ICIAL MAGAZINE OF THE AMERICAN ACADEMY OF ANTI-AGING MEDICINE



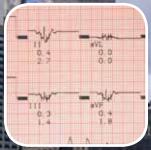
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VILLAGE OF ROSEMONT May 22, 2007

Dear members and friends of the American Academy of Anti-Aging Medicine,

On behalf of the residents and all those in the business community in Rosemont, Illinois, I extend a hearty welcome to our village for your Summer 2007 Session of the 15th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies, August 2 – 4.

We are very happy to welcome you and your session to the Donald E. Stephens Convention and Conference Center.

We understand that there are some 3,000 of you here, learning the state of science and biomedical technology on topics relating to medical interventions that prevent and treat diseases and disabilities associated with the biological process of aging.

We know you will be hard at work during session hours delivering and hearing research and papers, seeing the latest procedures, and teaching and learning. We hope that at the end of your day, you may have a chance to enjoy the excellent accommodations and delicious cuisine in Rosemont hotels and restaurants, respectively. You may even want to take a walk or run through our beautiful parks. Whatever your activity here, we assure you that we are dedicated to providing you with the best quality of service available, so that you may have an excellent session and experience in Rosemont.

On a personal note, we wish to thank your organizers for extending condolences on the recent passing of my father, Mayor Donald E. Stephens, who founded this convention center and was the longest serving incumbent mayor in Illinois' history.

Thank you for choosing Rosemont and have a productive Summer 2007 Session.

Cordially,

Bragley A. Stephens

Mayor

9501 West Devon Avenue Rosemont, Illinois 60018 Phone 847 825 4404 Fax 847 636-7737

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new therapy, or changing any current regimen.

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Dear Attendee:

The American Academy of Anti-Aging Medicine (A4M) welcomes you to Chicago for the 15th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies, Summer 2007 Session.

The American Academy of Anti-Aging Medicine (A4M; www.worldhealth.net) is among the fastest growing medical societies in the world today, growing from twelve doctors in 1992 to a current membership of 20,000-plus. With the founding of A4M in 1992, the A4M created the anti-aging medical movement. Anti-aging medicine is the fastest-growing medical specialty throughout the world and is founded on the application of advanced scientific and medical technologies for the early detection, prevention, treatment, and reversal of age-related dysfunction, disorders, and diseases. It is a healthcare model promoting innovative science and research to prolong the healthy lifespan in humans. As such, anti-aging medicine is based on principles of sound and responsible medical care that are consistent with those applied in other preventive health specialties. The phrase "anti-aging," as such, relates to the application of advanced biomedical technologies focused on the early detection, prevention, and treatment of aging-related disease. The goal of anti-aging medicine is not to merely prolong the total years of an individual's life, but to ensure that those years are enjoyed in a productive and vital fashion.

The A4M is a non-profit medical society dedicated to the advancement of technology to detect, prevent, and treat aging related disease and to promote research into methods to retard and optimize the human aging process. A4M is also dedicated to educating physicians, scientists, and members of the public on biomedical sciences, breaking technologies, and anti-aging issues. The A4M co-sponsors the world's largest scientific conferences in the area of advanced preventative medicine. The 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.

We commend you for attending this premier educational event in the anti-aging medical specialty, where more than 70 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. Ronald Klatz, MD, DO President, A4M



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

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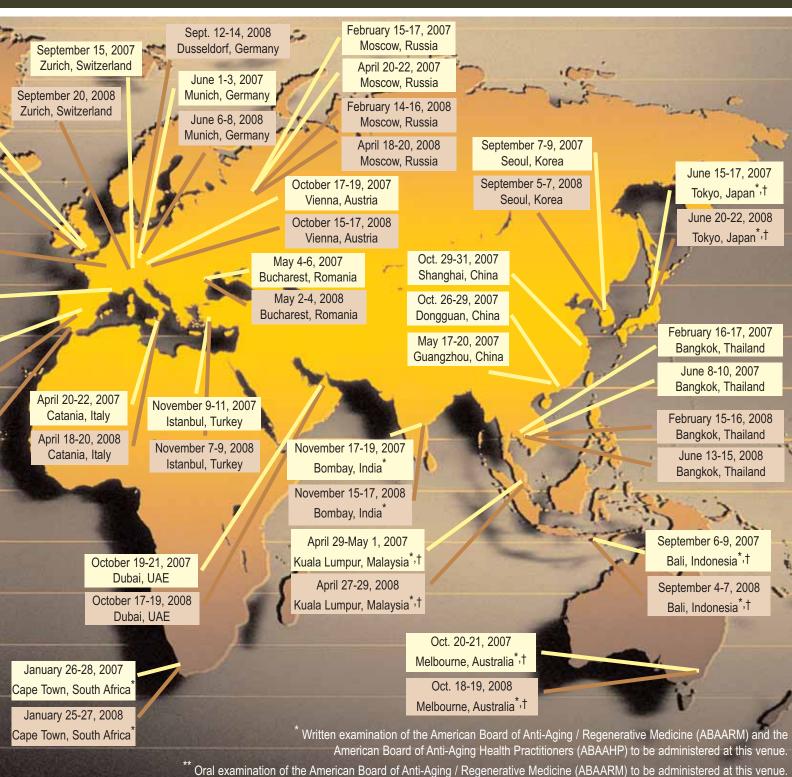








Co-Supported Events in Medicine ~ 2007-2008 Calendar



† Written examination of the American College of Anti-Aging Sports Medicine Professionals (ACASP) to be administered at this venue.

§ Pending.



A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

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Lifespan Literature Scan



Impact of Population Aging Varies Across Countries

While the global population is aging, the Population Research Bureau (PRB) found that the trend will affect nations very differently. In the United States, deaths from heart disease are predicted to rise more rapidly than those from cancer in coming years, and deaths attributable to obesity are predicted to nearly triple, rising from 740,000 in 2000 to stand at 2.1 million in 2050. Around the world, chronic diseases are predicted to cause more illness and death, with unhealthy habits and environmental factors contributing to chronic conditions. Looking into the future, the PRB reported that the progression of chronic diseases such as diabetes, cancer, and heart disease into disability is varied. In nations such as the United States, Italy, Finland, Denmark, and the Netherlands, the PRB reported that longevity has increased while disability levels have dropped. In contrast, the PRB reported that disability rates have risen in Japan,

Sweden, and Belgium and have remained stable as the population has aged in Canada, France, and Australia.

Population Reference Bureau, 28 June 2007.

* Aging in Australia

A recent Australian federal government census revealed that the median age in that country increased from 34 to 37 years in 2006; additionally, the percentage of the population age 65-plus increased from 12.1% to 13.3%. The census also found that 1 in 25 Australians need daily assistance with activities including self-care, communicating, and mobility. Mr. Greg Mundy, CEO of Aged and Community Services Australia, commented that: "The fact of the matter is that the population is getting older and although the resources that the Federal Government puts in are expanding, there's a lot of catch-up required."

The Daily Telegraph (Australia), 27 June 2007.

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

Cornell University School of Medicine

ISSUE 2 2007



A REPORT FROM THE MEDICAL COMMITTEE FOR AGING RESEARCH AND EDUCATION

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Impending Repercussions of an Aging Europe

At the sixth Munich Economic Summit, delegates considered the repercussions of the extent of the aging-related demographic shift in Europe. By 2050, ever-lengthening lifespans and slumping birthrates will cause the European working-age population to drop by 38 million. At the same time, the numbers of people age 65-plus will rise by 40 million, which will cause the EU's pensioner population to swell to more than 100 million. The numbers of workers for every person age 65-plus will fall from more than three to fewer than two. Despite these demographic trends, Mr. Klaus Kleinfield, outgoing chief executive of Siemens, pointed out the opportunities of an aging Europe. He highlighted the current era of rapid and accelerating advancement and innovation in pharmacology and biotechnology, that has ushered in new therapies and interventions to mitigate aging and prolong the health span as people age.

Times Online (UK), 25 June 2007.

World Bank Urges Preparations in Rapidly Aging Eastern Europe and Former Soviet Republics

The World Bank reports that populations of the countries of Eastern Europe and the former Soviet Union will be among the oldest in the world by 2025. The median age of populations in Europe will increase from 38 today to 49 in 2050. Spain will be the oldest country in the world, with half its population age 55-plus by 2050, followed closely by Italy and Australia - whose median ages are projected to be 54. But due to sharp declines in fertility and rising life expectancies, by 2025 between one-fifth and one-fourth of the population in nine Eastern European countries and former Soviet republics will be age 65-plus. In addition, the total population of the region is projected to shrink by almost 24 million over the next two decades. The World Bank presented its analysis in an effort to promote the countries of Eastern Europe and the former Soviet Union to begin enacting policies to boost productivity and labor force participation, in an effort to maintain a steady and continued economic growth.

Associated Press, 20 June 2007.

Aging Baby Boomers Signal Lower Economic Growth

A Statistics Canada research report predicts the next quarter century will be marked by a dramatically shrinking labor participation rate, older workers, fewer workers supporting retirees, and lower economic growth. The study found that while the total labor force will continue to rise or remain relatively stable until 2031, the percentage of working-age population that is employed will fall sharply starting in 2011 - when the first Baby Boomers turn 65, and keep falling for the next 25 years. With almost 10 million Canadians now between 41 and 60 years of age, Mr. Laurent Martel, one of the study's authors, observed that: "We have to prepare for a future where the number of people working will be fewer." The Statistics Canada report reinforces a warning by Bank of Canada governor Mr. David Dodge, who urged that governments need to act now to counteract the aging Baby Boomers phenomenon, or else face the prospect of lower economic growth, higher inflation, and lower living standards.

The London Free Press (Canada), 18 June 2007.

Japanese Man Declared World's Oldest Man at 111

The Japanese are among the world's longest-lived people, with 28.395 people age 100-plus as of September 2006. In June 2007, an 111-year-old Japanese man was decreed by the Guinness Book of World Records as the World's Oldest Man. Mr. Tomoji Tanabe told reporters that he abstains from alcohol, does not smoke, and drinks a glass of milk daily. Previously, the Guinness Book declared Ms. Yone Minagawa, age 114, as the World's Oldest Person. Coincidentally, both of these titleholders reside on the island of Kyushu, located about 560 miles (900 km) southwest of Tokyo.

Reuters, 7une 18, 2007.

