anti-oxidant treatments will be considered. In addition, hormonal consequences of traumatic brain injury, acute myocardial infarction and critical illness will be covered. Practical evaluation and treatment options will be presented.

Goals & Objectives:

- Learn the cardiovascular effects of testosterone and estradiol
- Learn the cardiovascular effects of thyroid hormones: T3, T4 and reverse T3
- Learn the controversies about growth hormone treatment in critical illness
- Learn the endocrine consequences of traumatic brain injury and subarachnoid hemorrhage

# Methyltetrahydrofolate: Metabolic and Clinical Significance in Aging *Teodoro Bottiglieri, Ph.D.*

Folate and folic acid are forms of a water-soluble B vitamin. Folate occurs naturally in food whereas folic acid is the synthetic form of this vitamin that is found in supplements and fortified foods. Genetic, drug and dietary interactions may predispose certain groups in the population to an increased risk of folate deficiency that can lead to marcocytic anemia, fatigue, irritability, peripheral neuropathy, restless leg syndrome, diarrhea, weight loss, insomnia, depression, dementia, cognitive disturbances, and psychiatric disorders. The aging population is particularly susceptible to folate deficiency. More recent studies suggest that folate deficiency may contribute to the depressive symptoms and cognitive impairment of the aging brain and may also accelerate the progression of Alzheimer's disease. Clinical studies have shown that foalte supplementation may be beneficial in the treatment of depression and age related cognitive decline. Most treatments studies have used folic acid, the synthetic form that is converted to other folate forms in the body. However, methyltetrahydrofolate (MTHF) is the biological form that is absorbed at the gut level, and transported across the blood-brain-barrier, which may offer more beneficial effects. The role of folate in age related disorders, mechanisms of toxicity, diagnostic techniques and treatment strategies will be reviewed.

Goals & Objectives:

- Explain the role of folate metabolism in cell function
- Identify factors that can lead to folate deficiency
- Define the impact that folate deficiency can have on the aging brain and treatment options

Spring 2007 Session 15<sup>th</sup> Annual International Congress on Anti-Aging Medicine Technologies and Regenerative Biomedical

continued on page 122

# 1<sup>ST</sup> ANNUAL IBERIAN CONFERENCE ON ANTI-AGING AND AESTHETIC MEDICINE

# ESTORIL, PORTUGAL SEPTEMBER 19-22, 2007









# www.a4miberia.com



Spring 2007 Session

15<sup>th</sup> Annual International Congress on Anti-Aging Medicine

Technologies

Regenerative Biomedical

and



Friday, April 27, 2007

Notes

continued from page 120

#### Reducing Cardio-Metabolic Risk

Frederic J. Vagnini, MD

Cardiovascular disease including high blood pressure coronary atherosclerosis and congestive heart failure are the major cardiac problems in this country and throughout the world today. These cardiovascular problems including stroke and peripheral vascular disease account for the high incidence of heart attack, stroke, and other circulatory problems in the world and heart disease continues to be the number one killer in the United State. These statistics continue to rise in spite of the fact that many hi-tech advances have made both in the pharmaceutical and surgical area including powerful cardiac and lipid lowering drugs, advances in surgery including robotic surgery, transplant surgery, and new innovations including gene therapy and stem cell therapy. The present day treatment of heart disease is strictly reactive. In other words, patient's going to doctors are given pharmacologic therapy for cholesterol blood pressure, triglycerides, or diabetes, and the underlying metabolic, genetic, and lifestyle problems are not addressed. What this presentation will reveal is that the treatment of the underlying metabolic disorder can prevent and reverse heart disease and prevent diabetes as well as Alzheimer's disease. Diabetes and obesity are now reaching epidemic proportions throughout the world.

Cardiometabolic risk represents a group of modifiable risk factors that increases ones chances of affliction with heart attack, stroke, diabetes, Alzheimer's disease, and some types of cancer. Modifiable means that these factors can be treated successfully frequently through lifestyle and nutraceuticals as well as the use of pharmacologic therapy. Many of the problems are environmentally induced and include the following: 1) Belly fat or increased waist circumference, 2) Low HDL, 3) High LDL, 4) increase small particle size LDL, 5) hypertriglyceridemia, 6) cigarette smoking,7) inflammation,8) hypertension,9) elevated glucose and insulin resistance. In the past, many of these factors have been considered to be part of the metabolic syndrome, however, recent guidelines now indicate that the better term would be cardiometabolic risk. Additionally, individuals at increased cardiometabolic risk include other dangerous problems including elevated homocysteine and uric acid, reduced testosterone levels, and growth hormone levels.

Current research has now revealed that the leading theory behind increased cardiometabolic risk is visceral adiposity. This belly fat has been now considered to be an endocrine organ itself. The visceral obesity is highly toxic, in that it is very bioactive and produces inflammatory cytokines as well as free fatty acids which cause a further release of glucose from the liver as well as hypertriglyceridemia with its subsequent atherogenic and thrombogenic lipid profile.

Lifestyle changes including proper diet, nutraceutical and pharmaceutical therapy will be presented to allow the anti-aging physicians to treat visceral adiposity and reduce cardiometabolic risk.

Since cardiovascular disease is a number one killer in the US and world and is one of the leading causes of disability, early detection management, reversal, and prevention of cardiovascular problems is an important anti-aging therapeutic mobility.

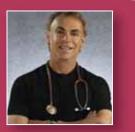
Goals & Objectives:

- Demonstrate the powerful antiaging effects of preventing heart disease.
- Revealing the importance to the anti-aging physician to recognize and treat prediabetes.
- Understand the techniques to treat obesity, prevent diabetes, Alzheimer's disease, and heart disease.
- Introduce new pharmaceuticals in the management of cardiometabolic risk.

continued on page 125

Do not miss our EXCITING Bio-Identical Hormone Symposium SEMINAR!

September 28-30, 2007 San Diego, CA



#### Ron Rothenberg, MD, FACEP

Clinical Professor, Preventive & Family Medicine, UCSD School of Medicine; Board Certified and former Board Examiner American Board of Anti-Aging Medicine; Board Certified, American Board of Emergency Medicine; Board Certified, American Board of Mesotherapy; Founder, California HealthSpan Institute, www.eHealthSpan.com.



#### Thierry Hertoghe, MD A fourth generation practicing physician, is internationally recognized as a leading specialist in Adult Hormone Deficiencies Therapies. Doctor Hertoghe has presented his program to thousands of doctors globally. He is the founding member of the International Hormone Society, President of Eaguall and Assistant Professor at the University Center of Charleroi, Belgium. His newest tome "The Hormone Handbook" is considered an invaluable text book for physicians and describes practical methods for treating Adult Hormone Deficiencies. To learn more, please visit www.ucprx.com



# UNIVERSITY COMPOUNDING PHARMACY



**Our Friendly, Knowledgeable Pharmacists** 



## Specializing in:

- Bio-Identical Hormone Replacement
- Wholesale Growth Hormone
- Physician Training Seminars
- Non-Commercially Available Formulations
- Alternate Routes of Administration
- Discontinued and Off-Patent Drugs
- In-Office Use Supplies
- Suppositories (Vaginal & Rectal)
- Sterile Injectable Medications

Call Today or visit us online at www.ucprx.com 800-985-8065





## A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 76

#### Germany Raises Pension

#### Age

CARE

German lawmakers have raised the retirement age to 67 from 65. Labor Minister Franz Muetefering stated that: "We have to act" as a result of the impact of an aging population. The age raise means that Germans born after 1964 – just under half of the nation's population of 82 million – will have to wait up to two years more before they qualify for the national pension. The changes come in from 2012, raising the retirement age in stages.

Bloomberg.com, 9 March 2007.

# The Positive Potential of An Aging Society

Japan's 65-plus population stands at 25.6 million – more than 20% of the nation's total population – and this percentage will continue to expand. In a recent survey of members of Japan's Baby Boomer generation, two-thirds of respondents expressed anxiety about the future, voicing concerns over economic issues as well as about their own health and ability to take care of their loved ones. The same survey, however, also points to positive attitudes. Although only 15% of the Baby Boom generation are presently engaged in volunteer activities, 6 in 10 said they planned to do so in the future. Additionally, almost 8 in 10 looked forward to developing deeper relations with their neighbors and community.

The Japan Times, 8 March 2007.

## Encourage Prevention to Reduce Healthcare Costs

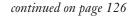
The Centers for Disease Control and Prevention (CDC) reported that the cost of caring for aging Americans will add 25% to the nation's healthcare bill by 2030 unless people act now to stay healthy. The CDC report projects that by 2030, 71 million Americans will be over 65, accounting for 20% of the nation's population, up from 10-11% now. Currently, 80% of Americans age 65-plus have at least one chronic disease that could lead to premature death and disability, and the cost of caring for older Americans is 3 to 5-times greater than caring for younger adults. The CDC report encourages people to adopt healthier lifestyles to avoid developing the expensive chronic diseases that sharply raise healthcare costs.

### Healthcare Costs To Increase 18% by 2050

According to a study conducted by a Minnesota-based insurer, Baby Boomers will spur an 18% rise in healthcare costs by 2050, averaging as a 0.3% increase per year. Costs are not projected to increase uniformly across major categories of medical practice; rather, the highest change in per-capita costs due to aging will be in the field of kidney disorders, where spending is projected to rise by 55%. For heart and vascular conditions, the largest major practice category, per-capita spending is projected to increase 44%.

Health Services Research March 2007, via Kaisernetwork.org, 6 March 2007.

Reuters Health, 8 March 2007.



**ISSUE 1 2007** 



Friday, April 27, 2007



Notes

continued from page 122

# Avoid Common Pitfalls, Mistakes, and 87% Failures of Anti-aging Saliva Hormone Testing

Dr. Paul Ling Tai, DPM, FACFS, ABPS (ret.)

The human body produces over a hundred very active and different hormones. These hormones perform biologic functions that provide energy and vitality. As we age, the glands producing hormones get tired and produce less and less, affecting the once vibrant body to become fragile and weak.

Scores of people worldwide are seeking ways to restore their youthfulness, as a result, Hormone testing technologies were created to meet the increasing needs. Although hormone testing samples are collected every second of the day, often times, these samples have been taken, handled, and processed improperly, therefore, decreasing the accuracy of the tests by up to 80%. Our research and data showed that the problem is more frequent and more severe than we anticipated. This original research reveals the magnitude of the mistakes and inaccurate results.

The biggest surprise is that the inaccuracies of the test from improper processing of the lab samples deem the samples nearly worthless before it gets to the lab for evaluation. Research have shown that a new technology and procedure can be implemented to avoid this enormous problem which ultimately leads practitioners and physicians to make a wrong diagnosis, implementing wrong treatments, establishing wrong dosages and/or inaccurate follow up. Doctors struggled with the erroneous results that are not matching with the patient's symptoms, leaving the doctor and the patient completely confused.

continued on page 139





### A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 124

### Earliest Baby Boomers Experience More Health Problems

A study by the Population Aging Research Center at the University of Pennsylvania found that the earliest Baby Boomers are experiencing more health and psychiatric problems than people at the same age 12 years ago. Only about 50% of those born between 1948 and 1953 rated their health as "excellent" or "very good" when they were surveyed between the ages of 51 and 56 in 2004. By contrast, about 57% of those born between 1936 and 1941 felt they had above-average health at the same age. The middle group in the survey - those born between 1942 and 1947, which includes the first two years of the Baby Boomer generation, was found to have health problems much the same as early boomers. This study group was more likely to report problems with daily activities (as compared with the oldest group). Lead study author Dr. Beth Soldo suggest that some of these difficulties may be related to higher levels of obesity.

National Bureau of Economic Research 5 March 2007, via Kaisernetwork. org, 6 March 2007.

# Call for Increases in Senior Employment

Lim Boon Heng, Chair of Singapore's new Ministerial Committee on aging, has called for increased employment of men and women ages 55 to 64. While the official retirement age in Singapore is 62, the Minister seeks to achieve an employment rate of 65% for the 55-64 age group over the next five years. States Mr. Lim: "If we can get more people to work, then they will have income. And with income, it solves many problems." In Singapore in 2006, employment for 55-59 year-olds reached a record high of 60.6%, and the employment rate for the 60-64 age bracket stood at 41.9%. As of 2005, Singapore was home to 291,000 citizens age 65 and over; that number is expected to surpass 500,000 by 2020. In preparation for this surge, the nation is actively assessing possible measures to address issues relating to the aging population.



## Life Expectancy Rates Rise

According to the Japanese Health Ministry, life expectancy for Japanese women reached 85.52 years in 2005, rising from 84.60 years in 2000. This marks the 21<sup>st</sup> straight year that Japanese women's life expectancy stands as the world's longest. For men, life expectancy rose to 78.56 years from 77.72 years, making it the fourth longest in the world after Hong Kong, Iceland, and Switzerland.

Associated Press, via Newsday, 1 March 2007.

## Moderate Alcohol Consumption Beneficial to Men's Longevity

Dutch researchers tracked 1,373 men born between 1900 and 1920 who lived in a small town in the Netherlands. The researchers followed alcohol consumption in 7 surveys carried out over 4 decades starting in 1960, tracking the men until the year 2000. They found that the men who drank less than a glass of alcohol per day were less likely to die from cardiovascular and overall causes. Drinking about a half glass of wine per day was associated with the lowest mortality levels. Wine appeared to be more protective than spirits and beer. The study found that men who drank wine had a life expectancy 3.8 years longer than those who drank no alcohol. These wine drinkers also had a life expectancy two years longer than those who drank other alcoholic beverages. Lead researcher Dr. Martinette Streppel suggests that alcohol may help to promote high density lipoprotein (HDL) levels or reduce blood clotting, or both; and that red wine in particular may offer compounds to help ward off the build-up of fatty tissue in the arteries.

Reuter's Health, 1 March 2007.

Associated Press, via International Herald Tribune, 5 March 2007.



continued on page 128

**ISSUE 1 2007** 

C A R E







## The Revolutionary Biofeedback System a PEMF Technology

- An integrative approach
- Safe
- Precise
  - Non-invasive

- Physician endorsed
- Multiple applications
- Mono/adjunct therapy
- Clinical studies
- Significant results

"ONDAMED is more than a dream come true. It is better than anything I have imagined in my most optimistic fantasies" James Oschman, Ph.D.

"The vibrational frequencies that are determined by sophisticated equipment like ONDAMED is perhaps a search for the real truth. This is the future of medicine" Stephen T. Sinatra, M.D.

> "The new buzz in Anti-Aging" A4M panel discussion

For more information visit us at www.ondamed.net or call 845-496-6673

ONDAMED and Energy Medicine, an article by James Oschman, Ph.D., now available for download at www.ondamed.net



### A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION



## 🖉 📉 Dementia Time Bomb

In the United Kingdom, the number of people suffering from dementia, which now stands at 700,000, will soar to reach 1.7 million by 2050. In a study by King's College -Institute of Psychiatry, researchers reveal that there will be one million more residents afflicted by dementia within the next two decades. The report warns that "an intolerable strain" may result on medical and social services. In 2007, for the first time, the UK will be home to more pensioners than children. By 2017, there will be almost 2 million more people age 65-84 in the population, and another half a million over age 85. With dementia affecting 1 in 5 people over 80 years of age and 1 in 20 age 65-plus, the UK-based Alzheimer's Society has called for a National Dementia Plan, elevating the disease to a high national priority that will establish long-term investment in research and treatment, improve the quality of life of those with dementia and their carers, and promote early diagnosis. Observes lead study author Professor Martin Prince: "Dementia, unlike heart disease and some cancers, doesn't shorten life. People with dementia may suffer years with the disability and that also exacts a profound physical and psychological cost from their carers. ... We have to push hard now to ensure effective intervention in the future."