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ISSUE 2 2007



Anti-Aging Medical News • 5

Research Recaps

Benign Prostatic Hyperplasia (BPH): Latest Treatment Strategies

Introduction

Benign prostatic hyperplasia (BPH) is a common disorder in aging men. BPH is an enlarged prostate that results from small noncancerous growths inside the prostate. While the causes of these growths is unknown, there are reasons to suspect hormonal changes that occur with aging. Despite the great clinical importance, many aspects of the etiology remain uncertain although it is generally accepted that advanced age and testicular androgens are important requirements for the development of BPH.

BPH rarely causes symptoms before age 40, but more than half of men in their sixties and as many as 90% in their 70s and 80s have some symptoms of BPH. BPH can cause significant interference in quality of life. As the prostate enlarges in BPH, it presses against the bladder and the urethra, blocking the flow of urine. The symptoms of BPH vary, but the most common ones involve changes or problems with urination, such as:

- hesitant, interrupted, weak stream
- urgency and leaking or dribbling
- more frequent urination, especially at night

Severe BPH can cause serious problems over time. Urine retention and strain on the bladder can lead to urinary tract infections, bladder or kidney damage, bladder stones, and incontinence. If the bladder is permanently damaged, treatment for BPH may be ineffective. When BPH is found in its earlier stages, there is a lower risk of developing such complications.

Drug Treatment

Alpha(1)-blockers are commonly prescribed to symptomatic patients at a low risk of disease progression (prostate volume <30-40 ml). 5alpha-reductase inhibitors (5ARI) reduce the prostate

volume by 20-25% and the risk for acute urinary retention/surgery by more than 50% compared to placebo. Combination therapy (alpha(1)-blocker plus 5ARI) has been found to be superior to either monotherapy, though this advantage has been found to be demonstrable only after a prolonged treatment period (>12 months).

In the United States, six drugs are FDA-approved for BPH treatment. Finasteride (Proscar) (FDA approved in 1992) and dutasteride (Avodart) (FDA approved in 2001), inhibit production of the hormone DHT, which is involved with prostate enlargement. The use of either of these drugs can either prevent progression of growth of the prostate or actually shrink the prostate in some men. Additionally, four alpha blockers, which relax the smooth muscle of the prostate and bladder neck to improve urine flow and to reduce bladder outlet obstruction, are on the market: terazosin (Hytrin) (FDA approved in 1993), doxazosin (Cardura) (FDA approved in 1995), tamsulosin (Flomax) (FDA approved in 1997), and alfuzosin (Uroxatral) (FDA approved in 2003).

While a pharmacological approach has been shown to be clinically effective in reducing BPH symptomology, there are some questions as to potential adverse effects with long-term use.

Phytotherapy

Men with minimally symptomatic BPH have generally been advised to defer treatment. Treatment deferral or watchful waiting has always appeared reasonable because mild lower urinary tract symptoms suggestive of bladder outlet obstruction are not bothersome and are often regarded as part of the aging process, progression is usually slow, and symptoms often regress spontaneously. However, in Europe the

pharmacologic use of plants and herbs (phytotherapy) for the treatment of BPH is common, and the approach has been gaining popularity in the United States. While not clearly recommended by any BPH guideline, several studies demonstrate the therapeutic value of various combinations of botanicals for BPH.

Dr. TJ Wilt and colleagues from the Minneapolis VA Center for Chronic Diseases Outcomes Research (Minnesota, USA) completed a comprehensive meta-analysis covering a total of 18 phytotherapeutic trials for BPH, involving 2,939 men. Six phytotherapeutic agents were reviewed, with the findings as follows.

- Compared with men receiving placebo, men taking Serenoa repens reported greater improvement of urinary tract symptoms and flow measures. Serenoa repens decreased nocturia (weighted mean difference (WMD) = -0.76 times per evening; 95% CI = -1.22 to -0.32; n = 10 studies) and improved peak urine flow (WMD = 1.93 ml s(-1); 95% CI = 0.72 to 3.14, n = 8 studies). Men treated with Serenoa repens rated greater improvement of their urinary tract symptoms versus men taking placebo (risk ratio of improvement = 1.72; 95% CI = 1.21 to 2.44, n = 8 studies). Improvement in symptoms of BPH was comparable to men receiving the finasteride.
- Hypoxis rooperi (n = 4 studies, 519 men) was also demonstrated to be effective in improving symptom scores and flow measures compared with placebo. For the two studies reporting the International Prostate Symptom Score, the WMD was -4.9 IPSS

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Research Recaps

Latest Treatment Strategies for BPH, continued from page 6

points (95% CI = -6.3 to -3.5, n = 2 studies) and the WMD for peak urine flow was 3.91 ml s(-1) (95% CI = 0.91 to 6.90, n = 4 studies).

- Secale cereale (n = 4 studies, 444 men) was found to modestly improve overall urological symptoms.
- Pygeum africanum (n = 17 studies, 900 men) may be a useful treatment option for BPH. However, review of the literature found inadequate reporting of outcomes which limited the ability of these authors to estimate its safety and efficacy.
- The studies involving *Urtica dioica* and *Curcubita* pepo are limited although these agents may be effective combined with other plant extracts such as *Serenoa* and *Pygeum*.

Dr. Wilt's team concludes that: "Overall, phytotherapies are less costly, well tolerated and adverse events are generally mild and infrequent."

Minimally Invasive Therapy

There are a number of procedures designed to relieve BPH symptoms but are less invasive than conventional surgery. Minimally invasive procedures for BPH can be performed on an outpatient basis without general

anesthesia.

Transurethral microwave procedures. In transurethral microwave thermotherapy (TUMT), a device that emits computer-regulated microwaves through a catheter heats, cools, and destroys selected portions of the prostate. Although microwave therapy does not cure BPH, it reduces urinary frequency, urgency, straining, and intermittent flow. It does not correct the problem of incomplete emptying of the bladder.

Transurethral needle ablation. The transurethral needle ablation (TUNA) system delivers low-level radiofrequency energy through twin needles to burn away a well-defined region of the enlarged prostate. Shields protect the urethra from heat damage. The TUNA system improves urine flow and relieves symptoms with fewer side effects when compared with transurethral resection of the prostate (TURP).

Water-induced thermotherapy. This therapy uses heated water to destroy excess tissue in the prostate. A catheter containing multiple shafts is positioned in the urethra so that a treatment balloon rests in the middle of the prostate. A computer controls the temperature of the water, which flows into the balloon and heats the surrounding prostate tissue. The system focuses the heat

in a precise region of the prostate. Surrounding tissues in the urethra and bladder are protected.

High-intensity focused ultrasound. The use of ultrasound waves to destroy prostate tissue is undergoing clinical trials in the United States and has not yet received FDA approval.

Surgical Treatment

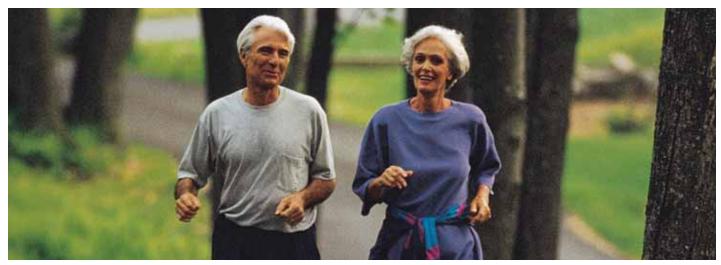
Surgical removal of the enlarged portion of the prostate relieves the obstruction and incomplete emptying caused by BPH. There are several types of surgical procedures, all of which require general anesthesia and which commonly require a catheter post-operatively.

Transurethral resection of the prostate (TURP) is used for 90% of all prostate surgeries done for BPH.

During the 90-minute operation, the surgeon inserts a resectoscope and uses its wire loop to remove the obstructing tissue one piece at a time. While transurethral procedures are less traumatic than open forms of surgery and require a shorter recovery period, patients who undergo TURP may experience retrograde ejaculation as an unwanted side effect.

Transurethral incision of the prostate (TUIP) is a procedure that widens the

continued on page 188



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- Clinical Protocols, 2007-2008: diagnostic and treatment algorithms authored by speakers at the A4M's 2006 USA scientific programs

Anti-Aging Therapeutics volume IX (estim. 450 pages) is available in print (softcover) and CD (printable PDF files) formats. Purchase your copy at the conference debut discount at the A4M Service Area located at the Chicago Anti-Aging Exposition.

With the publication of *Anti-Aging Therapeutics volume IX*, the A4M's *Therapeutics* textbook series contains more than 330 chapters at more than 2,800 pages. This collection of nine textbooks, covering eleven years of A4M conference proceedings, is an essential for any anti-aging reference library.

CONTACT: American Academy of Anti-Aging Medicine (A4M); tel. 773-528-4333. Website: www.worldhealth.net

















IMPORTANT: The American Academy of Anti-Aging Medicine (A4M) is a non-profit medical organization dedicated to the advancement of technology to detect, prevent, and treat aging related diseases and to promote research into methods to retard and optimize the human aging process. A4M is dedicated to educating physicians, scientists, health practitioners, and the general public in anti-aging issues and promote awareness thereof. Although A4M seeks to disseminate information on many types of medical treatments, it does not promote or endorse any specific treatment nor does it sell or endorse any commercial product or service.

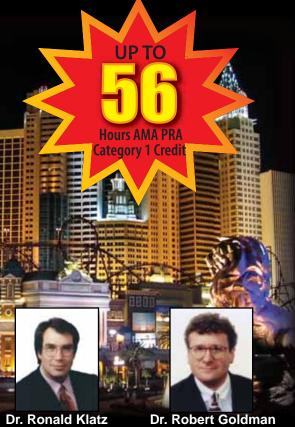


15TH ANNUAL WORLD CONGRESS ON ANTI-AGING MEDICINE AND REGENERATIVE BIOMEDICAL TECHNOLOGIES



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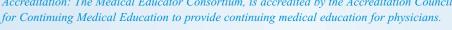


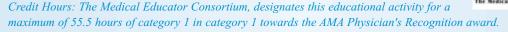
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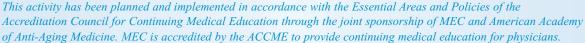


Accreditation Statement Up to 55.5 Hours AMA PRA Category 1 credit

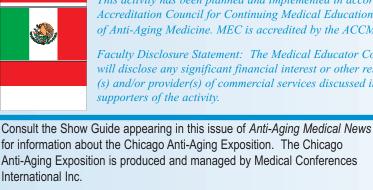








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Tuesday, July 31

Wednesday, August 1

Thursday, August 2

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Saturday, August 4

8 Hours CME Credits Available

FELLOWSHIP Module I (Day 1) 7:15 AM – 6:00 PM

7:15 AM

Introduction to Fellowship Pamela Smith, MD

7:30 AM

Hormone Replacement Therapy Protocols Paul Savage, MD

9:30 AM BREAK

10:00 AM

Hormone Replacement Therapy Protocols (cont'd) Paul Savage, MD

10:30 AM

Dosage Form Considerations in BHRT Michael Collins, R.Ph.

11:30 AM

Compounding Thyroid Replacement *Michael Collins, R.Ph.*

12:00 PM LUNCH BREAK

1:30 PM

Adrenal Fatigue: The 21st Century Stress Syndrome *James Wilson, Ph.D.*

2:30 PM

Case Histories of Adrenal Fatigue

James Wilson, Ph.D.

3:30 PM BREAK

4:00 PM

Estrogen Metabolism Patrick Hanaway, MD

6:00 PM Close of Session

8 Hours CME Credits Available

FELLOWSHIP Module II (Day 1)

Module II (Day 1) 7:15 AM – 6:00 PM

7:15 AM

Introduction to Fellowship Pamela Smith, MD

7:30 AM

Cardiovascular Disease *Thomas Guilliams, Ph.D.*

9:30 AM BREAK

10:00 AM

Clinical Aspects of Lipid Management, Heart Health & Glycemic Control Pamela Smith, MD

12:00 PM LUNCH BREAK

1:30 PM

Laboratory Assessment of the Anti-Aging Patient I *Bill Anton, Ph.D.*

3:30 PM BREAK

4:00 PM

Laboratory Assessment of the Anti-Aging Patient II *Bill Anton, Ph.D.*

6:00 PM Close of Session

8 Hours CME Credits Available

MESOTHERAPY 9:00 AM - 7:00 PM

9:00 AM

History of General Mesotherapy; The Different Techniques of Injections Philippe Petit, MD

10:00 AM

Cellulite Treatment through Mesotherapy Jorge F. Silva, MD

11:00 AM BREAK

11:30 AM

Mesocontouring
Jorge F. Silva, MD
Lipotherapy
Philippe Petit, MD
Mesoretracting
Jorge F. Silva, MD

1:00 PM LUNCH BREAK

2:00 PM

Skin Prevention & Treatment-Mesolift; Mesofirming Jorge F. Silva, MD

3:00 PM

Mesolightening Jorge F. Silva, MD Mesoglow

Philippe Petit, MD
Mesohydration

Philippe Petit, MD

Mesoacne Jorge F. Silva, MD

Meso-Smoothing Jorge F. Silva, MD

4:30 PM BREAK

5:00 PM

Meso-Alopecia- Treatmnet & Prevention for Androgenic Alopecia Philippe Petit, MD

6:00 PM Q & A

7:00 PM Close of Session

8 Hours CME Credits Available

ACASP WORKSHOP 8:00 AM – 6:00 PM Co-Chair: Jim Bell, Ph.D.

NOTE: Time, speakers, and topics subject to change. * CME Not Available. ** Additional registration fee applies for all the above courses. Please contact A4M registration department at 800-558-1267 for more information.

and Regenerative Biomedical Technologies 5th Annual World Congress on Anti Summer 2007 Session

Schedule at a Glance



Tuesday, July 3

Wednesday, August 1

Thursday, August

Friday, August

Saturday, August

Possible Daily CME: 12 CME Hours

8 Hours CME Credits Available

FELLOWSHIP

Module I (Day 2) 7:30 AM – 6:00 PM

7:30 AM

Thyroid Optimization & Case Presentations Ron Rothenberg, MD

8:30 AM

Testosterone Replacement Therapy in Men & Women: Benefits, Potential Risks & Practical Treatment Algorithms

Ron Rothenberg, MD

9:30 AM BREAK

10:00 AM

Male Hormone Replacement Case Presentations Ron Rothenberg, MD

11:00 AM

Thyroid Presentation & Case Histories

Pamela Smith, MD

12:00 PM LUNCH BREAK

1:30 PM

Literature Review: Scientific Evidence Based- Approach to BHRT

Eldred Taylor, MD

3:30 PM BREAK

4:00 PM

Basics of BHRT Pamela Smith, MD

6:00 PM Close of Session

8 Hours CME Credits Available

FELLOWSHIP

Module II (Day 2) 7:30 AM – 6:00 PM

7:30 AM

The Role of Vascular Biology, Nutrition & Nutraceuticals in the Prevention & Treatment of Hypertension and Arteriosclerosis Mark Houston, MD

9:30 AM BREAK

10:00 AM

Continued Treatment of Hypertension Mark Houston, MD

12:00 PM LUNCH BREAK

1:30 PN

Metabolic Syndrome & Insulin Resistance Mark Houston, MD

3:30 PM BREAK

4:00 PM

Dyslipidemia

Mark Houston, MD

6:00 PM Close of Session

8 Hours CME Credits Available

MASTER SERIES SEMINAR

8:30 AM – 5:00 PM Co-Chair: Eugene Shippen, MD

8:30 AM

Treatment of Androgen Deficiency; Integrative Endocrine Testing and Treatments. New Approaches for Improving Libido

Eugene Shippen, MD

12:00 PM LUNCH BREAK

1:00 PM

Treatment of Pero-Menopause; Review of Neurotransmitters as an Adjunct to HRT Eugene Shippen, MD; Daved Rosensweet, MD

5:00 PM Close of Session

8 Hours CME Credits Available

ACASP WORKSHOP

8:00 AM - 6:00 PM

Co-Chair: Jim Bell, Ph.D. Jim Bell, Ph.D. James Stoxen, DC Nick Delgado, Ph.D.



NOTE: Time, speakers, and topics subject to change. * CME Not Available. ** Additional registration fee applies for all the above courses. Please contact A4M registration department at 800-558-1267 for more information.



Wednesday, August 1

Possible Daily CME: 12 CME Hours

8 Hours CME Credits Available

INJECTABLES COURSE **AESTHETIC WORKSHOP**

8:00 AM - 5:30 PM Speakers:

Sharon McQuillan, MD; Denise Baker, MD; Steven Dayan, MD; Janette Daher, BS

Aesthetics of the Aging Face

8:30 AM

Botulinum Toxin A Type A

Restoration of Youthful Facial Balance of the Upper Face Using Botulinum Toxin A: Brow Lifting

9:45 AM

Restoration of Youthful Facial Balance of the Upper Face Using Botulinum Toxin A: Periocular Rejuvenation

10:15 AM Break

10:30 AM

Restoration of Youthful Facial Balance of the Lower Face Using Botulinum Toxin A: Perioral Rejuvenation

Restoration of Youthful Facial Balance of the Lower Face Using Botulinum Toxin A: Aging Neck

11:30 AM

Demonstration of Botulinum Toxin A **Injection Techniques**

12:00 PM LUNCH BREAK

1:00 PM

Facial Filler Overview

Using Calcium Hydroxyl Apatite in Facial Rejuvenation

2:20 PM

Volume Restoration of the Lower Face **Using Facial Fillers**

INJECTABLES COURSE **AESTHETIC WORKSHOP** (continued)

2:40 PM

Volume Restoration and Definition of the Lips Using Facial Fillers

3:00 PM Break

3:15 PM

Advanced Volume Restoration of the Aging Face Using Facial Fillers

Demonstration of Facial Filler Techniques

4:45 PM

Establishing a Successful Aesthetic **Practice**

5:30 PM Close of Session

4 Hours CME Credits Available

20 Bio-Identical Hormones That Keep Your Brain Forever Young **EVENING WORKSHOP**

5:00 PM - 9:00 PM

Eric Braverman, MD

0 Hours CME Credits Available

AESTHETIC TREATMENT * **EVENING WORKSHOP** 5:30 PM - 9:30 PM

5:30 PM WORKSHOP PRESENTED BY SYNERON

6:30 PM

COSMECEUTICAL WORKSHOP PRESENTED BY COSMEDIX Betty Lou McIntosh, RN

7:30 PM WORKSHOP PRESENTED BY AESTHERA

8:30 PM TBD Janette Daher, BS

0 Hours CME Credits Available

ABAARM ORAL BOARD REVIEW COURSE*

6:00 PM - 9:00 PM Pamela Smith, MD





Tuesday, July 31

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A4M PRE-CONFERENCE: Possible Daily CME: 12 CME Hours

8 Hours CME Credits Available

ENDOCRINOLOGY Workshop # 1 7:30 AM – 5:30 PM

Co-Chair: Ron Rothenberg, MD

7:30 AM

Introduction to Treating Adult Hormone Deficiency

Thierry Hertoghe, MD

8.30 AM

Testosterone – Andropause and Sexual Health; DHEA -The Mother Hormone *Thierry Hertoghe, MD*

9:30 AM

DHEA- The Mother Hormone Thierry Hertoghe, MD

10:00 AM BREAK

10:15 AM

Thyroid Hormone Ron Rothenberg, MD

11:00 AM

Adult Growth Hormone Deficiencies Treatments Ron Rothenberg, MD

11:45 AM LUNCH BREAK

1:15 PM

The Symphony of Hormones- How All Hormones Work Together Pamela Smith, MD

2:15 PM

Cortisone

Thierry Hertoghe, MD

3:00 PM BREAK

3:15 PM

Compounds & the Laws in Adult Hormone Deficiency * John Grasela, R.Ph.

3:45 PM

Weight Loss: The Answers Pamela Smith, MD

4:30 PM

"How to Prescribe" Hormone for all Bio-Identical Hormones that are used in HRT Ron Rothenberg, MD

5:30 PM Close of Session

NOTE: Time, speakers, and topics subject to change. * CME Not Available.