The Observer via Guardian Unlimited, 25 February 2007.

#### World's First Low Cost Parkinson's Disease Diagnostic Test

Scientists at Melbourne's Howard Florey Institute have developed a cost-effective diagnostic test for Parkinson's Disease (PD), which presently afflicts 100,000 Australians. The gene sequencing chip screens 17 genes in all, including the 6 known PD genes plus some other suspects in one simple test, at a cost of US\$500 (conventional DNA sequencing of the 6 known PD genes costs US\$4,000). Comments Dr. Justin Rubio, the research leader: "As the test is relatively cheap and only involves collecting a sample of blood or saliva, it could also be made available to the patient's relatives and those at-risk of developing PD." In addition to being a diagnostic tool, the chip will allow researchers to undertake an Australia-wide gene mapping study to identify further genes that are involved in PD. Adds Dr. Rubio: "The successful implementation of this technology could also lead to genetic testing for other diseases."

Research Australia Press Release, via EurekAlert, 22 February 2007.



# Graying Japan Expects Rise in Birthrate

Japan, with a shrinking and aging population, projects a rise in births for 2006 after a record low in 2005, reports the nation's Health Ministry. While the final figures were not available at the time this article went to press, the Health Ministry reported preliminarily that the fertility rate (the average number of children a woman bears in her lifetime) appears to have risen to at least 1.3 in 2006, from the all-time low of 1.26 in 2005. The Health Ministry attributed the rise to an recovering economy that encouraged more couples to marry and have children; at the same time, however, the Ministry warned that the total population was still expected to shrink in coming years as the country ages at an unprecedented pace. Japan, with the world's highest proportion of old people and lowest proportion of young people, has seen its population shrink since peaking in 2004. A fertility rate of 2.1 is needed to keep a nation's population from falling. Japan's declining population has raised concerns over its longer-term economic growth potential and the government's ability to fund escalating pension requirements.

Reuters Health, 21 February 2007.

# Aging Trend Projected to

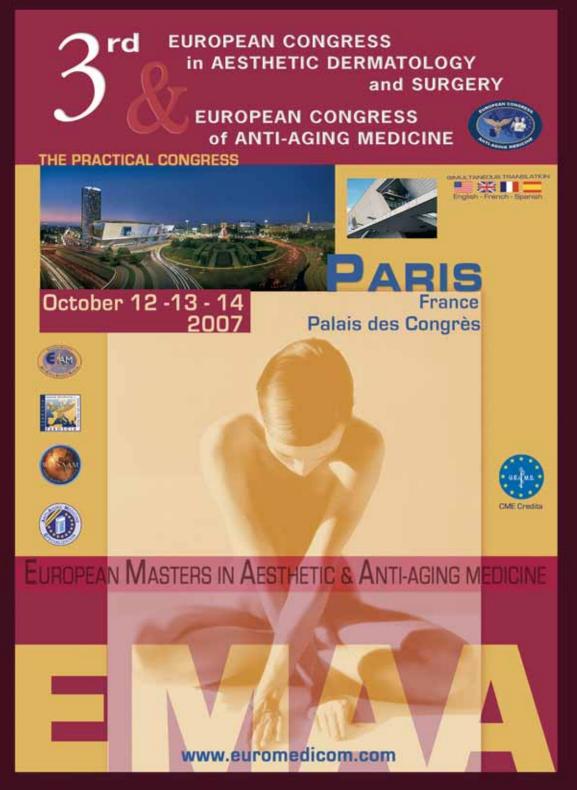
Hong Kong's Census & Statistics Department reported that the aging trend has continued during the past 10 years, with the median age rising from 34 years in 1996 to 39 years in 2006. Mr. Fung Hing-Wang, Commissioner for Census & Statistics, attributed this trend to the continuing low fertility rate and mortality improvement of the decade. Mr. Fung also reported that the aging pace is projected to accelerate in 2015 or 2016, after which about 27% of Hong Kong's population will reach the age of 65-plus in the 2030s.

Hong Kong Office of Administration and Civic Affairs, 22 February 2007.



**ISSUE 1** 2007





## JOIN THE 3<sup>rd</sup> EMAA - European Masters in Aesthetic and Anti-aging medicine

With over 1500 participants and the 100 leading International companies, the EMAA became the European congress of reference for physicians seeking to get the latest Practical information for "Global Aging Management".

150 famous European and International experts will share with you their applicable knowledge and experience in Aesthetic and Anti-aging Medicine.



# DUBAI, UAE OCTOBER 19-21 2007 Hotel Hyatt Regency Corniche, Dubai





毌





American College of Anti-Aging SPORTSMEDICINE PROFESSIONALS A.C.A.S.P.

1

# DUBAI, UAE OCTOBER 19-21 2007 Hotel Hyatt Regency Corniche, Dubai





## A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 128

# Warrant Government Attention

The African continent is home to 48 million people age 60-plus, and analysts project their numbers to nearly double by 2025, to stand at 85 million. In Kenya, 2.4 million people, out of a total population of 32 million, are considered old. Yet, Kenya ranks at the 25th lowest standing worldwide for life expectancy (48.9 years). Help Age Kenya is a charity working to monitor the access the elderly have to health services and to ensure that issues affecting them receive attention from the government. Neglect and destitution among older people have emerged as a particularly visible problem across many of the nation's cities. The current Bill of Rights in the Kenyan constitution does not specifically address the rights of older persons and the nation has no specific legislation to address their needs.

Voice of America News, 21 February 2007.



#### **Vanishing Librarians in**

#### Tokyo

The Hibiya, Chuo, and Tama public libraries, run by the Tokyo Metropolitan Government, will see their numbers of licensed librarians halved in the next five years. As part of cost-cutting measures, the metropolitan government stopped hiring licensed librarians in 2002, compounding the problem of Baby Boomer-aged librarians who will soon be retiring. Libraries in Japan are seen as having a vital role in the community. Unless the attrition is countered by new hiring, the libraries will not be able to maintain their materials or provide informational services.

The Japan Times, 21 February 2007.



US spending on prescription drugs, hospital care, and other health services is expected to double to \$4.1 trillion annually over the next decade, up from \$2.1 trillion in 2006, reports findings by the National Health Statistics Group. The group reports that nearly 20 cents of every dollar spent in 10 years goes towards healthcare, and last year's health spending makes up about 16 cents for every dollar spent. The rise in healthcare spending between 2006 and 2016 is expected to be fueled by greater spending for prescription medications, precipitated by aggressive new treatments for diabetes, heart disease, cancer, and conditions affecting the central nervous system. The report also found that 2006 spending on physician services and hospital care was down, but the report authors project that trend will reverse continue to rise in subsequent years.

Reuters Health, 21 February 2007.

#### Half of All Senior's Spending May Soon Be Healthcare

The National Center for Policy Analysis reports that in less than two decades, half of the total expenditures of seniors will be healthcare. Presently, the oldest seniors healthcare spending is already higher than spending on housing, food, savings, and taxes combined. Healthcare spending trends identified by the National Center for Policy Analysis:

- Today, healthcare makes up about \$2 of every \$5 43% of seniors' "total potential consumption," defined as the total of all their personal income plus all healthcare expenditures by third parties net of premium payments. By the year 2024, healthcare will equal 50% of seniors' total potential consumption.
- Today's seniors spend an amount equal to 44.5% of their Social Security benefits on healthcare. That amount will rise to 60.9% by 2030 and 81.3% by 2050. By 2070, almost all 93.4% of seniors' Social Security checks will be spent on health and medical care.

ABC KTBS3 (Louisiana, USA), 20 February 2007. continued on page 136 ISSUE 1 2007



# Absolute Professionalism.

Because your patients deserve the very best.

- Bio-Identical Hormones (Men and Women)
- Human Growth Hormone-HGH6 (6mg/18iu) somatropin (rDNA) tested at 99.9% potency, Nordiflex® Pen, Genotropin®, and Saizen
- Sustained Release T-3 (Only pharmacy in the United States Recommended for T-3 by Denis Wilson, MD, Wilson's Temperature Syndrome)
- Injectable Glutathione (In 100.3% ± 0.9% Reduced Form- As Recommended in the Detoxx Book, Patricia Kane, PhD)
- MIC Injections and Bariatric Products
- Vitamin and Mineral Injections
- Chelating Agents

(800) 526-9183 | medaus.com



# MedausPharmacy

Absolute Service. Absolute Professionalism. Absolute Value.







# 1<sup>ST</sup> ANNUAL INDIA CONFERENCE ON ANTI-AGING AND REGENERATIVE MEDICINE

# BOMBAY, INDIA NOVEMBER 16-18, 2007 Hotel Leela Kempinski, Mumbai





毌





American College of Anti-Aging SPORTSMEDICINE PROFESSIONALS

(\*\*\*<sup>\*</sup>

# BOMBAY, INDIA NOVEMBER 16-18, 2007 Hotel Leela Kempinski, Mumbai

WWW.A4MCONFINDIA.COM



## A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 132

#### Surges in Life Expectancy and Affluence by 2050

The Chinese Academy of Sciences forecast that the average life expectancy in China, standing presently at 72 years as reported by the United Nations, will rise by 13 years to stand at 85 years by the middle of the century. The report also predicts that by 2050, increasing proportions of the nation's population will be lifted out of poverty. This latter projection is in-line with the China Modernization Report 2007, which predicts that by 2015 China's social and economic indicators will be on-par with developed countries in the 1960s, signaling China's move from an agrarian economy to an industrial one.

Reuters Health, 12 February 2007.

# Baby Boomers Fall Victim

#### to Vices

CARE

Baby Boomers are now dying at a rate of roughly 1,000 a day, and the Census Bureau estimates that nearly 21 million will die in the next 25 years. Yet, a notable number of Baby Boomers are dying from fully avoidable causes. An analysis by Scripps Howard News Service of death records for more than 304,000 Baby Boomers who died in 2003 shows the legacies of early and lingering drug use as well as a tendency toward depression at all stages of life, all of which contribute to more deaths from drugs, suicides, and accidents than seen in previous aging generations. The Scripps analysis found that 24% of the Baby Boomers who died in 2003 did not die of natural causes. Baby Boomers accounted for about half of all people nationwide who died that year of drug-related causes, and more than 1 in 10 Baby Boomers died in 2003 from an accident involving risky behavior.

Scripps Howard News Service, via Detroit News, 7 February 2007.



A report issued by the International Agency for Research on Cancer (IARC) has found that between 2004 and 2006, the number of new cases diagnosed each year in Europe rose by 300,000. It is estimated that in 2006 there were 3.2 million new cases of cancer (up from 2.9 million in 2004) and 1.7 million deaths from the disease across Europe. The 25 EU countries accounted for nearly 2.3 million of the new cases and over 1 million of the cancer deaths. Lung cancer is the leading cause of cancer death in Europe in 2006, whereas breast, colorectal and lung cancers have the highest incidence. IARC warns that, despite better prevention and treatments, Europe faced a major increase in the cancer burden because of the aging population. Professor Peter Boyle, IARC Director, concluded: "The increased burden of cancer incidence in Europe between 2004 and 2006 ... underlines the need for ... screening programmes in Europe."

European Society for Medical Oncology Press Release, via EurekAlert, 6 February 2007.

## French Women Second-Longest Lived in the World

The women of France enjoy the second-longest life expectancy among the world's nations, following Japan home to the longest-lived. A baby girl born in France in 2006 can expect to live to age 84, surpassing a baby boy's potential by 7 full years. In France, life expectancy is increasing at an average of 3 months per year. By the end of this century, French officials project that the average lifespan for women will be 95, and for men, 91. In 2006, more than 16,000 French men and women were 100 years old or older, more than double the number of 7 years ago. France's National Institute for Statistics and Economic Studies projects that by 2050, the nation will be home to 150,000 centenarians.

Washington Post Foreign Service, 5 February 2007.

**ISSUE 1** 



2007

continued on page 138



# **Natural Clinician** Condition Specific, Professional, Dietary Supplements ©

## PIONEERS OF THE NUTRITIONAL SUPPORT OF OBESITY AND METABOLIC SYNDROME X

## **VISIT US AT BOOTH 908 FOR SPECIAL SHOW PRICING**

#### Clinical Metabolic Syndrome X Nutritional Factors™ Capsules and Clinical Syndrome X Nutritional Factors™ Powder

A comprehensive, synergistic formula of natural substances that supports the function of insulin and promote cardiovascular health, including healthy blood cholesterol. Nutritional support for individuals involved in lifestyle changes to promote a healthy body weight



atural Clinician

**Clinical Weight** 

Management"

**IICAL GRADI** 

**Clinical Syndrome X Nutritional Factors™** products are available in capsules and powder form. The powder and capsules can be used together but the powder contains the versatile power of oat beta glucan (U.S. PATENT # 6,060,519). These products have been used in million unit dosages with considerable satisfaction and no serious side effects. Individuals with diabetes must be warned that this product may alter insulin and anti-diabetic drug treatment requirements.

IDEAL INTERVAL NUTRITION BETWEEN I/V CHELATION.



CLINICAL GRADE

#### Clinical Weight Management™

Hoodia gordonii, reported in the Townsend Letter November, December 2006 Part I and Part II: Hoodia Gordonii, is combined with metabolic agents (green tea extract, chlorogenic acid, chromium etc...) to promote healthy glucose metabolism and provide nutritional support for people involved in weight control programs. NO STAND-ALONE WEIGHT LOSS CLAIMS.

#### Clinical EPA/DHA Forte™

The bioactive components of fish oil (EPA and DHA) are present in pure format in enteric coated (EFA) omega 3 gels to enhance bioavailability.

The benefits of fish oil are legion and EPA may act as an insulin sensitizer. EPA is the Emperor Omega 3.



#### **The Natural Clinician™ Mission Statement:**

Natural Clinician<sup>™</sup> is dedicated to the advancement of natural healthcare, with a unique, condition-specific line of dietary supplements backed by education and science. Products are:

- Condition-Specific
- Evidence-Based
- Clinical Grade Formulation
- Dispensed by Healthcare Givers Only

\*These statements have not been evaluated by the FDA. This product is not intended to prevent, treat or cure any disease.

Tel: 973.256.4660 Fax: 973.890.7466 www.naturalclinician.com info@naturalclinician.com Natural Clinician, LLC 47 Center Street Little Falls, NJ 07424



## A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

continued from page 136



The Council for Excellence in Government, a nonpartisan research group, warned that the US federal government faces a massive talent drain in the coming years. According to the Council, about 90% of senior managers in federal government are eligible to retire in 10 years, and more than 40% of all federal employees will be eligible for retirement by 2010. At the same time, the Council reports, fewer young people are opting for careers in public service. Many top US colleges and public policy schools report that the number of graduating students choosing positions in federal government has decreased.