4 Hours CME Credits Available

AESTHETIC MEDICINE: NON-SURGICAL COSMETIC TREATMENTS Workshop # 2

8:00 AM - 5:00 PM

Co-Chair: Sharon McQuillan, MD

8:00 AM

The State of Aesthetic Medicine Sharon McQuillan, MD

8:30 AM

Mesotherapy

Denise Bruner, MD

9:15 AM

Body Contouring Device Overview Sharon McQuillan, MD

10:00 AM BREAK

10:15 AM

LASER WORKSHOP PRESENTED BY CANDELA * Ashish Bhatia, MD

11:15 AM

20 Ways to Ensure Successful Patient Outcomes in Aesthetics Janette Daher, BS

12:00 PM LUNCH BREAK

1:00 PM

Incorporating Laser & Light-Based Technology into an Aesthetic Practice

Sharon McQuillan, MD

2:00 PN

The Fifth Dimension of Resurfacing (SCITON) *

Denise Baker, MD

3:00 PM BREAK

3:15 PM

The Art of Chemical Resurfacing * Sharon McQuillan, MD

4:00 PM

LASER & LIGHT WORKSHOP

PRESENTED BY PALOMAR *

Dianne Quibell, MD

5:00 PM Close of Session

8 Hours CME Credits Available

LABORATORY TESTING in ANTI-AGING MEDICINE Workshop # 3

8:00 AM – 6:30 PM

Co-Chair: Bill Anton. Ph.D.

8:00 AM

Hormone & Lab Case Studies: Serum, Saliva & Urine in Correlation with HRT Bill Anton, Ph.D.

9:15 AM

Vitamins & Antioxidants *Fernando Cortizo, Ph.D.*

10:30 AM BREAK

10:45 AM

Essential Fatty Acids. How to Supplement based on Lab Results. Organic Acids, Metabolic Pathways, Environmental Toxins *Fernando Cortizo, Ph.D.*

12:00 PM LUNCH BREAK

1:15 PM

Amino Acids, Neurotransmitters & Metabolites *Bill Anton, Ph.D.*

2:30 PM

Sexual Transmitted Diseases (STD) Launching NEW Patented Laboratory Technology Woo Chul Moon, MD; Fernando Cortizo, Ph.D.

3:00 PM Questions & Answers

3:15 PM

Genetics, SNPs & Proteomics Panels: Nutrigenomics, Inflammation, Hypertension, Bone Health, Dementia, Detox, Metabolic Syndrome & Cancer Woo Chul Moon, MD

4:15 PM

Inflammation: CRP(hs), Cytokines, AA/EPA, Anabolic/Catabolic Ration, Gut Functional Assessment Bill Anton, Ph.D.; Roger Deutsch

5:15 PM

Allergies & Sensitivities: Food, Obesity and Mental Allergies Bill Anton, Ph.D.; Roger Deutsch

6:00 PM Questions & Answers



Tuesday, July 3

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Saturday, August 4

Possible Daily CME: 12 CME Hours

8 Hours CME Credits Available

NEW BREAKTHROUGHS IN ANTI- AGING MEDICINE Workshop # 4 9:00 AM – 5:00 PM

Co Chair Alan Bauman Mi

Co-Chair: Alan Bauman, MD

9:00 AM

The Human Body as a Holographic Computer: Structure, Nutrition, Allergies, Toxins

David Lee, DC, Ph.D.

9:30 AM

Immune Senescence and Anti-Aging Initiatives
Stephen Holt, MD

10:00 AM

Permanent Weight Loss and the Reversal of Diabetes Abraham Kryger, MD

10:30 AM

New Breakthroughs in Treating Secondary Issues Related to Thyroid and Adrenal Deficiencies

Chris Meletis, ND

11:00 AM

Hair Restoration: Preserving & Restoring the Aging "Frame of the Face" Alan J. Bauman, MD

11:30 AM

The Clinical Application of Naturopathic Alternative Therapy in the Treatment of Cancer and Chronic Disease

Eric Schneibart, MD; Rene Broekhuyse, MD

12:00 PM LUNCH BREAK

1:00 PN

Creating a Healthy Weight Wayne S. Andersen, DO

1:30 PM

Vitamin D, Breakthrough Hormone for Changing the Course of Aging & Disease Eugene Shippen, MD

NEW BREAKTHROUGHS IN ANTI- AGING MEDICINE Workshop # 4 (continued)

2:00 PM

Comprehensive Overview of Menopause: Elevating to Excellence Daved Rosensweet, MD

2:30 PN

Training of Cognitive Decline Among Healthy Aging Population Kathryn Kilpatrick, MA

3:00 PM

Energy Medicine/Quantum Healing Sue Morter, DC

3:30 PM

Prostate Cancer Therapy with High Intensity Focused Ultra Sound Abraham Woods, MD

4:00 PM

Caloric Restriction Mimetics- Searching for Fountain of Youth Alexander Michalow, MD

4:30 PM

Innovative Natural Anti-Wrinkle Plant Extract: In Vitro & Controlled Clinical Study Dr. Paul L. Tai D.P.M., FACFS

5:00 PM

Comparison of the Absorption, Brain & Prostate Distribution *Rita R. Ellithorpe, MD*

5:30 PM Close of Session

4 Hours CME Credits Available

BRAIN HEALTH Workshop # 5 A 9:00 AM- 12:00 PM

Speaker: Eric Braverman, MD





Tuesday, July 3

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Possible Daily CME: 12 CME Hours

2 Hours CME Credits Available

AESTHETIC MEDICINE Evening Workshop 5:00 PM – 9:00 PM

5:00 PM

Combination Therapy: the Injectable Face Lift Sharon McQuillan, MD

7:00 PM

SMART LIPO PRESENTED BY CYNOSURE *

8:00 PM

Aesthetic Practice Planning H. Wheat Bailey

4 Hours CME Credits Available

NEW BIOTECHNICAL SCIENCE ON ANTI-AGING MEDICINE Evening Workshop 5:00 PM – 9:00 PM

New Biotechnical Science on Anti-Aging Medicine Michael Klentze, MD, Ph.D.

0 Hours CME Credits Available

LIVE CONSULTATION Evening Workshop 6:00 PM - 7:00 PM

Questions & Answers – Hormone Therapy Problems * Thierry Hertoghe, MD

0 Hours CME Credits Available

ABAARM / ABAAHP WRITTEN BOARD REVIEW COURSE* 6:00 PM – 9:00 PM Pamela Smith, MD





NOTE: Time, speakers, and topics subject to change. * CME Not Available.



Tuesday, July 3

Wednesday, August 1

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A4M GENERAL SESSION

Possible Daily CME: 11 CME Hours

6:30 AM

A4M Conference Registration Opens

7:00 AM - 8:30 AM

Future Technology for Medicine: Cancer, Depression/ Mental Illness, Dentistry, Stem Cell Rejuvenation



Burton Goldberg



Dr. Med. Dipl. Chem. Doris Bachg, MD

Co-Director of the Institute for Laboratory Medicine Bachg/Haselhorst in Recklinghausen

<u>Topic:</u> BioFocus- Early Diagnosis of Cancer. Dr. Bach has a Gene Test to Guide the Doctor on what Chemotherapy will Target the Cancer Cells. Primary Decimated and Micro Metastasized Cells Using the Genes of the Cancer in the Patient's Blood.



Charles Gant, MD

<u>Topic:</u> Introduction to Integrative Addictionology; Depression, Anxiety, Addiction, ADHD and the Ability for the Physician to Test the Brain for Remission of these Conditions



Richard Hansen, DMD currently conducting research on photon and electromagnetic energy stimulation of brain rhythms and biostimulation of living systems

<u>Topic:</u> Dentistry and its Effect on Human Health and the Use of Laser and Ozone for the Anti Aging Dentist/Physician. Dental Infections are One of the Major Causes of Heart Disease and Cancer and are Imperative in Preventive Medicine.

David Steenblock, DO Personalized Regenerative Medicine 2007 Mission Viejo, CA

<u>Topic:</u> Use of Stem Cell in Rejuvenation, Particularly Autogenously for the Physician to Give Back the Patient his Own Stem Cells for Regeneration.

8:30 AM - 9:00 AM

Opening Remarks





Robert Goldman, MD, PhD, DO, FAASP
Chairman of the Board, American Academy of Anti-Aging Medicine (A4M)

Ronald Klatz, MD, DO

Founder & President, American Academy of Anti-Aging Medicine (A4M)



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9:00 AM - 9:40 AM

Nutritional Intervention Reverses Damage to Hair and Skin Caused by Aging and Genetic Predispositions



Gary Null, Ph.D.

Dr. Null is Adjunct Professor, Graduate Studies, Public Health Curriculum, at Farleigh Dickenson University

Martin Feldman, MD

Dr. Feldman is Assistant Clinical Professor of Neurology at the Mount Sinai School of Medicine in New York City; Practices Complementary Medicine in New York City

This six-month study is a part of a larger, ongoing intervention that has evaluated the effect of multiple lifestyle factors—nutrition, exercise, stress management, attitude and personal environment—on objective measures of functioning (weight, blood pressure and cholesterol levels) and overall wellness.

9:40 AM – 10:20 AM Cholesterol, The Father of All Hormones



Mark L. Gordon, MD

Dr. Gordon has practiced anti aging medicine (Interventional Endocrinology) for over 10 years integrating hormone replacement therapies with nutrition and exercise. Dr. Gordon has been recognized as a leader in the area of Anti Aging Medicine and holds Associate Clinical Professorships at USC and UCLA

Why is it that cholesterol, on one hand, appears to create the basis by which each one of us is prone to a heart attack and on the other hand, allows us to function with strength of body and mind? In this presentation we will be looking at range of players in the game of atherosclerosis and you will be the one to make the decision; should we continue to treat elevated cholesterol or something else?

10:20 AM – 11:00 AM Genomics of Aging



Michael Klentze, MD

Medical Director, Klentze Institute of Anti-Aging Munich, Germany, Barcelona, Spain; Member, A4M Advisory Board - Europe; Guest Professor: Medical school "Fate Bene Fratelli, University Cattolica, Roma" Illay

Aging is controlled by different mechanisms, which influence the speed of the aging process and which is determined by interindividual genetic variants and can be: 1. Measured; 2. Influenced by lifestyle and diet; 3.Individually controlled by knowledge of the genomic and proteomic basics. There will be discussed explanation of different mechanisms: Oxidation, Methylation and Deacetylation, Glycolisation, and Inflammation.

11:00 AM – 1:00 PM Exhibit Hall Break & Lunch Break



Tuesday, July 3^r

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1:00 PM - 1:30 PM

DNA Methylation and its Role in Cellular Rejuvenation- 65% of Patients Presenting with Fatigue have Methylation Disorders- How to Cure Chronic Fatigue?



Todd Ovakaitys, MD

Dr. Ovokaitys received his MD degree from Johns Hopkins University, and completed a Residency and Chief Medical Residency in Internal Medicine followed by a Fellowship in Pulmonary medicine at Georgetown University Hospital. He has developed advanced laser molecular resonance and metabolic technologies for cellular regeneration.

The presentation will Identify key metabolic support factors that increase the number and function of mithocondria for enhanced cellular energy production; Understand the wide-ranging role of methylation metabolism, or one carbon transfer reactions, in general health and in DNA rejuvenation.; Appreciate the organ reparative and life extending benefits of effectively delivered nucleic acids.

1:30 PM - 2:00 PM

"The Great Masquerator" The Lyme Spirochete



Robert DeJonge, DO

Dr. DeJonge is Board Certified Family Physician with over two decades of hand-on treatment in emergency medicine, geriatrics, dermatology, and anti-aging medicine.

What are the characteristics of an infectious masquerator? Its ability to avoid detection and cause a variety of seemingly different symptoms. Lyme disease is a spirochete like syphilis, which is now being understood as an epidemic easily spread casual contact, bug bite and perhaps even sexually. Discuss how to diagnose and treat Chronic Lyme Disease, and how to monitor treatment progression. This program includes diagnosis treatment and also how to monitor its treatment progression.

2:00 PM - 2:30 PM

How to Improve Hormone Levels by Positive Psychological Attitudes: The Scientific Data



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)

When a hormone therapy is used to correct a hormone deficiency, it may considerably help in clearing up depression and calming down anxiety, and put patients back into a healthy, more positive mood. But, is the opposite true? Can hormone levels be improved by changes of the mind, changes in the way we think and perceive things?



Tuesday, July 3

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2:30 PM - 3:00 PM

Future of Anti-Aging Medicine, New Insights into Aging Population and Advances in Clinical Technologies



Ronald Klatz, MD, DO
Founder & President, American Academy of Anti-Aging Medicine (A4M)

Dr. Klatz will discuss his insights and observation from anti-aging clinics and online research from major universities and around the world.

3:00 PM - 3:30 PM

The Documented Health Risks of Genetically Engineered Foods



Jeffrey Smith, MBA

International bestselling, 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. Author of Seeds of Deception and Genetic Roulette

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. At least five categorical risks of GM foods, which may explain the adverse reactions reported. How current safety assessments are incompetent to identify or protect us from these risks, and how we can protect ourselves.

3:30 PM - 4:00 PM

Laboratory: DNA Microarray for the Screening and Diagnosis of STD, Prostatitis, HPV and Cervix Cancer



Woochul Moon, MD

Professor, Chung-Ang University Medical College, Seoul, Korea. Dr. Moon published more than 100 scientific and medical papers and made presentation and lecture of more than 200 times in medical congress of all over the world

Basic concept on gene test and DNA microarray; How to apply and use DNA microarray in the clinical practice of STD, prosatitis and cervix cancer.

4:10 PM - 6:00 PM Exhibit Hall Break

5:30 PM Conference Registration Closes



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0 Hours CME Credits Available

AESTHETIC MEDICINE: FOCUS ON SKIN REJUVENATION TECHNIQUES *

Evening Workshop 5:00 PM – 9:00 PM

5:00 PM

Aesthetic Roundtable Q & A

Sharon McQuillan, MD; Denise Baker, MD; Ashish Bhatia, MD; Kevin Smith, MD; Martin Braun, MD; Dianne Quibell, MD

6:00 PM

LASER 360
PRESENTED BY ALMA
Amber Brown, MD

7:00 PM

THREE DIMENSIONAL SKIN REJUVENATION PRESENTED BY CUTERA Kevin Smith, MD; Amy Taub, MD

8:00 PM

VIBRATIONAL RESURFACING PRESENTED BY VIBRADERM Jill Lesaic. DO

0 Hours CME Credits Available

The Effect of Nano Amperes on Human Skin"* Presented by USA PERFECTOR ARASYS

> Evening Workshop 6:00 PM – 9:30 PM

Speakers: Nick Delgado, Ph.D.; Naina Sachdev, MD; Paul Savage, MD; Nayan Patel PharmD

4 Hours CME Credits Available

UPDATES IN USE OF STEM CELLS, FITNESS & METABOLISM

Evening Workshop 5:00 PM – 9:00 PM

5:00 PM

Innovations and Discoveries in the Use of Stem Cells, Anti-Aging, Fitness & Metabolism to Reverse Heart Disease, Diabetes and Hypertension *Nick Delgado, Ph.D.*

9:00 PM Close of Session

4 Hours CME Credits Available

The END of HEIGHT LOSS with AGING

Evening Workshop 6:00 PM – 9:00 PM

Speaker: Eric Braverman, MD

0 Hours CME Credits Available

How to See your 1st Hormonally Challenged Patient for Proper Endocrinal Intervention *

> Evening Workshop 6:00 PM – 9:30 PM

Speakers: Nick Delgado, Ph.D.; Naina Sachdev, MD; Paul Savage, MD; Nayan Patel PharmD

0 Hours CME Credits Available

BUILDING YOUR PRACTICE WITH MEDICAL FOOD*

Evening Workshop Presented by Physicians Provisio- PAM LABS 6:00 PM – 9:00 PM

Speaker: Sam Camp

0 Hours CME Credits Available

HOW to OPEN a TURN KEY WEIGHT MANAGEMENT PROGRAM*

Evening Workshop 6:00 PM – 7:00 PM

Kim Ruby CE & Wayne Anderson, DO

0 Hours CME Credits Available

ENERGY MEDICINE: Adding B.E.S.T. Technique in Your Protocol on Monday! * Presented by MORTER HEALTH CENTER* Evening Workshop

> 6:00 PM – 9:00 PM Speaker: Sue Morter, DC





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Wednesday, August 1

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A4M GENERAL SESSION

Possible Daily CME: 11 CME Hours

6:30 AM

A4M Conference Registration Opens

7:00 AM - 8:00 AM

Effect of hormones on breast cancer- Manipulating Hormones Control Cancer Risk and Preventing it



Khalid Mahmud, MD

Founder and Medical Director, Innovative Directions in Health, the leading Minnesota clinic for Anti-Aging and Preventive Medicine

Approach to using estrogens, progesterone, testosterone, DHEA, human growth hormone, tri-iodothyronine, oxytocin, and melatonin which could prevent or delay breast cancer in women.

8:00 AM - 8:40 AM

Effective Treatment of CFS and Firbromyalgia- Ribose in Energy Production



Jacob Teitelbaum, MD

Medical Director, Fibromyalgia and Fatigue Centers; Author of the best-selling book" From Fatigued to Fantastic!", "Three Steps to Happiness! Healing through Joy", and "Pain Free 1-2-3- A Proven Program to Get YOU Pain Free!

How to recognize causes of Chronic Fatigue Syndrome and fibromyalgia; how to effectively treat them using our "SHIN Protocol" (Sleep, Hormonal support, Infections, and Nutritional support); Role of Ribose in treating not only CFS and Fibromyalgia, but also cardiac problems, beauty, and skin anti-aging as well as for a general increase in energy production

8:40 AM - 9:20 AM

Aging is an Adult Growth Hormone (GH) Deficiency Syndrome (AGHDS): This Statement may be the Basis of a General Consensus of Gerontologists



Imre Zs.-Nagy, MD

Founder and Editor-in-Chief of "Archives of Gerontology and Geriatrics" (ELSEVIER). Author of 275 papers, 350 scientific lectures

This lecture will highlight theoretical basis offered by the membrane hypothesis of aging (MHA), and the main known effects of the GH. On this basis it is hoped to explain aging with a really possible perspective of a useful intervention against it.

9:20 AM - 10:00 AM

The World's First BIHRT Baby Bio-Identical Hormone Replacement Therapy



Shaffin Ali Mohamed, MD

Director, The International Women's Health Center

Neuro-Endocrine Axis is the body's core system that maintains internal homeostasis and controls all bodily functions. Women of reproductive age have multiple hormones in play, in addition to cyclical fluctuations. This makes them prone to the hormone imbalance conditions named above, which affect mind and body. Fortunately, these conditions can be treated comparatively easily using BHRT, often avoiding toxic medications or expensive and painful surgeries, both with significant side effects.



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10:00 AM – 10:20 AM Laboratory Testing in Anti-Aging Medicine



Bill Anton, Ph.D.

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

Anti-Aging is about depletion, inflammation, wear and tear. In this lecture we will cover the tests available, when to order them, how to interpret them and how to treat your patients.

10:20 AM – 11:00 AM The Grand Biochemical Design, the Operating System for Life



Jonathan James, MD

Board Certified in Internal Medicine being in practice for twenty five years in Hawaii. His main interest is in anti-aging medicine where he has been able to develop a biochemical model that describes the multiple effects of stress on aging and disease

In this lecture it will be described how the energy of life is created, stored, transmitted and used throughout the body.

11:00 AM - 1:00 PM

Exhibit Hall Break & Lunch Break

1:00 PM - 2:10 PM

NEW PANEL DISCUSSION: "What Works NOW for Therapeutic Anti-Aging", most Reliable Techniques and Interventions that Make a Dramatic Impact in Your Clinical Practice Today!

PANEL DISCUSSION

Ronald Klatz, MD, DO Mark L. Gordon, MD Ron Rothenberg, MD Robert Goldman, MD, PhD, DO, FAASP Pamela Smith, MD Denise Bruner, MD Robert DeJonge, DO Imre Zs.-Nagy, MD Eric Braverman, MD

2:10 PM - 2:50 PM

Medical License Defense and Malpractice Medical Liability Insurance Issues





Algis Augustine, Esg.

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

Edward Kuhn

Licensed Independent Insurance Agent for Liability Insurance; He specializes in finding insurance solutions for healthcare practitioners. He has over twenty-five years experience in the insurance and commercial finance industry

Risk and liability associated with practicing anti-aging and alternative medicine; Illustrate solutions to risk management and avoiding medical liability claims; Description of specific insurance products currently available in the market.

2:50 PM – 3:20 PM Vibration Training for Active Ageing *



Scott Hopson BS (Hons)

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

Whole Body Vibration (WBV) is a scientifically researched and clinically proven modality for building optimal health, wellness and functionality and is achieving great efficacy in the everyday applied practices of leading facilities and practitioners.