The Financial Times, 4 February 2007.

# Heart Disease Deaths in Women on the Decline

The National Heart, Lung, and Blood Institute (NHLBI) reported that the number of women who die from heart disease has shifted, from 1 in 3 women to 1 in 4 – a decrease of nearly 17,000 deaths from 2003 to 2004. The data analysis by NHLBI researchers showed that the last few years in particular have seen a steady decline in the number of heart disease deaths in women: deaths have gone down in each of the five years from 2000 to 2004, a consecutive yearly trend which has not occurred before. Furthermore, in 2004, life expectancy at birth has reached an all time high for US women – 80.4 years, a trend that NHLBI researchers partially attribute to the steady decline in heart disease mortality.

National Heart, Lung, and Blood Institute (NHLBI) Press Release, 1 February 2007.

# US Leads World in Retirement Savings

M C A R E

A global retirement survey conducted by AXA Equitable found that US workers save an average of nearly \$700 a month for retirement, topping the regular savings of the average worker in 11 other countries. This is more than double the amount saved by workers in France, Italy, and Germany; it is also nearly 10 times the amount saved by workers in China. However, the report notes that those survey respondents who reside outside the country see the US pension system as shaky; people in Hong Kong, China, and Spain are confident in their country's pension systems. Not only does one-third of the US population think the current American pension system will be extinct by the time they reach age 75, but 95% of the working Americans surveyed said Social Security is in trouble. That translates into more Americans taking personal responsibility for their own retirement years.

The Star-Ledger, 2 February 2007.



Dementia Cases To Double

#### by 2031

The Australian Institute of Health and Welfare (AIHW) reported that there were 175,000 Australians afflicted with dementia in 2003. But the AIHW report projects that this number will skyrocket 2.5 times, to reach 465,000 cases by 2031. The Dementia in Australia report also found that in 2003, Australians with dementia used 1.4 million hospital patient days and 24.7 million residential aged care bed-days. They also cost the country \$1.4 billion, including \$993 billion in the residential aged care sector alone. Alzheimer's Australia is conducting ongoing educational campaigns to encourage older people to reduce primary risk factors for the disease (such as diabetes and blood pressure), which can potentially delay the onset of dementia by 5 years, cutting in half a person's risk of developing the condition.

> The Age Company, 1 February 2007. continued on page 182

> > **ISSUE 1** 2007



Notes

**Regenerative Biomedical Technologies | Spring 2007 Session** 15<sup>th</sup> Annual International Congress on Anti-Aging Medicine

continued from page 125

Common pitfalls, mistakes, and failures of Hormone Testing Technologies

- Single Collection vs. Multiple Collection Clinical research and data presentation. • Monthly/Daily Hormone Cycles – Research and data demonstrating the varies timing
- and effects in collection from specific hormone. • Blood Contamination - Research & data presentation.

4bstracts

Friday, April 27, 2007

- Food Contamination Original research on the effects of different effects of food
- changes hormone levels. · Collection containers - original research and data on multiple collection materials effect hormone test result.
- Cotton Salivets Research data shows how using this stimulant devise can lead to false results.

As a result of research and clinical data that were performed, new strategies and technologies have been developed to improve the measurement of saliva Hormone and its accuracy by over 80%.

#### Friday, April 27, 2007 EVENING WORKSHOP: Aesthetic Medicine, Resurfacing Techniques Co-Chair: Sharon McQuillan, MD

#### Avoiding Complications in Aesthetic Medicine

All medical procedures contain some degree of risk, regardless of the specialty. The purpose of this presentation is to provide some pearls to avoid complications in the most commonly performed aesthetic procedures. Also, ways to effectively manage complications should they occur will be discussed. continued on page 142

# THE STARLUX® LASER AND PULSED LIGHT PLATFORM

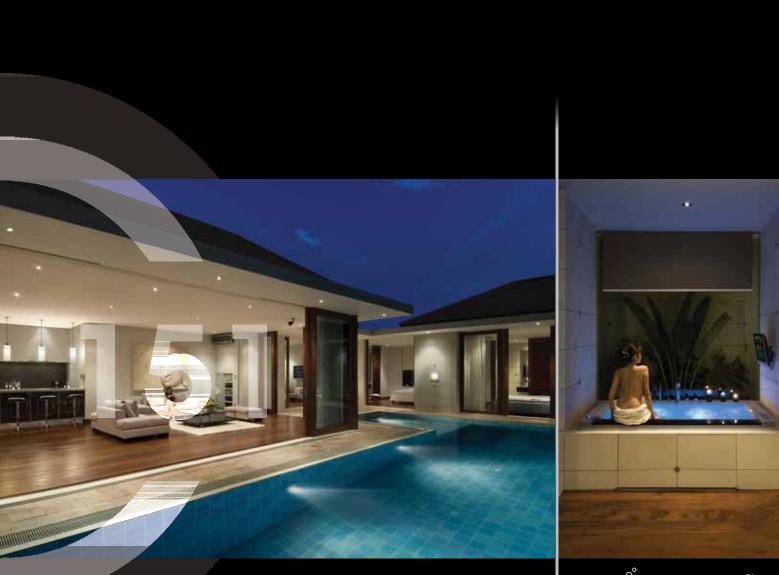
Choose from a variety of powerful applications to build the perfect, expandable aesthetic system.



#### OWN A HOME IN PARADISE



For sales, contact: 151 Jalan Oberoi, Seminyak - Bali 80361 - Indonesia



#### DEFINING THE FUTURE OF LUXURY



Phone +(62-361) 730306 - Email : info@C151.net - Website : www.C151.net





Friday, April 27, 2007

Notes

continued from page 139

#### Facial Resurfacing Techniques

Photodamage is the effect of lifelong exposure to UV radiation and presents as fine lines, wrinkles, skin laxity, dyspigmentation, and coarse skin texture. Aesthetic enhancement necessarily involves skin rejuvenation. This presentation will discuss the many forms of laser resurfacing including the mechanism of action, indications and contraindications, and possible complications.

#### Light Emitting Diodes (LED) in Aesthetic Medicine

Light Emitting Diode (LED) Photomodulation utilizes a process similar to plant photosynthesis using a non-ablative light source. The result is a reduction in fine lines and wrinkles, as well as and increase in collagen production. This presentation will focus on the mechanism of action of LED therapy, the indications and contraindications, and the benefit of this therapy as a complementary procedure in an aesthetic practice.

#### **Fractional Resurfacing**

Fractional photothermolysis is a revolutionary laser treatment, which provides cosmetic enhancements of traditional laser resurfacing without the risks or down time. This presentation will acquaint the attendee with the concepts of fractional resurfacing and its parameters, the indications and contraindications for the treatment, and an overview of the current fractional resurfacing devices currently available.

### Friday, April 27, 2007

**EVENING WORKSHOP: How to Open a Successful Anti-Aging Practice**\* *John Grasela, R.Ph.* 

continued on page 144

# Feel like your skincare isn't going anywhere?

## Most likely, it isn't.

The majority of active ingredients used in skincare are too large to penetrate the skin's outer layer and have a minimal affect on the overall health of your skin. SESHA SKIN THERAPY utilizes  $PET^{III}$ , a revolutionary and FDA accredited delivery system, to deliver pharmaceutical grade nutrients where they are needed most - below the skin's surface.

#### Scientific studies show that PET<sup>TM</sup>:

DATA

- delivers 30% more Vitamin A and 100% more Vitamin E into the epidermis than without a delivery system
- ▶ helps active ingredients thicken the epidermis by up to 50%
- helps increase the basket weave pattern in the stratum corneum that is typical in younger skin



www.seshaskin.com

A4M Orlando 2007 Booth #409

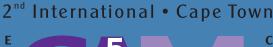
1-888-977-3742

15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies | Spring 2007 Session

# 2nd Annual International Anti-Aging and Aesthetic Conference and Exhibition

# **Cape Town - South Africa**

# JANUARY 2008



























We bring the aesthetic world together







A	bstracts

Friday, April 27, 2007

continued from page 142 **Notes Friday, April 27, 200** 

Friday, April 27, 2007 EVENING WORKSHOP: The Effect of Nano Amperes on Human Skin\*

#### Friday, April 27, 2007

EVENING WORKSHOP: How to Kill Parasites and Recover from Parasite Damage\*

#### Friday, April 27, 2007 EVENING WORKSHOP: The End of Height Loss with Aging\*

Co-Chair: Eric Braverman, MD

The end of height loss: the combination of parathyroid and multiple hormones i.e. growth hormone, calcitonin and vitamin D can reverse 20 years or 2 standard deviations of osteoporosis. Furthermore subclinical hyperparathyroidism, an age dependent phenomena, is an antecedent of both osteoporosis and dementia.

Numerous case examples of combining multiple hormones and vitamin D were presented showing over 2 standard deviations of osteoporosis (OP) can be reversed while reversing OP we are preventing further height loss. Furthermore we are extending muscle mass and dealing with frail frames that most people start to have in their 40's and 50's.

Parathyroid glands cause our bones to release calcium, over time this weakens bone density and leads to osteoporosis (OP). Hyperparathyroidism is blood level of parathyroid hormone (PTH) above 70 pg/ml. Kidney disease studies suggest that PTH levels should be kept around 35 pg\ml and vitamin D and calcium have been shown to lower this level. Age-induced enhanced PTH plasma levels are associated with prolonged P300 latency and cognition decline. P300

continued on page 146

#### HELP YOUR PATIENTS FEEL YOUNG AND ACTIVE



MENTION CODE "ORL07" TO RECEIVE 10% OFF YOUR ORDER OF \$250 OR MORE

www.abramsroyalpharmacy.com 214-349-8

214-349-8000 214-341-7966(f) 800-458-0804 pharmacist@abramsroyalpharmacy.com

#### **OUR SPECIALTIES INCLUDE**

Bio-Identical Hormones Allergen- and Preservative-Free Products Pain Management Sterile Compounded Products IV Therapy Chelation Therapy Vitamins, Minerals, & Amino Acids Mesotherapy & Prolotherapy Adrenal Support Pre- and Post-Laser Therapy Sexual Health Age-Related Cognitive Problems



ESTABLISHED 1980

# Not Seeing the Whole Picture?

# We have the answers.

Genova Diagnostics is pleased to announce the expansion of its Urine Hormone testing line.

The **only** laboratory to offer comprehensive hormone testing in all three sample types:

#### blood

saliva

#### and now, urine

Genova Diagnostics is the leader in hormone testing with an extensive test menu, including women's, men's, stress, and growth hormones, available in all sample types: Blood, Urine, and Saliva. Our comprehensive test menu offers the choices you need in determining the most effective, personalized treatment for your patients.

#### Visit us and see the whole picture.



Innovative Testing for Optimal Health

63 Zillicoa Street Asheville, NC 28801 800 522.4762 www.GDX.net

Visit us at Booth 101



15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies | Spring 2007 <u>Session</u>



Friday, April 27, 2007

#### continued from page 144

Notes

latency is an early measure of, and a better predictor of preclinical dementia than memory or mental status tests. We decided to determine if PTH levels correlate to brain speed and/or bone density. In this study, patients (n=92, age-matched, age 12-90 years, mean=58.85, SD=15.47) had PTH levels tested compared to brain speed (P300). The study groups were categorized by patients with: PTH levels <30 (n=30, mean = 22.7±5.6 SD) and PTH levels >30 (n=62, mean =  $62.4\pm28.3$  SD, p $\leq .02$ ). Groups were compared for age, bone density and P300 latency. One-tailed tests were used to ascertain the statistical significance of the correlations. Patients with PTH levels <30 showed statistically significantly less P300 latency (P300= 332.7 ± 4.8 SE) relative to those with high PTH levels >30, which demonstrated greater P300 latency  $(P300=345.7 \pm 3.6 \text{ SE}, p=.02)$ . Participants with PTH values <30 (n=26) were found to have statistically, significantly higher bone density (M=-1.25 ± .31 SE) than those with PTH values >30 (n= 48, M= -1.85 ± .19 SE, p=.04). In order to test the hypothesis of reduced PTH levels following a pulsed administration of PTH, like calcium and vitamin D, we found a significant difference between pre and post injection PTH levels, Pre-PTH injection n=12, M=43.67, SD = 25.35, Post-PTH injection n=12, M=23.30, SD=20.31, P<. 01). Our findings of a statistically lower bone density and prolonged P300 in patients with high PTH levels may suggest that PTH levels coupled with delayed P300 latency may become putative biological markers of not only dementia but OP. Additionally, PTH injection may be a useful treatment in lowering PTH levels. This study provides the first potential indirect evidence that may highlight the importance of brain processing speed as an OP early electrophysiological marker, which warrants intensive investigation.

#### Friday, April 27, 2007

EVENING WORKSHOP: Personalizing Hormone Assessment: Estro Genomics in Clinical Practice\* Patrick Hanaway, M.D.

```
continued on page 148
```

#### So powerful it can turn back time... or at least its effects.



Time is a precious commodity for your practice and your patients. So we designed our new RevLite<sup>™</sup> medical and aesthetic laser to make the most of it. Thanks to its revolutionary EO Q-Switched, PTP Nd: YAG Laser with *PhotoAcoustic Therapy*, the RevLite<sup>™</sup> allows you to safely treat more patients and achieve better results with higher levels of patient satisfaction. As the safest, fastest, most reliable and easiest-to-use medical and aesthetic laser on the market, RevLite<sup>™</sup> is the new Gold Standard.

#### FEATURES:

- First Laser to offer *PhotoAcoustic Therapy*
- Intuitive touch screen navigation with procedure-based presets
- All new EO Q-Switched, PTP Nd: YAG Laser
- A proven source of revenue for over 15 years
- 1.6 Joule unit generates industry leading power

Contact us at 800-532-1064 or visit www.conbio.com

**HOYA** ConBic



#### Take a quick look at the spas you'll visit soon.

SPA MANAGEMENT JOUR

Spa Management is the publication that takes an entirely global view of spa. Since its launch in 1991, a period during which the industry has taken great strides across international boundaries, this magazine has become established as the most respected voice, and the most frequently referred to journal on the international scene. It is the magazine for today's spa professional. Spa Management Journal has grown from 6 to 10 issues a year. With the expansion comes increased international news coverage and comment on the spa world today. Spa Management is the only magazine that contains in-depth profiles on the life and works of leading names and practices in spas, and the only journal with the necessary resources to reflect a true and accurate picture of the world of spas with regular input by contributors from around the globe. Please complete and return the subscription form, together with your payment,

so you can start with the next issue.

ENDOM

RITZ HEATH CLUB

earn about the

indust

worldwide

#### **TO SUBSCRIBE Send to: SPA MANAGEMENT Journal** SUBSCRIPTION DEPT.

P.O. Box 2699 - NIX7 10010 0/00

	CHAMPLAIN NY 12919-2099			
		2 years (20 issues)		
U.S.A.	🗆 U.S. \$99	U.S. \$69	🗆 U.S. \$39	
Canada	🗖 Cdn \$138	🗖 Cdn \$98	🗖 Cdn \$58	
International	🖵 U.S. \$180	<b>U.S.</b> \$130	U.S. \$80	
NAME:				
Address:				
CITY:		STATE/PROV:		
COUNTRY:		ZIP:		
PHONE:		Fax:		
E-MAIL:				
ORDERING	BY FAX: -	+ 1 514 274 588	4	

www.spamanagement.com • info@spamanagement.com

#### NO CREDIT OR DEBIT CARDS PLEASE





Saturday, April 28, 2007

**Notes** 

5	10	
Caturday	A	20

continued from page 146

#### Saturday, April 28, 2007

#### Medical Marijuana: Scientific Mechanisms and Clinical Actions

#### David Bearman, MD

We stand at the dawn of a new era for medicinal cannabis. This talk will briefly touch on the 5000 year history of the medicinal use of cannabis touching briefly on it's use in the early 20th century and including testimony of the AMA and looking a modern research starting in 1949. Since Dr. Raphael Mechulam isolated THC in 1964, we've learned more about the marvels of the brain's neurochemistry. We've had a greater understanding of the role of serotin in depression, the discovery of endorphins, the naturally occurring opiates, and the endocannabinoid system.

Mechulam characterized the endogenous cannabinoid receptors, the endogenous cannabinoids which bind to these receptors. In 1992 he described the endocannabinoid system. We have crossed the threshold into exciting cannabis-related treatments for many conditions and symptoms- relief for chronic pain from a myriad of pain producing illnesses, both analgesia and anti-inflammatory relief for autoimmune diseases such as rheumatoid arthritis, fibromyalgia, complex sympathetic dystrophy and restless leg syndrome, and mental health problems like ADD, PTSD, depression, OCD - to name but a few.

I will discuss my experience in seeing patients under California law., discuss standards of care, mechanisms of action. The presentation will touch on recent research and legal decisions. I will discuss the role of the FDA

The proponents of medicinal marijuana point out that (1) In 1938 all medications on the market were grandfathered in, and this includes cannabis. (2) UCSD, UCSF, UCI, UCSD and GW Pharmaceuticals, among others, have done studies demonstrating cannabis' medicinal efficacy for a variety of conditions. (3) Marinol, synthetic THC has been approved by the FDA for nausea and appetite stimulation. (4) Over 5,000 U.S. doctors in 3 states are known to have recommended cannabis to their patients. (5) The FDA has systematically blocked meaningful research. (6) The IOM endorsed chemicals in cannabis as having medicinal value. *continued on page 150* 



# AESTHETIC TRAINING

We flatten the learning curve and help make it possible for your aesthetic practice to be a rapid success. We offer:

#### 27 CME credits with AMA/PRA

Level 4 Certification from the country's leading experts in aesthetic techniques and practice development, while delivering insider secrets to success. Training for your entire med spa staff including 32.4 contact hours for Nursing CNE and Nursing Certification.

#### Intensive individualized hands-on learning

with actual patients for courses including: The Use of Lasers in Aesthetic Medicine; The Advanced Cosmetic Use of Botox for the Upper and Lower Face; and The Use of Fillers for Facial Enhancement. Program graduates leave confident and ready to treat patients immediately.

**Comprehensive operational forms and step-by-step protocols** for legal protection and to ensure patient satisfaction.

**Consulting services** for virtually all areas involved in offering aesthetic services, from internal marketing and pricing strategies, to product recommendations and practice evaluation.

Call and discover how you can earn back our cost for training in a day. 800.420.2689

P.O. Box 20642 Columbus, Ohio 43220

www.AgelessAestheticInstitute.com



Defining & Elevating the Practice of Aesthetic Medicine "Our on-site training session was one of the most professional, informative and technically friendly sessions that I have ever experienced."

Bruce D. Pancake MD, FACS

Our founder, Sharon McQuillan, MD specializes in both Aesthetic and Anti-Aging Medicine. She is a nationally recognized speaker on the subject and has been featured with her Ageless MedSpa in Dermatology Times, Vogue, Medical Spa Report and Elevate Magazine.







Saturday, April 28, 2007

Notes

Even in cases where marijuana can provide symptomatic relief, the crude plant mixture does not meet modern FDA expectation that medicines be of known composition and quality. Resistance from the FDA does not mean that other marijuana has no medicinal value. It means that without something unique and without a standardized product, a pharmaceutical company cannot patent it and make it into a commercial medication. Since it costs millions to do the studies, some companies have shied away from studying cannabis' medical applications.

The government's role in approving medicine brings up the related issue of the role of complementary and alternative medicines in medicine and the argument that people have a right to self-medicated. Since cannabis is medicine, then a person should be able to use it as they would other medicinal herbs. Chief FDA Administrative Law Judge Francis Young who presided over a two-year FDA rescheduling hearing said at its conclusion in 1988 that "Marijuana is one of the safest therapeutic agents known to man." Proponents note that in over 3,000 years of recorded use of cannabis as a medicine, not one death has been recorded.

We have seen the emergence of synthetic cannabinoids that also bind to cannabinoid receptors. Some believe that the future of medical marijuana lies in classical pharmacological drug development. There is great pharmaceutical industry interest in developing new drugs that can treat the constellation of symptoms for which cannabinoids have therapeutic benefit. There is also interest in chemicals which blocks the cannabinoids receptor such as Rimonabant<sup>®</sup>, a proposed weight loss drug.

In the 21<sup>st</sup> century we will see greater understanding of brain chemistry. We will come to better understand the endocannabinoid system. We will have development of different strains of cannabis. We will isolate different components of the plant. The future is bright for greater therapeutic applications of cannabis and cannabinoids. So we can look to a battle royal between synthetics, natural extractions, and the plain old plant competing. In this competition, we will see whether individuals or corporations prevail.

continued on page 150

# tota health magazine





continued from page 148





# **Covering Nutrition Based Integrative Medicine**

# Written by experts in their field each issue is packed with advise and insight from industry icons, trusted names in natural health including the following:

Anti-Aging Medicine – Ron Klatz M.D. Cardiology – Stephen T. Sinatra M.D. Pain Management – Jacob Teitelbaum M.D. Brain Health – Dharma Singh Khalsa M.D. Nutraceutical Therapies – Parris Kidd Ph.D. Woman's Health – Sherrill Sellman N.D.

Don't Miss Another Issue call 888-316-6051 for your special physician subscription rate www.americanwellnessnetwork.com

136



Your #1 Source For Mesotherapy Formulations, Protocols, & Savings.

# STOP STICKING IT TO YOUR MESOTHERAPY PATIENTS!

DermaWave No-Needle Technique Eliminates the Need for Injections

#### Radioisotope Study Confirms Ingredient Transfer

Great news! Clinical studies show that DermaWave No-Needle Mesotherapy<sup>TM</sup> is more effective than injection in delivering ingredients to the dermis, extra cellular matrix and lymphatic system. Distribution of ingredients is precise and more controlled than the injection technique. Independent studies show rapid delivery of ingredients to the treatment site as well as prolonged retention in tissue areas for a full 24 hours\*.

DermaWave's combination of dual wavelength laser, three electrical waveforms as well as appropriate topical medication are critical to the effective transfer of ingredients. Studies show that a combination of electrical waveforms and laser are essential to penetrate ingredients to the correct treatment plane.

#### DermaWave No-Needle Mesotherapy – Way Ahead of the Rest

- Laser, three waveforms and permeation-enhanced topicals
- Best solution for cellulite, deep fat (DermaDissolve) and facial skin rejuvenation
- Standardized ingredients no guesswork, no complex mixing
- Eliminates microdermabrasion true electroporation technology penetrates intact stratum corneum without tissue removal
- Preprogrammed treatment protocols
- Fully upgradeable and expandable software

\*Radioisotope Tagging Study - November, 2006. DermaWave Mesotherapy Systems, Loxahatchee, FL • www.DermaWaveUSA.com

Visit College Pharmacy's Booth for information on DermaWave technology and supplies.



Tel: (800) 888-9358 ext.182 drhotline@collegepharmacy.com

Fax: (800) 556-5893 www.collegepharmacy.com





Abstracts

Saturday, April 28, 2007

Notes

#### The Use of Adult Stem Cells and New Low-Molecular Weight Compounds for Regenerative Medicine and as Anti-Aging Agents

#### Shimon Slavin, MD

continued from page 150

Over the years, there has been a constant increase of life expectancy, however, there was no rise in maximum lifespan. Due to the aging process, trauma and wear and tear, there is an increasing need for development of new methods for tissue repair and regenerative medicine. There is enormous variation in different organisms natural lifespan ranging from 2 weeks in worms to >150 years in turtles and certain deep-sea fishes. However, in addition to the major role of the genetic system, which cannot be replaced, in the aging process, there can be considerable variations of up to 30 times longer lifespan even in the same species, with essentially the same genetics, such as queen bee and male workers bees, for example. It is therefore suggested that epigenetic changes or external interventions may be effective in extension of the life span of tissues and the entire organism. Indeed, healthy aging, longevity and better quality of life in the aged are humanity desire and goal since the dawn of human race.

The use of stem cells, adult currently and embryonic in the future, and experiments suggesting stem cell plasticity have created new hopes that regenerative medicine and life extension may become a clinical reality. Indeed, we have documented that adult and post natal cord blood stem cells may be used for repair of bone and cartilage, as well as the function of a failing heart in rodents and man, respectively. Bone marrow derived donor cells were shown to replace necrotic host brain cells and improving signs of demyelinization in rodents with induced experimental autoimmune encephalitis (EAE) resembling multiple sclerosis in man.

continued on page 154

# We have fish oil

Delivering pure and great tasting Omega oils takes commitment and expertise.

#### At Nordic Naturals:

- We secure our own cod directly from Arctic fishermen, and process the fish at our own facility in Norway.
- Our patented processing technology delivers industry-leading freshness and purity levels, greatly improving patient compliance.
- All our fish oils are in their natural triglyceride form which research has shown to be the most bioavailable.
- We offer an extensive line of highly concentrated EPA and DHA formulations to satisfy an array of medical conditions.

Leading researchers and medical organizations worldwide rely on Nordic Naturals for their essential fatty acids needs. We have fish oils down to a science.

For reseach on Omega oils visit: omega-research.com



contact: 800.662.2544 x1 • email: prosales@nordicnaturals.com • visit: nordicnaturals.com

ProOmega

Liquid

ProOmega

ProOmega-D

Liquid



## Fetal Cell Technology Food Allergy Testing

NEWI

Health Secrets USA 24141 Ann Arbor Trail Dearborn Heights, MI 48127

Contact Person: *Dr. Paul Ling Tai / Katherine M. Lee* E-mail: doctortai@healthsecretsusa.com / klee@healthsecretsusa.com

Tel: (313) 561-6800 / Fax: (313) 561-6830

Website: www.healthsecretsusa.com



15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies | Spring 2007 Session



Saturday, April 28, 2007

#### continued from page 152

Notes

As part of an intensive research aimed at understanding the causes of aging, mutations at about 50 genes were found to extend lifespan, based on mutations in several intracellular signal pathways. Of these the most universal as documented in worms, flies and mice, is IGF1 - a hormone similar to insulin, known to be important in growth and development. Genetic mutations that reduce IGF1 function have led to dramatic, >400% increase of lifespan, in nematodes. With the goal in mind to use low molecular weight compounds with anti-aging properties, we have synthesized several low molecular weight IGF1 inhibitors and investigated extension of mean and maximum lifespan in lower organisms, c. elegans nematodes and drosophila melanogaster flies. We discovered compounds in 6 different intra-cellular signal transduction pathways (3 of which are well established affecting genetically modified routes and 3 are new) with 30-60% mean lifespan extension in worms and nearly doubling of the maximum life span. Similar results were obtained in flies, but with somewhat lower lifespan extension capacity. Our agents may have enormous potential applications for extension of the longevity of stem cells and various tissues, with the potential capacity to serve as antiaging molecules for the skin and prevention or treatment of malfunction of different organs in the aged, aiming for optimal regenerative medicine as part of our attempts to improve the quality of life and extend the life span in the foreseeable future.

[Shimon Slavin and Aviv Gazit, Department of Bone Marrow Transplantation & Cancer Immunotherapy, Hadassah-Hebrew University Hospital, Jerusalem 91120, Israel]

continued on page 156

#### UNTOUCHED PHOTOGRAPH 12 DAYS AFTER LASER RESURFACING



with jane iredale makeup

without jane iredale makeup

jane iredale

THE SKIN CARE MAKEUP®

#### Weightless, Silk-like Camouflage & Coverage

- SPF 20 UVB and UVA protection
- Non-comedogenic and oil-free
- A full line of cosmetics based on minerals
- No fragrance or FD&C dyes
- Water and perspiration resistant
- Recommended by plastic surgeons and dermatologists



The first makeup that's good for the skin. Call 800.762.1132 or fax 413.644.9057 • info@janeiredale.com www.janeiredale.com Iredale Mineral Cosmetics, Ltd.

Come by our booth to see how we fit into your practice: Booth #316 - 318

#### Professional Liability Solutions, LLC.

#### Med Spa and Anti-Aging Practice Insurance Specialists



Looking for medical liability insurance that covers all aspects of your practice?

**AESTHETIC COSMETIC** 

Botox injectables Laser Hair/Laser Skin Plastic Surgery PREVENATIVE WELLNESS

Weight Loss Pain Management Nutrition Mesotherapy/Lipodissolve Hormone Therapy Acupuncture

**COMPLEMENTARY ALTERNATIVE** 

Professional Liability Solutions uses only "A" rated Insurance Companies. We cover your entire clinic, claims made policies with broad coverage.

#### Introducing..MEDEFENSE from Lloyds of London

Protects your practice against state medical board actions. Limits from as low as \$25,000. and up to \$1,000.000. at very affordable rates. *This product is an industry exclusive!* 

#### Charlotte • Chicago • 1-800-372-3268 www.medmalpractice-ins.com

See us at Exhibit Booth 415 at the A4M conference in Orlando



Abstracts

Saturday, April 28, 2007

Notes

continued from page 154

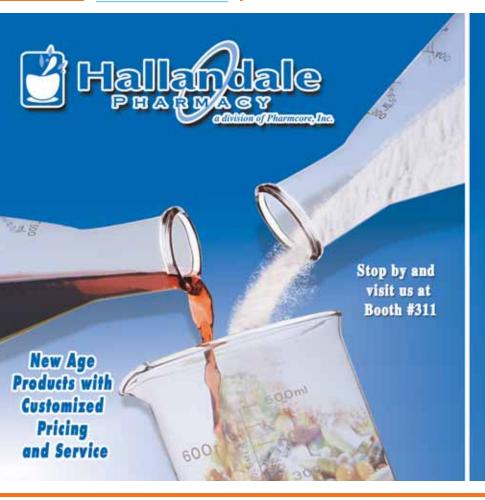
#### Plaque Deposition/ Plaque Reversal/Plaque Stabilization- The Problem/The Solution Stephen Sinatra, MD

The physician of the future must blend traditional training with new and proven complementary therapies that support metabolic and mitochondrial defense. The heart is the most vulnerable organ to free radical oxidative stress. Fortunately, it is also highly receptive to targeted nutraceuticals that revitalize vulnerable, aging, and decaying mitochondria.