Tuesday, July 3°

Wednesday, August

Thursday, August 2

Friday, August

Saturday, August 4

3:20 PM - 3:50 PM

The Most Important Anti-Aging Initiative Metabolic Syndrome X



Stephen Holt, MD

Distinguished Professor of Medicine and a medical practitioner in New York State; has published many peer-review papers in medicine; a frequent lecturer at scientific meetings and healthcare facilities throughout the world

While an overweight body status is known to cause premature death and disability, modern medicine continues often to pursue weight loss nostrums, with a frequent unwillingness to treat the underlying metabolic consequences of obesity. The killer component of obesity is often Metabolic Syndrome X, where an expanded waistline is variably associated with hypercholesterolemia, hypertension and hyperinsulinemia.

3:50 PM - 4:20 PM

Elastic Recoil Mechanisms; How Foot Wear Accelerates the Aging Process



James Stoxen, DC

Dr James Stoxen, D.C., owns and operates Team Doctors Chiropractic Treatment and Training Center. He provides anti-aging consultation and care to numerous top celebrity entertainers.

Presentation will focus on elastic recoil mechanisms of muscles, tendons, ligaments, and how they break down contributing to an acceleration of the aging process.

4:20 PM - 6:00 PM

Exhibit Hall Break

5:30 PM

Conference Registration Closes

4 Hours CME Credits Available

Evening Workshop : AESTHETIC WORKSHOP 4:00 PM - 8:30 PM

4:00 PM

Medical Photography

Jim Larkey

4:30 PM

Aesthetic Venous Treatments

Sharon McQuillan, MD; Joyce Vining, CVT

5:30 PN

Advances in Facial Resurfacing

Sharon McQuillan, MD

6:30 PM

Importance of Skin Care in Aesthetic Medicine

Janette Daher, BS

7:30 PM

Avoiding Complications in Aesthetic Medicine Sharon McQuillan, MD

ABAARM / ABAAHP/ ACASP CERTIFICATION INFO

Wednesday, August 1 6:00 PM – 9:00 PM ABAARM ORAL Board Review Course *

Thursday – Friday, August 2-3 ABAARM ORAL Examination*

(Please check with the Board Registrar for more info)

Thursday, August 2 6:00 PM – 9:00 PM ABAARM / ABAAHP WRITTEN Board Review Course

Saturday, August 4 1:00 PM – 5:00 PM ABAARM / ABAAHP / ACASP Written Examination *



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















































































Summer 2007 Session

15th Annual World Congress on Anti-Aging Medicine

BOARD CERTIFICATION

Establish Your Expertise as a Certified Anti-Aging Health Professional

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

August 2, 2007, 6:00 pm - 9:00 pm Donald E. Stephens Convention Center, Rosemont IL USA (check with Board Registrar or A4M Service Area for exact room assignment)

ABAARM Written Examination

August 4, 2007, 1:00 pm - 5:00 pm Donald E. Stephens Convention Center, Rosemont IL USA (check with Board Registrar or A4M Service Area for exact room assignment)



ABAARM (Part II) Review Course

August 1, 2007, 6:00 pm - 9:00 pm Donald E. Stephens Convention Center, Rosemont IL USA (check with Board Registrar or A4M Service Area for exact room assignment)

ABAARM Oral Examination

August 2 and 3 2007

Donald E. Stephens Convention Center;

Rosemont II. 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).

ABAARM/ ABAAHP (Part I) Review Course

August 2, 2007 6:00 pm - 9:00 pm Donald E. Stephens Convention Center, Rosemont IL USA (check with Board Registrar or A4M Service Area for exact room assignment)



August 4, 2007, 1:00 pm - 5:00 pm Donald E. Stephens Convention Center, Rosemont IL 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 15th Annual International Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies' Summer 2007 Session:

- July 31, 2007, 8:00 am 6:00 pm
- August 1, 2007, 8:00 am 6:00 pm

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

August 4, 2007

Donald E. Stephens Convention Center, Rosemont IL 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.





Wayne Scott Andersen, DO

Executive Director, The Health Institute; Medical Director, Medifast Take Shape for Life

Dr. Wayne Scott Andersen is a board certified Anesthesiologist and Critical Care Specialist. He served as Chairman of the Department of Anesthesiology and Director of Critical Care at a major teaching hospital in the Midwest. He graduated first in his class from medical school at the University for the Health Sciences, Kansas City, Missouri. His post doctoral training included a residency training at Cleveland Clinic in Cardiovascular An-

esthesiology and fellowship training at the University of Miami in Surgical Critical Care Medicine. As the tenth board certified physician in the nation in Critical Care, Dr. Andersen helped pioneer the emerging subspecialty of intensive care medicine. Observing the pivotal role nutrition plays in recovery from illness inspired Dr. Andersen to redirect his focus into the preventative arena of nutritional intervention. He is convinced that education, tools and support are required to create long-term solutions to creating optimal health. Dr. Andersen observes that: "Significant results fuel and motivate the individual to pursue a healthier lifestyle."



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 anti-aging 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 Life-Source 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 Austral-Asian 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.



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.





Dr. med. Dipl. Chem. Doris Bachg

Dr. Doris Bachg graduated in medicine from the University of Essen in 1990. It was her second degree. She also graduated from the University of Münster, Germany, in Chemistry in 1984. At the Institute for Atherosclerosis Research in Münster, she worked on the diagnosis of atherosclerosis risk factors. At the Heinirch-Heine-University Düsseldorf, Dr. Bachg was head of the Diabetes Research Institute laboratory. She qualified as specialist for laboratory medicine in 1996. From that time on she has worked in diagnostics.

Since 2002 Dr. Bachg is co-director of the Institute for Laboratory Medicine Bachg/Haselhorst in Recklinghausen.



Wheat Bailey

Wheat Bailey is a partner in Aesthetic Business Consulting and a graduate of the University of Texas with a degree in Business Administration. He has over 20 years of comprehensive management, sales, and sales management experience in the healthcare/medical industry. In 1996, Mr. Bailey was appointed national sales manager for HGM Medical Lasers and has been involved with lasers and aesthetics since that time for several companies at different levels. In 2003, recognizing that physicians were requiring more than just

equipment and technical support, he founded Aesthetic Business Consulting & Sales to provide aesthetic capital equipment for physicians and assist them with a variety of business aspects surrounding the aesthetic and medical spa market.



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 Today, Men's Health Magazine*, and others.





James T. Bell, PhD
President, International 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 Indus-

tries premier trade shows, major fitness events and forums.



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 BA Summa Cum Laude from Brandeis University and his MD 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 Well-ness 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*.

Rene Broekhuyse, MD

Dr. Rene Broekhuyse graduated from University Utreth, Netherlands with a medical doctor degree. Dr. Broekhuyse currently is working on alternative medical and cancer therapies, which include but are not limited to: homeopathy, orthomolecular, acupuncture, nutritional, and intravenous therapies.



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 disorders. Dr. Bruner's knowledge and experience have made her a frequent source of bariatric information, as she has been quoted in a variety of publica-

tions and been a guest on nationally televised talk shows. Dr. Bruner is a member of the Advisory Council for the American Obesity Association.





Michael E. Collins, RPh

Michael Collins, RPh, is founder and owner of Healthway Compounding Pharmacy in Saginaw and St.Charles, Michigan, a PCAB accredited facility. Mr. Collins also serves as adjunct Clinical Professor at Ferris State College of Pharmacy. A graduate of the FAAFM, he is also board certified by the American Board of Anti-Aging Health Practitioners.



Dr Fernando Cortizo BSc (Hons), 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 is currently engaged as an Integrative Medicine Consultant to Pathlab in Melbourne.



Janette Daher, BS

Janette Daher has spent more than ten years working as a business development manager. A graduate of The Ohio State University, she had the opportunity to mentor under Dr. Roger Blackwell, well-known marketing professor and author of numerous books on marketing and consumer behavior. Janette 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 certifi-

cation 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.





Robert A. DeJonge, DO

Dr. Robert 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. He and his staff at the Longevity Center of West Michigan and are delighted to support your quest for optimal health!



Nicholas Delgado, PhD, CHT
Diplomat, American Academy Anti-Aging Medicine

Nick Delgado, PhD, a graduate of the University of Southern California ((USC), is a certified Time Line Therapist, Certified Hypnotherapist, and was trained by Dr. Tad James on Neuro-Linguistic Programming. Dr. Delgado studied with and was mentored by Thierry Hertoghe, MD; Ron Rothenberg, MD; Neil Rouzier, MD; Eugene Shippen, MD; and Ron Klatz, MD. He has published ten books. Dr. Delgado is well known for his

advocacy of stem cell research. Nick is at the forefront of emerging medical treatments and is one of the few people in the world actively promoting stem cell treatments using adult umbilical cord, neurological, and mesenchymal stem cells.



Roger Deutsch CEO, Cell Science Systems, Ltd., Corp. (USA)

Roger Deutsch was the founder of AMTL Corp., which developed the Alcat test for food and chemical intolerance of which he was a co-developer. After more than twenty years of intensive development work in food intolerance testing he now serves as the CEO of Cell Science Systems, Ltd., Corp., where he continues research on new applications of this unique technology platform, particularly in the area of functional nutritional assessment.

He is co-author of the book series, *Your Hidden Food Allergies are Making You Fat*, and is frequent lecturer on the topic of food intolerance and the aging process.





Rita Ellithorpe, MD

Dr. Rita Ellithorpe received her medical degree in 1982 from The Chicago Medical School/ University of Health Science in North Chicago, IL. From there she completed her internship in family practice at Womack Army Hospital, Fort Bragg, NC in 1983. At Fort Knox, KY, she served as an emergency room staff physician, general medical officer and flight surgeon as Chief of the Aviation Clinic from 1983-1990. Dr. Ellithorpe is a graduate and guest faculty member of Capitol University of Integrative Medicine, Washington, DC since

January, 2001. There she taught anti-aging medicine and natural hormone replacement therapy for women and men. She is a Diplomat of the American Board of Anti-Aging Medicine as well as the founder and medical director of Tustin Longevity Center. A national speaker on the topics of Oxidative Stress and Anti-Aging, she also has published her research in several peer-reviewed journals. She participated in cancer investigations with Dr. Stanislaw Burzynski at his research institute in Houston, Texas, and was later published as a co-author in literature describing his unique therapy. A staff physician and Director of Women's Studies at Whitaker Wellness Medical Clinic in Newport Beach, CA, she went on to help in the development of natural medicinal therapies at Great Smokies Medical Center in Asheville, North Carolina. Dr. Ellithorpe holds a second doctorate in integrative medicine focusing on health at the cellular level. With a determined commitment to her patients' nutritional road to health, she regularly reviews modalities and documents results. This is done in an effort to share, through journal publications, research of successful interventions. Dr. Ellithorpe provides a practice rooted in a functional approach that integrates the best of standard, western medicine with effective, natural therapies.