The essence of all diseases and especially cardiovascular disease is due to severe nutrient depletion and the negative impact of emotional/toxic environments. In the 21<sup>st</sup> century poisoned environment, modern physicians must find the most effective, convenient and affordable ways to help our patients deal with the toxic effects of heavy metals, insecticides, pesticides, pharmaceutical drugs, toxic blood components, strenuous exercise, antioxidant insufficiency, inflammatory mediators, and trans-fatty acids to mention a few. Such internal and external toxins cause an enormous inexorable drain on our natural and endogenous antioxidant defenses. This lecture will focus on the essence of inflammation as the root cause of all diseases with particular emphasis on how mitochondrial dysfunction is the pivotal focus of aging and illness. The plaque deposition and coronary calcification that results from chronic, unremitting silent inflammation presents the utmost challenge to the contemporary physician.

This presentation will explore cutting edge alternative approaches in the prevention and treatment of cardiovascular disease. Plaque stabilization/reversal entities will be discussed with a special emphasis on vitamin K2, (menaquinone MK7) a new and exciting product that prevents the deposition of calcium in blood vessels. The discussion will include how combining vitamin K2 with other agents that provide mitochondrial defense is

continued on page 158



# **Custom Compounding**

- Bio-Identical Hormones
- Growth Hormones
- Andropause Therapy
- Pain Managment
- Sexual Dysfunction Therapy

#### QUALITY PRODUCTS PROFESSIONAL SERVICE COMPETITIVE PRICING

A FULL SERVICE COMPOUNDING PHARMACY

Pharmacy: 954-455-3822 Fax: 954-455-3835

1109 E. Hallandale Beach Blvd. Hallandale Beach, FL 33009

# Aminocare® GENETIC SOLUTION AGAINST AGING

The Aminocare® Products contain unique proprietary amino acid derivatives discovered by Stanislaw R. Burzynski, MD, PhD, which have the ability (shown in gene micro-array studies) to reactivate genes silenced by the aging process.

> An Amino Acid Barri Winnia and Minister

Amin⊙care

otion

#### AMINOCARE® CREAM (30g) AND LOTION (50g)

Aminocare

cream

- Anti-aging cosmetics for moisturizing and healing of the skin, shown in clinical studies to slow down and reverse the typical signs of skin aging.
- Contain two proprietary amino acid derivatives discovered by Stanislaw R. Burzynski, MD, PhD, *phenylacetylglutamine* (PG) and *phenylacetylisoglutamine* (isoPG), capable of anti-aging effects via regulation of the expression of two sets of important genes involved in aging.
- Contain the exotic *tamanu oil*, which has remarkable healing properties.
- DO NOT CONTAIN parabens, additives, mineral oil, or any animal products. Purity of the formulation is absolutely remarkable.\*

#### \*These statements have not been evaluated by the US Food and Drug Administration

These products are not intended to diagnose, treat, cure or prevent any diseases.

#### AMINOCARE® A10 (120 gel caps)

- A supplement to retard and slow down the general aging process via gene expression modification.
- Contains, as its main ingredient, a proprietary amino acid derivative discovered by Stanislaw R. Burzynski, MD, PhD, *3-phenylacetylamino-2*, *6-piperidinedione* (A10), which has the unique gene expression modifying capabilities.
- Along with possible cancer preventive effects, users have reported an improvement in their immune system, cholesterol metabolism, prostate conditions, sexual dysfunction, increase of energy, healthier skin, hair and nails, along with other anti-aging results.\*



#### AMINOCARE® BRAIN LONGEVITY FORTE (BLF) (60 gel caps)

- Supplement for brain aging, possible prevention of Alzheimer's disease and cognitive decline.
- The ingredient *curcumin* has shown in studies the capability to break down abnormal plaques in Alzheimer's mice.
- The proprietary amino acid derivative discovered by Stanislaw R. Burzynski, MD, PhD, phenylacetylglutamine (PG) has the ability to block the expression of genes that promote cancer and inflammation in the brain while at the same time it activates anti-inflammatory and anti-cancer genes.
- The ingredient *piperine* is an antioxidant that increases the absorption of curcumin, PG, and amino acids contained in BLF.\*

#### DISTRIBUTION: Aminocare OPRODUCTS, L.P.

9432 Old Katy Rd – Houston, TX 77055 1-800-856-8006 www.aminocare.com





Saturday, April 28, 2007

### **Notes**

extraordinarily important in the understanding of cellular bioenergetics. An understanding of adenosine triphosphate in maintaining cellular viability is essential to appreciating the nature of plaque deposition, stabilization and even reversal. The cardiac myocyte needs ATP to grow, to repair itself and to survive. This lecture will look into some exciting therapies that support metabolic and mitochondrial defense; which is the essence of plaque reversal.

Goals and Objectives:

continued from page 156

- Define the complex role of inflammation in the heart
- Discover how inflammation supports the development of insidious plaque deposition inside vascular structures
- Learn how mitochondrial defense is a pivotal factor into understanding the nature of heart disease
- Explore how targeted nutraceuticals, especially vitamin K2 and ATP supporting nutrients can help reverse plaque deposition

#### A New Look at Chronic Illness: CFS, FMS, Lyme, and Related Inflammatory Diseases and Effects on the Immune System

#### Carol Ann Ryser, MD

The burden of Chronic Illness is staggering: It affects families, friends, communities, societies, and countries. The burden is physical, emotional, financial and spiritual. The clinician can experience a sense of being overwhelmed. The diagnosis and treatment of

continued on page 160

# **COLON HYDROTHERAPY**

#### The "LIBBE" FDA Class II. Medical Device

- Beautiful Oak Stained Cabinet
- Ultra-Violet Water Purification
- Built In Filtration System
- Automatic Temperature Shutoff
- Odorless Vent System

- Durable One-Piece Fiberglass Seat Base (*table*)
- Gravity Fed or Pressure Controlled 2" Clear Viewing Tube Client Rinsing Sprayer
  - LCD Timer Easy to Disinfect / Sanitize
  - Installation, Quick Reference, Operation Manuals
  - So... Comfortable! All Features Included!
  - Sterile, Disposable Rectal Tubes (*size-of-pencil*)

www.colonic.net email: info@colonic.net

210 308-8888 **Tiller MIND BODY, Inc.** 

> Tiller MIND BODY, Inc. © Copyright 1994-2006



**Client/Patient Relaxes Comfortably Modesty Protected at All Times!** 

Caution: Federal Law (U.S.A.) restricts this device to sale by or on the order of a physician or licensed health care practitioner

# Consult. Collaborate. Customize.



Our experienced compounding pharmacists customize dosages and alternative methods of delivery. We deliver solutions for each patient...one at a time.

> BELLEVUE PHARMACY SOLUTIONS Navigating Innovative Therapies

1034 S. Brentwood Blvd. Suite 102 Saint Louis, Missouri 63117 Ph: 800-728-0288 Fax: 800-458-9182 www.bpharmacysolutions.com





Saturday, April 28, 2007

Notes

chronic illness not only encompasses the science of medicine but the often forgotten art of being a physician. Time Magazine in 2003, quoted, The Fire Within: "Chronic inflammation may be the engine that drives many of the most feared illness of middle and old age." The Dartmouth Atlas Project studied the records of 4.7 million Medicare enrollees who died from 2000 to 2003 and had at least one of 12 chronic illnesses.

This workshop is designed for healthcare professionals who want to learn the basics of diagnosing and treating chronic inflammation and its effects on the immune system. Professionals will also be able to increase their knowledge of serologic and molecular diagnostic and treatment options for chronic inflammatory diseases.

The focus of this workshop will be the pathogens, particularly Spirochettes (Lyme disease): Viruses and Bacteria: and parasites, associated with chronic inflammatory disease.

Described in this workshop will be the Immune System Activation of Coagulation (ISAC) pathophysiology model of chronic illness and understand how various pathogens and environmental factors can trigger low level, i.e. subthrombotic, activation of coagulation. The effects of inflammation/infection in relat6ionship to immune dysfunction will be reviewed: TH1 and TH2 inflammatory responses.

Goals & Objectives:

continued from page 158

- Better understanding the complexity and inflammatory disease and how they effect the immune system
- Learn specific diagnostic for evaluation of inflammatory disease
- Learn specific treatment for inflammatory disease

continued on page 162

# The industry's leading guide to building a successful medical aesthetics practice.

- Revealing interviews with medical directors who have successfully integrated medical aesthetics in their practice
- Product reviews and in-depth coverage of the latest equipment
- Reports on service trends, facility development, franchise opportunities, marketing ideas and management resources

#### Subscriptions

Call 800/624-4196 or visit www.medestheticsmagazine.com

*Medesthetics*, together with its sister publication *DAYSPA*, reach a combined audience of 48,000 professionals in the aesthetics and medical aesthetics markets.

Medesthetics and DAYSPA are published by Creative Age, which also publishes Nailpro, Launchpad and Beauty Store Business.

# PARA PA

#### Advertising Information

Contact Patricia Schumann, 800/442-5667, ext. 570, or e-mail pschumann@creativeage.com

n for Tonin

Visietters

15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies | Spring 2007 Session At *KMI Diagnostics, Inc.,* we offer *Laboratory Testing Services* for salivary assessment of:

- Cortisol
- Progesterone
- Testosterone
- 17-beta Estradiol

**Festing Servic** 

oratory

agnostic

- DHEA
- Estrone
- Estriol
- and more...

# Anti-Aging / Wellness Testing

# We're SHAKING UP the MARKET

ask us how ....

Visit us at A4M Booths #907 & #909

Contact us toll-free at: 1-888-523-1246

Email: sales@kmidiagnostics.com

On the web: www.kmidiagnostics.com



testracts

Saturday, April 28, 2007

Notes

#### continued from page 160

#### Vibration Training: A Painless Path to Active Aging\*

#### Scott Hopson

Vibration is a scientifically researched and clinically proven modality for building optimal health, wellness and performance in applied practices of leading institutes around the world. Vibration is helping to treat, heal and train thousands of people in all environments from sports medicine, clinical rehabilitation, chiropractic, acti-ageing and many other applied health environments.

This lecture will outline the science and application behind vibration and how it is proven to produce the following health and performance outcomes:

- Improved joint range of motion and mobility.
- Enhanced strength, power and reaction.
- Reduced fall risk via improved postural control and balance.
- Stimulation of new bone mineral and remodeling.
- Increased cardiovascular output and circulation.
- Balances the hormonal system for repair and regeneration.
- Reduction of pain and pain related disability.
- Improved detoxification and improved immune function.

In addition the multi-modality approach that this technology offers to anti-ageing will be addressed thus how it offers applied solutions to many of the secondary impairments and dysfunctions associated with ageing, disorder and disability. Exciting new possibilities exist for exercise as an intervention, where participation and adherence are often the greatest obstacles to overcome.

continued on page 164

Tri-MIXMesotherapy

Pain Management

Anti-Wrinkle Creams

Weight Loss



Operating out of our state-of-the-art clean room facility, we employ tightly controlled processes and practices to assure the content, purity, and integrity of all compounded medications.

#### Specialty Products

- Bio-Identical Hormone Replacement
- Testosterone
- Somatropin HGH
- HCG
- Sildenafil Troches
- Call today! 877-788-8908 www.ANEWrx.com
- .

PCCA

USP <797> Compliant

162 • Anti-Aging Medical News

15<sup>th</sup> Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies | Spring 2007 Session

# Did You Know That Your Hair Ages?



#### Age Intervention Hair Revitalizing Conditioner

Introducing a stunning new technology that targets thinning, aging, or chemically and environmentally challenged hair. Get ready for lusher, fuller and younger-looking hair. Hair with body, bounce and vitality. The hair of your dreams from . . . Jan Marini Skin Research.

#### **Remarkable Products . . . Amazing Results**

# Jan Marini Skin Research

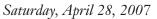
Tel (800) 347-2223

www.janmarini.com

Fax (408) 362-0140







continued from page 162

Goals & Objectives:

- To identify the major obstacles associated with traditional modalities of physical activity, exercise and optimal health and in turn how vibration training address such issues through a naturopathic, safe, effective and expedited way.
- To disseminate scientific [biomechanical, physiological and motor control] understanding of the mechanisms involved in vibration training and healing.
- To demonstrate the multi-modality approach of vibration training including; flexibility, stability and balance, functional strength and power, pain reduction and repair, prevention of osteoporosis and hormonal improvements.

#### The Front Line: Legal Developments in Hormone Replacement Therapy

#### Rick Collins, Esq., J.D.

As the brave new world of hormone replacement therapy expands, the areas where medicine and law intersect continue to be debated and refined. If even government regulators may sometimes be confused or incorrect in their interpretations of the law, how can doctors, clinics and pharmacies best conduct themselves in treating and addressing the symptoms of diseases and medical conditions which may appear as we mature?

Rick Collins, Esq., a legal authority in the field, will discuss the developing boundaries for proper adult hormone deficiency treatment, based on government regulatory action, current legislation, and the latest legal developments.

continued on page 166

The First PC Based Diagnostic Ultrasound Imaging System for the Anti-Aging Physician

## Expand Your Knowledge Grow Your Practice

- < \$6,000.00 Purchase Price
- Reimbursable Procedures
  - AAA Screening
  - Post-Void Residual Bladder Volume
  - Musculoskeletal Imaging
- < 60 Patient Return on Investment</p>
- Training Opportunities Available

#### Booth 612 See for yourself how easy it can be.

VOYAGER Diagnostic Ultrasound Imaging System

RDE

((SOUND))

150

# In a SEA of NUTRITIONAL PRODUCTS... USANA IS #1



### Best for Physician's physical and fiscal health.

#### Please visit us at *Booth* 725

Dorothy Ison Team www.dison.com Phone: 321-783-7774

Susan Waitley www.waitleyent.usana.com Cell: 858-337-8650



#### Why recommend USANA Nutritional Supplements to your patients?

- USANA is rated as the # 1 Nutritional Supplement out of 500 Companies in the Comparative Guide to Nutritional Supplements by Lyle MacWilliam, BS, MSc, FP.
- Listed in the Physician's Desk Reference (PDR).
- Follows FDA pharmaceutical good manufacturing practices (GMPs). Meets USP standards for potency, uniformity, disintegration, and dissolution.
- USANA has a state of the art manufacturing facility. The products carry a 100% money back guarantee.
- USANA nutritional supplements carry a product purity and potency guarantee.
- PLUS USANA offers select athletes a guarantee that if they test positive for banned substances as a result of taking USANA products, they will be compensated two times their earnings, up to one million dollars—a 1st in the sports nutritional industry.
- World-class athletes, physicians, best selling authors, motivational speakers, and experienced business professionals have already joined forces with USANA.
- The USANA income producing plans revolutionize how people create wealth. The earned income is Residual, inheritable and paid weekly.

The statements in this ad have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Abstracts

Saturday, April 28, 2007

Notes

#### The Difference Between Bio-Identical and Synthetic Hormones

#### Neal Rouzier, MD

continued from page 164

This presentation reviews natural hormone supplementation only from a scientific viewpoint. Peer reviewed medical research is extensively reviewed to demonstrate all that is known in our literature, yet ignored or not utilized by most physicians. Therefore the health benefits of hormones are reviewed to emphazise the need for monitoring and replacement. This presentation will not be a "How To Do It" type of lecture, but rather a "Why You Should Do it" lecture with clinical pearls from our literature.