Martin Feldman, MD

Assistant Clinical Professor of Neurology, Mount Sinai School of Medicine

Dr. Martin Feldman serves as Assistant Clinical Professor of Neurology at the Mount Sinai School of Medicine in New York City. He also practices complementary medicine in New York City.



Charles Gant, MD, PhD, NMD

Dr. Charles Gant received his BS in chemistry from Hampden-Sydney College, his medical degree from the University of Virginia Medical School, and his PhD in psychology from Columbia Pacific University. Dr. Gant is also a board certified Naturopath. He practices in Washington, DC as an ND. Dr. Gant is a leading orthomolecular physician who has practiced complementary medicine for over twenty years, using natural nutritional methods to correct biochemical imbalances. He is the former medical director of Tully Hill Treatment

Center in upstate New York, where he pioneered nutritional treatments for people in recovery. He returned to private practice and for the past eight years has further refined and extended nutritional and detoxification protocols help restore health to those suffering from various dis-ease syndromes as well as to lower relapse rates for those in recovery. He has also worked extensively with non-drug treatments for ADD & AD/HD and is currently taking his experience and knowledge out to the public in order to help a larger number of people. Dr. Gant is nationally recognized for devising nutritional and detoxification interventions for nicotine, alcohol, and substance abuse, AD/HD, cardiovascular problems, chronic fatigue, immune disorders and other common, chronic medical and psychological problems. He has been affiliated with the Foundation for the Advancement of Innovative Medicine.



Burton Goldberg

Burton Goldberg, at the forefront of alternative medicine for more than 30 years, wrote *Alternative Medicine: The Definitive Guide* with more than 750,000 copies in print. He has written and produced numerous books and videos on alternative and integrative medicine. He is now filming a documentary on the toxic impacts to human health.





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, Graduate 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.





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 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. Gordon has been recognized as a leader in the area of Anti Aging Medicine and holds Associate Clinical Professorships at the University of Southern California (USC) and University of California, Los Angeles (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*.



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 where customers can get customized prescriptions. University Compounding Pharmacy 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.

Thomas Guilliams, PhD

Dr. Thomas Guilliams is Director of the Point Institute of Nutraceutical Research, research arm of Ortho Molecular Products, where he serves as the VP/Director of Science and Regulatory Affairs. He is also a clinical instructor for the University of Wisconsin/Madison, School of Pharmacy. His focus is on the evidence-based approach of nutraceuticals.



Patrick Hanaway, MD

Dr. Patrick Hanaway founded Family to Family: Your Home for Whole Family Health in Asheville, NC, and is currently Medical Director for Genova Diagnostics. Dr. Hanaway has lectured extensively across the US and in Europe on the clinical application of nutrition and genomics, particularly in the areas of digestion, oxidative stress, inflammation, and achieving long-term wellness.





Richard Hansen, DMD

Dr. Richard Hansen has been practicing dentistry in Fullerton, California for over 28 years; has been a past faculty of the University of California/Los Angeles (UCLA); performed clinical research for the FDA clearance of lasers in dentistry; and is currently conducting research on photon and electromagnetic energy stimulation of brain rhythms and biostimulation of living systems.



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)

Dr. Thierry Hertoghe is President of the World Society of Anti-Aging Medicine (WOSAAM) and President of the European Academy of Quality of Life and Longevity medicine (Eaquall). He also serves as Scientific Co-ordinator 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 is the author of 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, M.D. is a Distinguished Professor of Medicine and a medical practitioner in New York State. He has published many peer-review papers in medicine and he is a best-selling author with twenty books in national and international distribution. He has received several awards for teaching and research. As a full professor of medicine for 20 years and an adjunct professor of Bioengineering for 10 years, Dr. Holt is a frequent lecturer at scientific meetings and healthcare facilities throughout the world.



Scott Hopson, BS (Hons)

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.





Mark Houston, MD

Dr. Mark Houston is associate Clinical Professor of clinical medicine at Vanderbilt University School of Medicine and Director of a hypertension institute in Nashville, TN. He has published over 120 peer-reviewed medical articles, three books, and numerous textbook chapters.



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.



Kathryn Kilpatrick, MA, CCC/SLP

Ms. Kathryn Kilpatrick has a 35-year long career as a speech and language pathologist, specializing in serving the homebound older adult and their caregivers with communication and cognitive concerns. This background led to the development of Communication Connection in 2000 where she provides assistance as a geriatric communication consultant on ways to maintain independence with safety and appropriate modifications to enhance quality of life as changes occur. She is a motivational speaker, presenting to a wide variety

of audiences nationally and the author of over 30 products including *Walking the Path to Memory Fitness One Week at a Time*. Kathryn established Memory Fitness Matters in 2005 to meet the increased need for education focusing on memory fitness through all the decades of life.



Ronald M. Klatz, MD, DO

Dr. Ronald Klatz is recognized as a leading authority in the new clinical science of antiaging 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 research 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.





Michael Klentze, MD, PhD

Medical Director, Klentze Institute of Anti-Aging Munich, Germany, Barcelona, Spain; Member, A4M Advisory Board - Europe; Guest Professor: Medical school "Fate Bene Fratelli, University Cattolica, Roma" Itlay

Dr. Michael Klentze received his medical degree from the University of Munich Medical School and is board certified in psychiatry and gynecology. He is Medical Director of Klentze Institute of Anti-Aging Medicine In Munich, Germany and is an advisory mem-

ber of the American Board of Anti-Aging Medicine for Europe. Dr. Klentze holds membership in the Endocrine Society (USA) and European Committee of Anti-Aging Medicine, German Society of Gynecology and Obstetrics and European Menopause Society. He is the author of several scientific articles on aging-related topics including androgens in women, neurosteroids and the aging brain and vitamins and antioxidants.



Abraham Harvey Kryger, MD, DMD

A board-certified family practitioner and preventive medicine specialist in full-time practice in Monterey, California. Dr. Abraham Kryger received both his undergraduate, dental and medical degrees at the University of Manitoba, Canada. For over 25 years he has been a pioneer in the field of hormone replacement, with a special focus on healthy aging, wellness medicine and andrology. He is the author of two books: *Listen To Your Hormones* (2004) and the new book titled *A Woman's Guide to Men's Health* (2006).



Edward J. Kuhn

Mr. Edward Kuhn is a licensed independent insurance agent for Liability Insurance Solutions/Professional Liability Solutions in Chicago, Illinois. He specializes in finding insurance solutions for healthcare practitioners. He has over twenty-five years of experience in the insurance and commercial finance industry. Prior to becoming an insurance broker in 1998, Mr. Kuhn was an underwriter and premium collection manager for a major insurance carrier.



David G. Lee, DC, PhD, CAd

Dr. David Lee has devoted his career and studies to the integration of modern technology and Energy Medicine. He currently lectures for Brimhall Wellness Seminars, E=MC², Nutri-West Pharmacy Grade Nutrition, and Phytobiophysics across the entire country. Dr. Lee's private practice in metro Atlanta is wait-listed by patients (and physicians seeking to be patients and students) who seek care for conditions that have been otherwise written off as permanent and/or terminal. Dr. Lee's unique approach reveals how what

some may consider "weird" or "alternative" can often be explained by science. An energetic and entertaining speaker, he is currently finishing a book entitled *L.I.G.H.T.*", an explanation of Energy Medicine in the current Wellness Revolution.





Khalid Mahmud, MD, FACP
Founder and Medical Director, Innovative Directions in Health

Dr. Khalid Mahmud is board certified in Internal Medicine, Hematology and Oncology, as well as in anti-aging medicine by the American Board of Anti-Aging Medicine. He is a Fellow of the American College of Physicians. Formerly, Dr. Mahmud has served as the Chief of Medicine, North Memorial Medical Center, Minneapolis, MN; and also as the Medical Director of Oncology North Memorial Medical Center, Minneapolis, MN

(serving in this capacity for more than 10 years). He is the author of *Keeping a Breast: Ways to Stop Breast Cancer* [AuthorHouse, 2005], which details lifestyle, hormonal balance, and appropriate supplementation in the prevention of breast cancer. A frequent national speaker on numerous health related topics, including management of menopause with the use of bio-identical hormones, Dr. Mahmud is currently in full-time practice of anti-aging and preventive medicine.



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 "mind-body" connection. Dr. McQuillan owns and operates The Ageless Insti-

tute 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®, 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.



Chris D. Meletis, ND

Dr. Chris Meletis is the Executive Director of the Institute for Healthy Aging (IHA) and a practicing Naturopathic Physician. The Institute for Healthy Aging is dedicated to the advancement and dissemination of clinically relevant diagnostic and natural medicine therapeutics that facilitate optimal human wellness. Dr. Meletis is an international author and lecturer, having authored over a dozen books and 200 nationally published articles. He also served as the Dean and Chief Medical Officer at the oldest naturopathic medical

school in North America for 7 years (the National College of Natural Medicine [NCNM]). He represented NCNM in the areas of scientific publication, media relations, Institutional Review Board and state mandated pain management program participation and public lectures. Through his role at NCNM he served as an Oregon Health Science University, NIH grant ambassador. Dr. Meletis was awarded the 2003 Physician of the Year by the American Association of Naturopathic Physicians for his educational efforts and for starting 16 clinics which provide healthcare for uninsured families, delivering 16,000 visits each year. Dr. Meletis continues his outreach efforts with his own organization called, Divine Medicine Foundation.





Alexander Michalow, MD

Dr. Alexander Michalow completed his undergraduate studies in 1980 at the University of Illinois, earning a BS in Biology and as a member of the Phi Beta Kappa Honor Society. He attended Rush Medical College in Chicago, earning his MD degree in 1984 and as a member of the Alpha Omega Alpha Honor Society. He completed his Internship in surgery, at Rush-Presbyterian St Lukes Medical Center in 1984 and 1985. Then Dr. Michalow performed research at Mt. Sinai Medical Center, Miami Beach, FL in 1985 and

1986. He also completed an Orthopedic Residency at the University of Miami/Jackson Memorial Hospital, Miami, FL. Since 1992, Dr. Michalow has been in Orthopedic practice in Kankakee/Bradley/Bourbonnais, IL at OAK Orthopedics (Orthopedic Associates of Kankakee). Dr. Michalow has written a book on the Biomechanics of Sprinting, and special equipment designed and built for improving sprinting speed.