Goals & Objectives:

- Review reasons for the new trend medicine of Optimal Natural Hormone Replacement
- Review co-morbidities associated with low hormone levels
- Discuss the scientific basis behind optimal hormone levels
- Discuss the scientific basis behind optimal hormone use-life extension- anti-aging preventive medicine
- Discuss patient/consumer demands as well as the hype of hgh secretagogues

continued on page 168



#### The Spa Industry's #1 Integrated Marketing Solution

#### Spafinder.com

TRAVEL MARKETING PROGRAM TRAVEL AGENT PROGRAM MEDICAL SPA PROGRAM DAY SPA PARTNER PROGRAM SPA LIFESTYLE REAL ESTATE PROGRAM

**SpaFinder Publishing** 

LUXURY SPAFINDER MAGAZINE SPAFINDER WORLDWIDE GUIDE TO SPAS

SpaFinder Gift Certificates & Gift Cards CORPORATE INCENTIVES & LOYALTY PROGRAMS

WWW.SPAFINDER.COM

L Pledge Today

The LEx (Life Extension) Prize is conceived specifically to inspire the minds and motivate the spirits of scientists involved in the area of human longevity. It is modeled in similar construct to the X Prize, that resulted with the world's first private spacecraft hurling into the edge of space in 2004.

As a cash prize of US \$1 Million, The LEx Prize will be awarded to the first researcher(s) or scientist(s) who accomplish the goal of reliably demonstrating the reversal or halting of the aging process in humans, as defined by The LEx Prize Criteria. The winning individual(s) must demonstrate that the therapeutic program has reduced select, key objective biomarkers of aging in twenty human subjects (ages 70 years or more), by twenty years each.

#### www.a4minfo.net/lexprize

To-date, \$360,000 in pledges have been secured. To meet the shortfall, A4M asks you to pledge to The LEx Prize fund, either as an individual or organization.

Email your pledge commitment to: lexprize@a4minfo.net.

With your support, we can make The LEx Prize a success, and the reversal of aging a reality.



152

166 • Anti-Aging Medical News

## Find Free Radical Damage in Minutes!

Quick In-office Test to Measure Aldehydes From Free Radical Oxidized Lipids

> Cell Attacked by Free Radicals

> > OH

HO

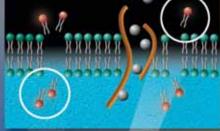
H202

02

CL

02

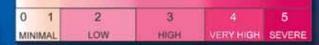
Cell Membrane Damage



Step 1 Fill cup halffull of urine. *Step 2* Draw urine into dropper tube. Step 3 Squeeze urine from dropper into test ampoule.

# OXIDATA" Urine Test

Measures Released Aldehydes From Free Radical Oxidized Lipids



Wait five minutes; then compare the color of ampoule solution with color chart and record reading and date.

As low as \$5.95 per test (with the purchase of 36 tests)

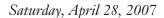
Get two free tests with the purchase of a 6-test box when you mention this ad.

apexenergetics • (800) 736-4381

www.oxidata.com



flstract



Notes

#### continued from page 166

#### Derm 101 Aging Face- Top Skin Rejuvenation Treatments

Nina Lundberg, MD

This presentation will explain the basic principles of the aging skin and facial changes assessment together with the most commonly employed facial rejuvenation treatments for more youthful look by helping to reverse the appearance of aging and sun damage, such as actinic keratoses, solar lentigines (pigmental spots), dyschromia (irregular color of the skin, discoloration), volume loss, facial lipoatrophy, sagging skin.

The histology of dermis will be reviewed allowing the attendee to develop the appreciation for the dermal depth of the various cosmetic defects to be treated.

Topic procedures for skin rejuvenation will be discussed, such as:

- Botox treatment for dynamic wrinkles
- Facial fillers for wrinkles and folds
- Skin rejuvenation with IPL and Lasers (ablative/nonablative)
- Chemical and Physical Peels
- Dermabrasion and Microdermabrasion

continued on page 170

# Got Web Presence?



- Search Engine Optimization
- Flat Fee Pay-Per-Click Advertising
- Medical Website Development
- City and Zip Code Marketing Campaigns
- National, State, City and Home Page Advertising
- Customized Marketing Solutions
- and much more!!

What our clients are saying...

"There is an old saying that nobody ever cared who finished second. Well, there is no difference when it comes to the internet. Who is ever at the top of those pages is going to be seen. The people at TodayMD are a class act and their service is unmatched. I promise if you trust these guys with your business, you will not be dissappointed."

Dr. James J. Awbrey IV DMD PC. Atlanta, Georgia www.TodayMD.com Call us today at 1(866) 923-9263

M E T H 0 D F

# PHYSIODERMIE

# **Natural treatment** for the symptom of ROSACEA

**Obtain remarkable results!** 

44

0

1

11.1 ⋝

EMULSION Anti-rougeurs

ANTI-REDNESS Emulsion

50 ml / 1,7 fl.oz NEED ACTIVE MICRO ENCLOSULATION

MICRO - GEL

Anti-rougeurs

ANTI-REDINES Micro

50 ml / 1,

NULL ACTIVE MICEO

CODE: X070601P

10\$ rebate\*

presenting this coupon.

With the purchase of the ROSASEA KIT receive an additionnal 10\$ off upon

\*\*ROSACEAKIT included: 1 Deep Cleansing Milk, 1 Stabilizing Lotion, 1 Soft Face Bio Peeling, 1 Anti-Redness Emulsion 1 Sensitive Skin Cream, 1 Anti-Redness Bioarome, 1 Balancing Mask

One coupon per client. Applicable at the A4M - Orlando show only. Non cumulative with other promotion or rebate - applicable only with the purchase of the Rosacea Kit



1-800-263-8888 . 1-514-333-8282 www.derme.ca

Exclusively distributed by Europelab Inc.



4lstracts

Saturday, April 28, 2007

Notes

continued from page 168

#### Breaking the Aging Barrier/ Brain Aging

#### Eric Braverman, MD

In the lecture I will describe the broad range of parameters that signal aging/dying and how they have been successfully reversed. There is substantial evidence, which shows virtually every single major parameter can be reversed. One might inquire, "Can we reverse them all at the same time and obtain 15 years of life, prior to the advent of stem cell regeneration of aging parts? What is the future?" I will follow this with a description of the multi modal diagnosis used to identify the aged parts including: CT Angio, PET, ultrasound, blood work, and BEAM. I will also mention the significance of bioidentical hormones, prescription drugs, and diet in treating a patient. I will show practitioners that this is the complete package needed to temporarily reverse the aging process.

#### Intermittent Hypoxia Training in Anti-Ageing Medicine

#### Tamara Voronina M.D.

Intermittent Hypoxia Training (IHT) is a modern state-of-the-art therapy, which has been developed over the last 25 years. Its ability to regulate, adjust and balance metabolism is one of its most valuable properties. It influences the effectiveness of oxygen consumption, which brings amelioration in multiple diseases.

IHT enhances the release of oxygen from haemoglobin into tissue by binding haemoglobin to 2,3 diphosphoglycerate (DPG). We suggest that the effect of ionic K-ATP channel activation, which upregulates membrane and nuclear sites receptors as well as the expression of glucose transporter GLUT1, adjusts metabolism. IHT decreases homocysteine, a fact which triggers cardio-protective effects and improves glucose metabolism, an important

continued on page 172

The Worlds First Age-Defying Skin Therapeutic Treatment and Cosmetic Tan that meets the qualifications for the Medical Industry across the Globe!

### Introducing the worlds first Age-Defying Skin Therapeutic Cosmetic Tan!

#### Treat your skin to "THE HEALTHIEST TAN ON EARTH"

Vita Tanz is the result of years of research, development, and knowledge in the cosmetic and pharmaceutical industry! This "new" revolutionary complex Age-Defying Skin Therapeutic formulation leaves your skin feeling soft with the most incredible deepest, darkest, Mediterranean Tan that you could ever experience! Touted as one of the most sophisticated formulas to ever be developed Vita Tanz will leave you with the "Healthiest Tan on Earth"!

#### Stop the press... "TRUE STORY"

Litsa had seen my arms and how bad they were before I started using Vita Tanz. I have tried at least a dozen products to rid myself of it's embarassment. The last few years have been the worst. Last night I showed my arms to Annie and another friend Jenifer. They could not believe their eyes, the raised, red-purple rash is no longer present. Vita Tanz is amazing!

April Armstrong, Coos Bay, Oregon

MediTanz

Skin Care

Skin Analysis and

Medical Professional Age-Defying Airbrush Formulation

Tan on Earth

Medical Spa

Call toll free at 1.800.858.0079 or visit us on the web at www.vita-matrix.com

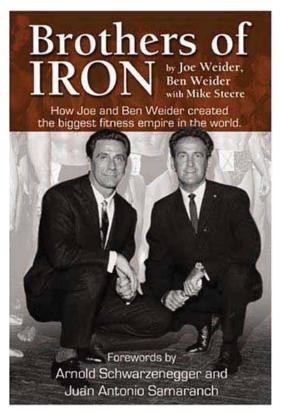
Visit us in Booth # 626

Home & Travel Kit

#### ADVERTISEMENT

#### Weiders' Digest

By Rob Wilkins Special Assistant to the IFBB



**Brothers of Iron**, a new biography by Joe and Ben Weider, chronicles the life of how two young boys from a poor but hard-working Jewish family in Montreal, Canada, revolutionized the sport of bodybuilding and helped inspire the global physical fitness movement.

"For nearly three years, Joe and I have been hard at work on this book," said Weider. "Through our book, Joe and I want to share our values of life and hard work with people all around the world. Anything is possible as long as you are willing to make sacrifices and have passion," Weider said.

**Brothers of Iron** depicts the remarkable accounts on how the Weider brothers were able to start their publishing empire, promote the benefits of supplements, become recipients of dozens of awards and honors and most importantly, motivate and inspire millions of people world-

wide. Forewords by Juan Antonio Samaranch, former president of the International Olympic Committee (IOC) and bodybuilding legend and California Governor Arnold Schwarzenegger, the book also features 24 pages of rare photos from the Weider personal collection.

The Weiders will make appearances at select bookstores (in North America) to include Barnes & Noble in November and December. For the most up-to-date schedule of appearances, visit www.ifbb.com.

**Brothers of Iron** is available in bookstores, at www.amazon.com, or through www.sportspublishingllc.com. With the purchase of 12 or more books, a discounted rate is available. For more information, contact Rob Wilkins via e-mail at robifbb@yahoo.com.





Saturday, April 28, 2007

Notes

factor in diabetes. Probably the hypoxia-mediated stimulation of macrophages to produce nitric oxide and the increase in cellular levels of p53 in response to hypoxia are important factors in prevention and treatment of cancer. A detox effect occurs due to increasing cytochrom-450. Making use of this scientific information we can optimize the application of IHT. Furthermore, to obtain maximal input from IHT, we have to arrange for each individual a special regime to take into account the conditions of the body and determine the optimal strength, dose, frequency and interval in each treatment.

#### Personalizing Hormone Treatment: The Whole Picture

#### Patrick Hanaway, MD

continued from page 170

Many physicians and their female patients are facing difficult questions regarding the decision to use HRT. The current confusion surrounding HRT highlights the peril of applying a "one size fits all" approach. An individualized approach includes phenotypic and genotypic testing. The first questions that many physicians ask are:

- Should a woman entering menopause begin hormone replacement?
- Who needs it, and who doesn't?

Once the decision to begin HRT is determined, the delivery system and dosage are required. We've learned a great deal about the various delivery systems for BioIdentical HRT, as well as other hormones. Now the questions become:

- How does one determine the unique and individual needs of a patient?
- How does one personalize the treatment?

continued on page 174

FROM CROSBY ADVANCED MEDICAL SYSTEMS INC.



CAMS

Relieve pain and inflammation with these non-invasive, quantum-physics-based devices

#### PulseCam

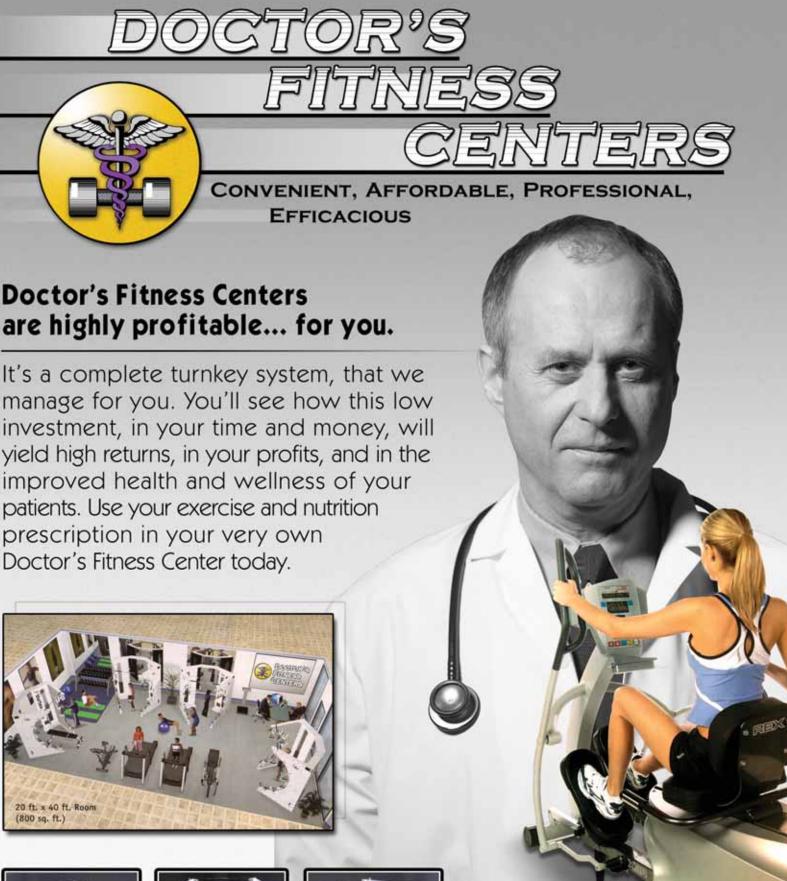
#### TensCam

Looking for safe, effective pain relief? TensCam is a non-invasive tool that quickly and painlessly treats the underlying cause of pain and inflammation—without drugs, needles or surgery.

PulseCam is a new approach to health care for the 21st century. These revolutionary, no-touch healing devices use the principles of quantum physics, and combine conventional medical technology with the proven electrical properties of quartz crystal. Result: PulseCam treats the underlying cause of pain, inflammation and dysfunction without drugs, needles or surgery.

Contact Crosby Advanced Medical Systems, Inc. 407.823-9502 Http://www.tenscam.com/ drcrosby@tenscam.com "First, I'd like to say that in over 50 years of practice, the TensCam is the most valuable piece of equipment producing positive results of any equipment that I have ever owned."

William W. Halcomb, D.O., P.C. Mesa, Arizona



Vortex





www.ifpa-fitness.com 800-785-1924





Saturday, April 28, 2007

Notes

continued from page 172

Determining the specific, individualized needs of each patient allows us to personalize our treatment. Hormonal assessments, based upon the 3-dimensional perspective of urine, serum, and saliva will help to generate the best answers in meeting the needs of each individual patient. Participants will be able to determine the best combination of hormonal therapies for maximum benefit and minimal risk.

# Being your own advocate: How to negotiate a professional licensing proceeding and select effective legal representation

#### Algis Augustine, J.D.

The regulatory climate of health care poses challenges for providers, particularly those utilizing cutting-edge technologies or offering alternative approaches to traditional medicine. Professional licensing boards have become increasingly proactive in their discipline of health care providers, which speaks to the importance of securing competent representation for any provider involved in a professional licensing case.

This presentation will focus on the most effective way to bring in counsel if a provider becomes involved in a professional disciplinary case and the criteria to consider when selecting an attorney, such as the attorney's case history, cost, client compatibility, and negotiation experience. This presentation will also provide an overview of the disciplinary process and insight into effective strategies to avoid disciplinary action altogether.

There are fundamental factors which must be considered in a license proceeding including: the provider's career, applicable laws, and the facts of the case. The importance of retaining counsel to adequately consider theses issues can not be overemphasized. In many cases, counsel can spare a provider the expense, stress and adverse publicity of a disciplinary proceeding by adopting an effective settlement campaign. The ultimate goal of this *continued on page 176* 

we make your blood now smoother.



NZymeCeuticals...

A human heart pumps approximately 5 quarts of blood every minute and pumps one million barrels of blood during an average lifetime.

Blood travels twelve thousand miles in one day through vessels less then 1 mm in diameter.

Now factor in...CARDIOVASCULAR DISEASE.

Wouldn't it make sense to make it easier on your heart?

Contact us for information on our products NZymeCeuticals,Inc. ™. 877.460.1600 www.NZymeCeuticals.com . Info@NZymeCeuticals.com



#### THE MEDICINE ENVIRONMENT OF THE FUTURE

MEDICALSPAS Business Review A Monthly Magazine

Readers are Medical and Spa Professionals providing comprehensive medical and wellness care in a relaxing environment integrating spa services together with conventional and integrative therapies.

The role of a medical spa is a comprehensive mind/body approach to caring for the client before, during, and after physio, medical, anti-stress and cosmetic treatments.

As medical spas use high-end products, they show greater results. Medical spas are a balance between clinical and luxury. They take care of the client's medical needs and at the same time create a relaxing and soothing atmosphere for the client's comfort and well being. A medical spa is a medical setting combined with a healing touch including its

multitude of spa services with various medical environments. Medical spas design packages that include both spa and medical services. Finally a medical spa combines ancient Oriental, Indian, and Modern medicine with spa services.



#### SUBSCRIBE TO MEDICALSPAS BUSINESS REVIEW



THE MEDICINE ENVIRONMENT OF THE FUTURE



DR. VITO QUATELA Founder of Q the Medical Spa

#### TO SUBSCRIBE Send to: MEDICAL SPAS REVIEW SUBSCRIPTION DEPT. P.O. BOX 2699

CHAMPLAIN NY 12919-2699

3 years	e e	1 year (20 issues)	(10 issues)
U.S.A.	· ,	<b>U.S.</b> \$110	. ,
Canada	🗖 Cdn \$210	Cdn \$150	Cdn \$90
International	U.S. \$240	<b>U.S.</b> \$170	<b>U.S.</b> \$100
NAME:			
POSITION:			
Company:			
Address:			
City:		STATE/PROV:	
COUNTRY:		Zip:	
PHONE:		Fax:	
E-MAIL:			
0		1 150 022 2	111

ORDERING BY FAX: +1 450-833-2444 www.medical-spas.com • info@medical-spas.com

#### NO CREDIT OR DEBIT CARDS PLEASE





Saturday, April 28, 2007

Notes

continued from page 174

presentation is to allow providers to be their own best advocate by understanding the disciplinary process and selecting effective representation when needed

- Goals & Objectives:
  - To enable a provider to consider the important attributes of effective counsel in a disciplinary proceeding
  - To provide an overview of the professional licensing case

#### Mesotherapy in Clinical Practice

#### Peter Salas, MD

Mesotherapy was developed in France in 1952 by Dr. Michel Pistor. It has recently become a populr therapeutic approach, especially in aesthetic medicine. Mesotherapy involves delivery of therapeutic agents directly through the skin to the target area minimizing the systemic impact of the treatment. Although mesotherapy has traditionally been used to treat common medical conditions, in the USA the primary interest in mesotherapy has been its aesthetic applications. We have reported our experience in aesthetic mesotherapy in an effort to better identify the optimal treatment regimens and best candidates for this modality.

Since 2002 we have treated hundreds patients for various indications, primarily related to localized lipodystrophy, fatt neck, jowls, and lower eyelid fat herniation. In our initial experience we treated patients unilaterally with a contralateral control to show the efficacy of mesatherapy as an effective aesthetic procedure. We subsequently looked at different combinations of medications in an effort to derive an optimal treatment formula. We also compared the results of mesotherapy with liposuction in a prospective study. Our treatment protocols usually involved the use of an automated injector.

continued on page 180



Age Diagnostic Laboratories (ADL) is an international consortium of specialty testing and educational service providers dedicated to the anti-aging physician. Our testing services focus on hormones and other key biomarkers of physiologic aging.

Our scientific and medical staff, long-time leaders in anti-aging medicine, assist physicians to grow their anti-aging practices through structured education and peer-to-peer counseling programs.

## **Experience for yourself the Age Diagnostic Laboratories** differences:

- ADL is the ONLY Anti-Aging lab to offer both comprehensive urine AND saliva testing—all the bioavailable methodologies
- ADL's test reports are custom writteneach one with practical interpretations and treatment options for the referring Physician
- ADL's cost leadership means lower prices to the Anti Aging Physician.
- ADL offers FREE consulting to the Physician on each test report, by our technical staff.

#### Age Diagnostic Laboratories

lease see

CHNOLOG

DO: 28

1341 West Fullerton Avenue Suite 123 Chicago, IL 60614

#### 1-773-528-8500

fax 1-773-296-2314

We are a proud sponsor of the American Academy of Anti-Aging Medicine's educational programs and physician training.



Dedicated to the anti-aging physician

#### WWW.ADLTESTS.COM



#### LACASAVITAL: THE BEST TASTE FOR YOUR HEALTH.



Shark Pearls

Shark Cartilage



Slimming Sweets Phenyl alanine

s Calcium Pearls Calcium Lactate Antioxidant Pearls Vitamin-E, Selenium, Zinc





Low Carb Bars

Fat Burn Shocobolas® L-Glutamine

**Why lacasavital**: Because they are the most intelligently formulated nutritional products: with amino acids, minerals, collagen, vitamins and proteins... key helps when balancing your diet.

Because we supply the best tastes for a full flavour experience: taking care of your health must be a pleasure, never a sacrifice.

Because our exclusive packagings specially designed to make your life easier will allow you to enjoy our products any time, any place.

Lacasavital: Leading science and the best taste for your health.

www.lacasavital.es info@lacasavital.es Lacasavital is a trademark from Lacasa. Comercial Chocolates Lacasa, S.A. Autovía de Logroño, km 14. 50180 Utebo (Zaragoza). -SPAIN.



lacasavıtal



## 📾 NEW CERTIFICATION COURSE 📨

# ADVANCED FITNESS TRAINER SPECIALIST

An updated practical and scientific approach for the improvement of your knowledge of Weight Training and Nutrition prescription at Health Clubs and Gyms!

## **COURSE OF WORLD DIMENSION**

- > The prestige of an IFBB logo certification: The World Authority in Fitness
- > Guaranteed with first level professionals
- > Updated material from the most important basic areas of weight training exercise
- > Permanent actualization

## More information at: www.ifbb.com





Saturday, April 28, 2007

continued from page 176

We found that mesotherapy is well received by patients and is very effective in the treatment of localized lipodystrophy. Side effects observed in our patient population were generally minor and self limited. We were not able to show significant changes in patient weight with Mesotherapy. In addition, we found that mesotherapy is not as effective as liposuction in the treatment of lipodystrophy.

We will review the scientific basis of mesotherapy. Special attention will be given to effective techniques and appropriate patient selection.

Goals & Objectives:

- Discuss the scientific basis of mesotherapy
- Understanding the role of mesotherapy in aesthetic medicine
- Explain the proper technique of administration of mesotherapy

#### Saturday, April 28, 2007

EVENING WORKSHOP: Aesthetic Medicine\*

Sharon McQuillan, MD

EVENING WORKSHOP: How to Open a Turn Key Weight Management Program Kim Ruby, CE

#### READY TO GO ELECTRONIC?

Software Designed Specifically For Your Age-Management Practice

## **E**medplus

Complete Software Solution

- EMR/Practice Management
- Patient Portal
- Billing
- Electronic Notifications
- Pharmacy Fulfillment

#### Open Your Eyes to



ARMACY

Complete Compounding Solution

#### Our easy to use, web-based platform means:

- NO installations,
- NO system failures or crashes,
- NO dedicated IT staff needed,
- NO special hardware requirements,
- NO papers or filing, and
- NO manual charging for services.

#### See booth number 716 for free demo and 60 day free trial

For more information, please contact Dana Burnett at 888-222-2956 or dana@mqrx.com.



## "Oh no, I missed the conference!"

Maybe you couldn't attend this year's annual conference.





Well Now You Can!

## Purchase Access To Just The 2006 Las Vegas Conference Online and Receive:

- -Online access to all recorded sessions
- & PowerPoint Presentations
- -Download all the audio & presentation materials
- -Access to the conference materials anytime, anywhere.



## Purchase Access To The Complete Library Package & Receive the following Conference's Online:



To Order: Visit - www.prolibraries.com or Call Digitell - 800-679-3646



continued from page 138

#### Senior and Boomer Volunteering at 30-Year High

According to the Corporation for National and Community Service, senior and Baby Boomer volunteering has reached a 30-year high in the United States. The study found that the volunteer rate for Americans age 65-plus has increased 64% since 1974. Educational and youth service organizations are benefiting from the growth because they have received the largest increase in volunteers between 1989 and 2006. The heightened civic engagement is partly attributed by the study authors to the fact that older Americans are living longer, are better educated, and more financially secure – creating an increased desire for them to remain active and seek ways to give back to communities.

State Point Media Wire via The Times Guardian, 30 January 2007.

#### Worldwide Parkinson's Cases To Double by 2030

The number of individuals with Parkinson's Disease (PD) in 15 of the world's largest nations will double over the next generation. Researchers from the University of Rochester examined the projected population growth in the 5 largest countries in Western Europe (France, Spain, Germany, the United Kingdom, and Italy) and the 10 most populous nations worldwide (China, India, Indonesia, the United States, Brazil, Pakistan, Bangladesh, Nigeria, Japan, and Russia), then projected the prevalence of PD by age group in each country. Their research estimates that the number of individuals with PD in these 15 countries will grow from 4.1 to 8.7 million by the year 2030. While the number of individuals with PD will nearly double in the US to 610,000, the greatest growth will occur in developing countries in Asia. By 2030, an estimated 5 million people will have PD.

University of Rochester Medical Center Press Release, via EurekAlert, 29 January 2007.





Emma Faust Tillman, the daughter of former slaves, died at a nursing home in Connecticut (USA). According to family and friends, Mrs. Tillman had lived independently until she was 110 and had never smoked or drank. Born on 22 November 1892 on a North Carolina plantation, Mrs. Tillman became the world's oldest person after the death of a 115-year old man in Puerto Rico, holding the title for less than a week.

BBC News, 29 January 2007.

#### Seniors Nearly Half of All Traffic Deaths

According to Japan's National Police Agency, people age 65-plus accounted for 44.2% of all traffic fatalities in 2006, the highest portion since 1976 when comparable data became available. According to the Agency's survey, 2,809 victims of traffic deaths were age 65 or older, many of which were pedestrian fatalities. With the proportion of elderly victims topping 40% for the fourth straight year, the Agency said it will continue measures to reduce traffic deaths for this age group.

The Japan Times, 26 January 2007.

Spring 2007

2007

continued on page 184

**ISSUE 1** 



#### Websites that keep your business running and growing.



PluroTech, Inc. is a full-service provider of web and information technologies. Our mission is to develop cutting-edge web solutions that help organizations of all types and sizes in running and growing their businesses.

"PluroTech helped to take WorldHealth.net to the #1 spot on the Net for Anti-Aging."

Dr. Ronald Klatz, MD, DO, President American Academy of Anti-Aging Medicine

- award winning website design
- e-commerce systems
- content management systems
- search engine positioning
- e-marketing

See us at the A4M Service Area

CALL 1-866-GO-PLURO or VISIT www.plurotech.com



continued from page 182

#### Surge in Alzheimer's Cases, **Slump in Caregiver Numbers**

Presently, an estimated 450,000 Canadians over age 65 have Alzheimer's Disease (AD) or dementia. By the year 2031, that number is projected to stand at 750,000. Not only is this soaring statistic potentially problematic, but it is accompanied by a decrease in the projected numbers of caregivers. Whereas the generation that begat the Baby Boomers saw about 28 babies born for every 1,000 Canadians between 1947 and 1966, the birth rate among Baby Boomers was precipitously less, standing at 17 in 1,000 in 1970 and today hovers around 11 per 1,000. A shortage of children to look after the increasing numbers of Alzheimer's patients could add enormously to the length of time people spend in hospitals and nursing homes. Mr. Scott Dudgeon, head of The Alzheimer's Society of Canada, warns that "There is a very real potential that ... this could overwhelm the (healthcare) system."

Toronto Star, 25 January 2007.

#### Rate

M で C A R E

The world's most populous nation is aging faster than any major country in history. For most of China's history, people age 60-plus rarely numbered more than 7 of every 100 people. But thanks to improvements in healthcare, sanitation, and living standards, the average citizen now lives more than 30 years longer than in 1949. By 2050, those age 60-plus will make up 31% of the population in China. In addition, there are fewer young people to make up the workforce, as a result of China's one-child policy, enacted a generation ago. As a result, the United Nations projects that China will take just 25 years to age as much as Europe did during the entire last century.

**China Aging At Alarming** 

Orlando Sun-Sentinel, 23 January 2007.

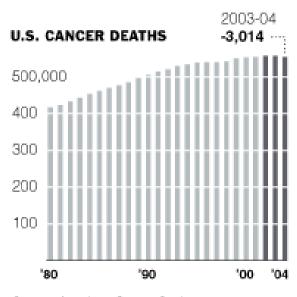


**Cancer Deaths Decline for** Second Consecutive Year According to the American Cancer Society, the number

of cancer deaths in the United States dropped for the second year in a row. From 2003 to 2004 (the latest year for which figures are available), cancer deaths fell by 3,014 cases, considerably more than the previous year's decline of 369. Much of the decrease is due to smoking cessation and improved detection and treatment of colorectal, breast, and prostate cancers. The death rate from cancer has been falling by slightly less than 1% per year since 1991, but until 2003 the actual number of deaths kept rising because the population has been growing and aging. Then in 2003, the cumulative drop in death rates finally became large enough to outpace aging and population growth.

#### **U.S. Cancer Deaths On the Decline**

American Cancer Society via New York Times, 18 January 2007



Source: American Cancer Society

The New York Times

**ISSUE 1** 

continued on page 186



2007

## TAYLOR MANAGEMENT SHARI TAYLOR & CO., CHARTERED

CERTIFIED PUBLIC ACCOUNTANTS

#### SHARI TAYLOR & CO., CHARTERED

"Our philosophy is based on offering personalized, enthusiastic service to each client, large or small. Our success depends on your success. We are here to be your business partner and serve your needs"

- t Accounting/Financial Statements
- t Certified Audits
- t Business Valuations and Succession Planning
- t Tax Planning and Preparation –
- t Specialists in taking advantage of the latest Tax Laws
- t Retirement Planning/Estate Planning

- t Litigation Support/Fraud Investigations
- t Certified Advisor/QuickBooks
- t Nationwide service via offsite remote computer access makes your CPA Just a Click Away!!!
- t Payroll Processing/Representation with Governmental Agencies
- t Full Service Quality Review Firm

We welcome the opportunity to work with you. Please contact us for a courtesy consultation. We have <u>"Big Firm</u>" expertise combined with the personalized attention, professional support, reasonable fees and "high-tech" computers/software to deliver the level of service you require.



#### The CPA. Never Underestimate The Value

Members of the AICPA and Illinois CPA Society Serving the Northshore Since 1973

SHARI **TAYLOR** AND CO., CHARTERED Certified Public Accountants/Management Consultants 601 Skokie Blvd. • Suite 201 • Northbrook, IL 60062 TEL: 847-291-0192 • FAX: 847-291-0650 www.sharitaylorandco.com



continued from page 184

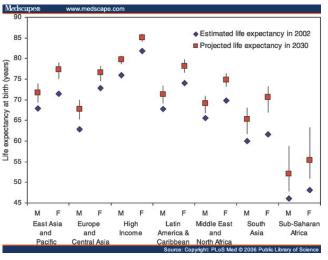
New York Times, 18 January 2007.

#### Projections of Global Mortality and Disease Burden, 2002-2030

A new projection of global and regional projections of mortality and burden of disease by researchers supported by the World Health Organization (WHO) found that life expectancies at-birth in 2030 will increase across all World Bank regions, with the largest increases in Africa and South Asia. The highest life expectancy in 2030 is projected to be for Japanese women, at 88.5 years.

#### Projected life Expectancy At-Birth in 2030 by World Bank Region and Sex: Baseline, Optimistic, and Pessimistic Scenarios Compared with 2002 Estimates

From Mathers CD and Loncar D., "Projections of Global Mortality and Burden of Disease from 2002 to 2030," Medscape, 18 January 2007.



Medscape, 18 January 2007.



The Udayana Medical University in Indonesia has opened the Center for the Study of Anti-Aging Medicine. The Center, which has the support of the A4M in the areas of human resource training and technology development, is the first of its kind in Indonesia. It will focus on education and research on anti-aging medicine, and one its key missions is to educate the public on anti-aging medicine and how it can benefit them. The Center will offer graduate and specialist programs, as well as short-term courses for general practitioners. Special certificate courses geared toward non-medical persons will also be available. Comments Dr. Wimpie Pangkahila, Chairman of the Center for the Study of Anti-Aging Medicine at Udayana Medical University: "We expect that this center will give significant contributions in the promotion of anti-aging medicine in the country, and in fostering healthy lifestyles in a bid to create a more prosperous and healthy society."

The Jakarta Post, 18 January 2007.

continued on page 188

**ISSUE 1 2007** 

CARE

## NEW Technology Captures A4M Congress Conference Video + PowerPoint + Audio CD's



DiGiVision Is Truly Amazing Technology DiGiVision is a DVD-rom, plays with Windows Media Player. See & Hear Video with Synced Power Points. Fully Word Searchable. Save PP's for Future Review. You've Got To See It to Believe It. Demo and Complete Offer: www.instatages.com/AdM

#### 14th International Congress American Academy of Anti Aging Medicine

All Three Action Packed Days, 40+ Major Presentations including TV Actress Suzanne Somers and Author of the book "Ageless" plus Actor George Hamilton "Why I Love My Anti Aging Physician"...PLUS BONUS Early Morning Eye Openers. This General Session Is Simply A Must Have.

#### Θ

#### **Endocrinology Seminar**

A Practical Approach to Treating Adult Hormone Deficiency" Drs Rothenberg, Hertoghe, Pam Smith and Pharmacist John Grasela. Audio, video, and synced PowerPoint make this a must have!

## Prort

#### **Practical Hormone Therapies**

Never Before Given 9 Hours of Dynamic Clinical Info by Dr Eugene Shippen, M.D., author of Best Seller Book "Testosterone Syndrome" Lots of References and Science Based Information Makes this A Must Have!

#### Advance Hormone Therapies in Obesity & Cardiology

Exciting 20+ Hours with DRS Thierry Hertoghe, Ron Rothenberg, Eugene Shippen, Edmund Devroey, Ronald Tan And Internationally Known Obesity Expert & T.V. Personality Denise Bruner, M.D., INCLUDES 299 page Syllubus Course, passed out to all attendees!

#### Free Demo & Offer at www.instatapes.com or Call 800-669-8273



continued from page 186



#### Nobel Prizewinners Live

#### Longer

M C A R E

Researchers from the University of Warwick (United Kingdom) found that scientists who win the Nobel Prize live two years longer than colleagues who have only been nominated. The average lifespan of 524 scientists who had been nominated for the prize between 1901 and 1950, including 135 prizewinners, was 76 years, with winners living 1.4 years longer than nominees. The gap widened another two-thirds of a year when winners and losers from the same country were compared. Observes Professor Andrew Oswald, lead study author: "Status seems to work a kind of health-giving magic. Once we do the statistical corrections, walking across that platform in Stockholm apparently adds about two years to a scientist's lifespan."

Reuters Health, 16 January 2007.

#### Hungary May Raise **Retirement Age**

Currently, the retirement age in Hungary is 62, which government officials point to as a serious risk in the pension system, given the upcoming wave of retirees in 2012 to 2014. Hungary's Prime Minister, Ferenc Gyurcsany, is proposing s series of reform measures to improve the nation's pension system, including to increase the retirement age.

Portfolio (Hungary), 17 January 2007.

#### **Baby Boomers Ill Prepared** for Retirement

According to a survey conducted for BMO Financial Group by Ipsos Reid, 69% of Baby Boomers in Canada have a Retirement Savings Plan (RSP), but more than half also consider their registered retirement accounts as their retirement plan, suggesting that aging Canadians

are not planning alternative and supplemental investments. BMO warns that while RSPs are valuable savings instruments, today's reality is of dwindling defined pension plans and longer life spans, beckoning a comprehensive financial plan to adequately fund retirement.

CanWest News Service via Canada.com, 17 January 2007.



According to the Alliance Trust Research Centre, the elderly's annual inflation rate in the United Kingdom has been on a sharp and continued rise. At the end of 2006, the rate stood at 4.2%, more than double the government's inflation target. The elderly in the United Kingdom have been coping with a rate of inflation in excess of 3% since mid-2006.

Easier.com, 16 January 2007.



#### **Economic Fears as Baby Boomers Retire Early**

According to a study by the LG Economic Research Institute, Korean Baby Boomers now aged between 44 and 52, the core of the Korean workforce, are retiring early. Among the 7.13 million Korean Baby Boomers born between 1955 and 1963, 2.2 million now in-work are expected to retire over the next decade. The average retirement age in Korean companies stands at 57, but many Baby Boomers will retire at age 52.3 due to a sluggish economy and a changing corporate culture that favors young employees. While the early retirement trend can reduce the heavy labor costs for businesses and help more young people become employed, some experts also worry that the trend will also increase welfare costs, reducing consumption and causing labor shortages.

The Chosun (South Korea), 15 January 2007.

**ISSUE 1** 

continued on page 190



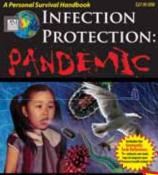
2007



Selected by Physicians. The Best Products from the Science of Anti-Aging Medicine

## Your Online Resource For Anti-Aging Nutritionals, Products, and Services.

Best Of The Best Products Reviewed And Recommended By Top Anti-Aging Physicians.



Answers At Lastl: To Avoid Pandemic Pandemonium, Read Infection Protection: Pandemic -- Your Personal Survival Handbook for Today's New Infectious

And Ristz, M.D., D.O. reference basins of the barg Medica ref devices basins of the barg Medica ref Geldman, M.D. Ph.D., D.O., FAASP and America kasing of the Aling Medica reference barger of the Aling Medica referen A Includes the Immunity Desk Reference: 70+ natural, non-toxic ways to improve your immune health today!



LexMD provides physicians' picks of the 'Best of the Best' of essential antiaging health products. Our 100% customer satisfaction guarantee means you can rest assured that your purchase will meet your expectations or simply return it for a full refund. Please call our customer service department at 800-973-7541 or email us at customerservice@lexmd.com for return authorization.





continued from page 188



#### The "Grey Wall of China"

For three decades, China's economy has enjoyed the benefits of a large population of young working-age people. Today, China is feeling the effects of the onechild policy. In less than a decade from now, china's working-age population will begin to decline. By 2050, China's workforce could shrink by as much as 35%, while its retired population will swell to reach nearly one-third of the total population. While the average pensioner is supported by 6 workers today, the dependency ratio will slip to 2 workers per retired person by 2040.

The Globe and Mail (Canada), 15 January 2007.

### **\* \* Doctor Shortage Projected**

#### in Five Years

CARE

The Royal Australian College of General Practitioners has warned that Australia could face a chronic doctor shortage within five years. Nearly 40% of general practitioners are age 55-plus; an additional 34% are between the ages of 45 and 54. Additionally, Australia is experiencing a rising demand on health services, as 1.1 million more Baby Boomers consulted general practitioners in 2005-2006 than previously. The Royal Australian College warns of "A silver tsunami ...moving across the page and ... about to drop off the edge."

The Age, 17 January 2007.



#### Europe is Aging and Shrinking

The United Nations projects the world population will rise to 9 billion from 6 billion by 2050 before stabilizing, with most of the growth to occur in Asia. During this time, the population of Europe is projected to decline, with some experts projecting that the economic growth rate, both absolute and per-person, reducing by-half in the countries worst hit by population shrinkage (Germany, Spain, and Italy, most notably). As a result, the European Commission has proposed a pan-European system of US-style green cards to lure youthful workers with good education, skills, and economic potential. Many public policy officials regard immigration as an alleviation rather than a solution, as European countries need to offer benefits beyond steady employment to attract workers, such as affordable housing, quality education for children, and accessible healthcare services.

Reuters, 12 January 2007.



#### Aging Population Brings Demands, But Benefits As Well

In Japan, a large number of postwar Baby Boomers reach retirement age this year. The working population, age 15 to 64, will decrease by several hundred thousand people every year while the number of Japanese age 65-plus will continue to increase. By 2025, it is estimated that 22.3% of the age 65-plus population will need nursing care, up from 18.4% in 2006. Nursing care spending will jump to 17 trillion yen (in 2025) from 7 trillion (in 2006). However, with these demands come benefits, in that seniors can continue to contribute to society. A Tokyo Metropolitan Government poll showed that 80% of male Baby Boomers expected to be working 5 years from now. In addition to providing a wealth of experience and know-how to the commercial sector, Japan's Baby Boomers can continue to live creative and socially meaningful lives by participating in their local communities.

The Japan Times, 11 January 2007

**ISSUE 1** 



2007



- Listed #1 For Anti-aging Related Keywords On Google, Yahoo, MSN, AOL And Other Major Search Engines.
- 25 Million Hits Per Month
- FREE Electronic Bio-Newsletter (\$149 Value)
- World's Leading Resource Of Anti-Aging Related News
- Online Video Directory Of Physicians, Products And Services
- Archival Library Of Over 100,000 Referenced Research Papers

## WWW.WORLDHEALTH.NET





#### **ADVERTISERS IN THIS ISSUE**

A4M Summer 2007 event 14; back cover
Abrams Royal Compounding Pharmacy .144
Age Diagnostic Laboratories177
Ageless Aesthetic Institute149
Alma Lasers105
American Board of Anti-Aging / Regenerative
Medicine55; 78; inside back cover
American College of Anti-Aging Sports Medicine
Professionals (ACASP)108; 109
Aminocare157
ANEWrx162
APEX Energetics167
Apothecure63
Ardent Sound164
Arasys Perfector
Asia Anti-Aging 2007 event 113
Bellevue Pharmacy Solutions159
BodyLogicMD62
C151140; 141
Candela125
Central Drugs Compounding Pharmacy103
China 2007 event
College Pharmacy77
Colonic.net158
Conrex Pharmaceutical142
Crosby Advanced Medical Systems, Inc. 172
Cutera119
Dermawave151

Digitell181
Essential Pharmacy Compounding 111
Equipos Cardiovasculares178; 179
Euromedicom129
Fellowship in Anti-Aging / Regenerative
Medicine
Genova Diagnostics145
Hallendale Pharmacy156
Health Secrets USA153
HB Health 116; 117
HOYA ConBio146
IFPA173
India 2007 event134; 135
Instatapes187
Iredale Mineral Cosmetics154
Jan Marini Skin Research163
Japan 2007 event98; 99
KMI Diagnostics161
LEx Prize166
LexMD
Liability Insurance Solutions155
Medaus Pharmacy133
Medesthetics160
Medical Spas Review175
MedQuest Pharmacy180
Natural Clinician137
New Aging74; 75; 84; 85; 94; 95
Nordic Naturals152

NZymeCeuticals174
Ondamed127
Palomar139
PATH Medical107
Physiodermie169
Plurotech183
Portugal (Iberia) 2007 event121
Power Plate
Precision Herbs73
Sciton
Shari Taylor & Co., Chartered185
South Africa 2008 event143
SpaFinder166
Spa Management Journal147
Sunetics91
Syneron71
Thailand 2007 event97
TodayMD168
totalhealth magazine150
United Arab Emirates 2007 event130; 131
University Compounding Pharmacy83; 123
USANA165
Victus Life112
VitaMatrix170
Vitamin Research Products . 58; 59; 101; 115
Weider "Brothers of Iron"171
Western Research Laboratories148
World Health Network191

## JOIN THE ELITE CORE OF ANTI-AGING PHYSICIANS 2000 MEMBERS AND GROWING

#### Board Certification In Anti-Aging Medicine Is Your Gateway To Opportunity

Certification is a professional landmark to help you gain practical knowledge skills in the science of longevity, and secure essential skills in the clinical application of anti-aging /regenerative medicine.



- Increase your practice's annual income
- Establish your practice as a leading facility for anti-aging health care
- Receive new patient referrals through the Physicians Directory at the World Health Network, www.worldhealth.net

To Register for the American Board of Anti-Aging & Regenerative Medicine Board Certification Program, contact: American Academy of Anti-Aging Medicine 301 Yamato Road • Boca Raton, FL 33431 Tel: (561) 997-0112 • Fax: (561) 997-0287 email: exam@worldhealth.net



#### 15TH ANNUAL INTERNATIONAL CONGRESS ON ANTI-AGING MEDICINE AND REGENERATIVE BIOMEDICAL TECHNOLOGIES



#### AUGUST 2-4, 2007 • CHICAGO, ILLINOIS



### WWW.WORLDHEALTH.NET