S. Ali Mohamed, MD

Director, The international Women's Health Center

Dr. S. Ali Mohamed can only be described as a Renaissance man, in a modern age. He is a Harvard-trained physician, fluent in seven languages and a pioneer in the fields of Pain and Age Management. His special interest lies in Bio-Identical Hormone Replacement Therapy. He has lectured in various national and international conferences on this topic. Dr. Mohamed feels that Neuroendocrinology forms the core of Anti-Aging Medicine and

promotes this concept through studies and case studies in his lectures. Some of his presentations include: "BIHRT for Natural Immuno-Modulation", "The World's First BIHRT Baby" and "Therapeutic Bio-Identical Hormone Replacement in Women of Reproductive Age". His audience loves not only his subject matter, but the pleasant and simplifying style of his presentations. Making the complex easy is his magic.



Professor Dr. Woochul Moon, MD, PhD

Dr. Woochul Moon was born into a big MD family and is one of 22 MDs and 6 MD/professors in his family. He graduated and completed PhD in 1987 at Seoul University Medical College, Seoul, Korea. In 1985, he became a urologic specialist after passing Korean urologic board examination with the best score. He has been a faculty member of department of urology, Chung-Ang University Medical College, Seoul, Korea since 1985 and become a life-time professor in 1995. He has received a number of prizes, including prizes

for the best research of the year by Korean Urologic association (1987, 2000, 2005), European Urologic Congress (2007) and International Congress of Hepatobilary and Pancreatic Diseases (2003), and prize of the Korean Ministry of Science and Technology for Advanced Technology (2003, 2004, 2006). He became a member of the lecturing faculty of the American Academy of Anti-Aging Medicine (A4M) in 2006, and brings his lecture concerning the "Application of genomics to the antiaging clinic" to this venue as well as to anti-aging medicine conferences worldwide.



Patricia Sue Morter, DC

Author, lecturer, and practitioner, Dr. Sue Morter, founder of Morter Health Center, a multi-doctor wellness clinic in Indianapolis, was recently named to the Transformational Leadership Council, the group largely responsible for the movie *The Secret*. She is a master/instructor of Bio-Energetic Synchronization Technique and Board Member of Morter HealthSystem, a global wellness training company.



Gary Null, PhD

Dr. Gary Null is an award-winning talk radio host, documentary filmmaker and investigative reporter in the health and nutrition field. He has written more than 60 books. Dr. Null is Adjunct Professor, Graduate Studies, Public Health Curriculum, at Farleigh Dickenson University in New Jersey.



Todd Ovokaitys, MD

Dr. Todd Ovokaitys received his MD degree from Johns Hopkins University, and completed a Residency and Chief Medical Residency in Internal Medicine followed by a Fellowship in Pulmonary medicine at Georgetown University Hospital. He has developed advanced laser molecular resonance and metabolic technologies for cellular regeneration.

Dianne Quibell, MD



Daved Rosensweet, MD

Dr. Daved Rosensweet graduated from the University of Michigan Medical School in 1968. While his knowledge is based in his traditional training, he uses methods learned from renown pioneers and practitioners in the Holistic and Healing fields. He has been in private holistic medical practice since 1971, and has had offices in New Mexico, California, and Colorado. Early in his career he delivered over 300 babies at home. He has been in charge of health promotion for the State of New Mexico, has lectured widely, has

taught Holistic Medicine to physicians and the public, has hosted and produced a TV show on health, and guides an ongoing seminar titled "Healing Emotions, Mind, Body and Life." Dr. Rosensweet is author of the book *Menopause* and *Natural Hormones*. He currently is in private holistic medical practice in Naples and Sarasota, Florida.





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, MD, 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 reversed 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.



Paul Savage, MD

Dr. Paul Savage is founder and Chief Medical Officer of BodyLogicMD. He is double board certified by both the American Board of Emergency Medicine and the American Board of Anti-Aging Medicine.



Eric Scheinbart, MD

Dr. Eric Scheinbart is a board certified general practitioner, a Diplomate of the American Board of Anti-Aging Medicine, and a Maharishi Ayurvedic-trained physician. Dr. Scheinbart is currently in practice with Dr. Miller, ND in Atlanta, GA.





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*, published in 1998, 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.



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-released new book is titled *Genetic Roulette*.



Pamela Smith, MD, MPH

Director, Fellowship in Anti-Aging and Regenerative Medicine

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 Medicine and is a board examiner. Dr. Smith is also the author of *HRT: The Answer, Vitamins: Hype or Hope*, and *100 Pearls for Healthy Living*.



David Steenblock, DO

Dr. David Steenblock graduated from Iowa State University in 1964 and obtained a MS in Biochemistry in 1967 from Des Moines University. He obtained his DO degree in 1970 also from Des Moines University. He completed a Rotating Internship at Providence Hospital in 1970-1971, served as a solo practitioner in Forks, Washington (a rural logging town) in 1972, and was a Surgical Assistant in Seattle, Washington in 1972-1973. Anatomical and Clinical Pathology, 1973-76, Case Western Reserve University; Clinical Pathology, 1976-77, University of Health Sciences, Portland, Oregon. He has been in private practice, first in Alternative and Complementary Medicine, 1978-1994 in Lake Forest, CA; then in Neurological Rehabilitation, 1994-2006, in Mission Viejo, CA; and most recently, in Personalized Regenerative Medicine, 2007, in Mission Viejo, CA.



James Stoxen, DC President, Team Doctors Treatment and Training Center

Dr James Stoxen, DC, owns and operates Team Doctors Chiropractic Treatment and Training Center. Team Doctors is one of the first care centers in the world to combine chiropractic care, therapy, active rehabilitation, and strength training for world class athletes in a private rehab training center for national and international competitions. Dr. Stoxen provides chiropractic care and anti-aging consultation and care to numerous top celebrity

entertainers. Dr. Stoxen served as the chiropractor for the American Powerlifting Federation from 1986 to 1992. He has been the meet and team chiropractor to over 50 national and world championships. He has chaired medical committees for numerous international sports organizations and has been a chiropractor for many national and world championships in Algeria, England, USSR, Canada, Italy and other countries. He was a pioneer, organizing competitions between the US and the former Soviet Union before perestroika. In fact, in 1989, Dr. Stoxen developed and organized the first sports medicine course for western doctors at the famed National Institute of Physical Culture and Sports Sciences in Moscow USSR.



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 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 selling books, Cordyceps Miracles and 8 Powerful Secrets to Antiaging.



Eldred Taylor, MD

Dr. Eldred Taylor is a board-certified obstetrician/gynecologist, Director of Integrative Medicine at De Kalb Medical Center in Decatur, GA, and an Assistant Clinical Professor at Emory University School of Medicine. He is co-author of *Are Your Hormones Making You Sick?*





Jacob Teitelbaum, MD

Dr. Jacob Teitelbaum is Medical Director of the Fibromyalgia and Fatigue Centers nationwide. He is senior author of the landmark studies "Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia – a Placebo-controlled Study" & "Effective Treatment of CFS & Fibromyalgia with D-Ribose". Dr. Teitlebaum is author of the best-selling books From Fatigued to Fantastic!; Three Steps to Happiness! Healing through Joy; and Pain Free 1-2-3: A Proven Program to Get YOU Pain Free!



James L. Wilson, PhD

Dr. James Wilson is Director of Research at Immunogenics Company of America in Tuscon, AZ; President of Future Formulations in Tuscon, AZ; and author of *Adrenal Fatigue: The 21st Century Stress Syndrome*.



Abraham Woods, MD



Imre Zs.-Nagy, MD

Born in 1936, Dr. Zs. Nagy obtained his MD degree at Debrecen, Hungary (1961), and has worked in Hungary, Italy, Japan, Switzerland, and the USA. Actually in pension. Dr. Zs-Nagy is the founder and Editor-in-Chief of *Archives of Gerontology and Geriatrics*, published by Elsevier. In 2002, he won the "Monte Carlo Award for Excellence in Anti-Aging Medicine". Dr. Zs-Nagy speaks Hungarian, English, Italian, German, Russian, and is the author of 275 papers and has presented 350 scientific lectures.



Tuesday, July 31 & Wednesday, August 1, 2007

Tuesday, July 31 & Wednesday, August 1, 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
 - o S.A.I.D. Principle (Specific Adaptation to Imposed Demands)
 - o G.PO. Principle (Gradual Progressive Overload)
 - o F.I.T.T. Principle (Frequency, Intensity, Time and Type)
 - o Individuality Principle
 - o 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**
 - o PAR-Q
 - o HHQ
 - o Other Fitness Accessment Tests
- The attendee will understand how effective Exercise Prescription can be utilized to correct various dysfunctions in their patients
 - o Muscle Dysfunctions
 - o Joint Dysfunctions
 - o Biochemical Dysfunctions
 - o Nerve Dysfunctions

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

Fitness Assessment & Exercise Prescription for Low Back Pain, Arthritis, and Osteoporosis

Low Back Pain Syndrome will eventually affect 80% of the population. There are highly effective and safe Exercise Prescriptions to prevent, alleviate and eventually remedy many of the causes of Low Back Pain Syndrome. The primary causes for many Low Back Pain Sufferers is hypertonicity and/or atrophy of specific muscle groups. Dr. Bell will share with you the most current Fitness Assessment tests to determine which muscle groups are hypertonic and need to increase their Range of Motion (ROM) and which muscle groups are atrophied and need to be strengthened. Dr. Bell will then share with you the Exercise Prescription strategies and the safest, most effective exercises and techniques to remedy the dysfunctions you discover in you Fitness Assessment.

Hypertonic and/or atrophied muscles lead to skeletal-muscular dysfunction that present as Low Back Pain. Safe and effective Exercise Management can prevent, alleviate and remedy the Low Back Pain by correcting the dysfunction. The Fitness Assessment, Exercise Prescription, Program Design and Exercise Management strategies presented by Dr. Bell will show non-invasive, safe and effective techniques to rehabilitate a patient with Low Back Pain. Consistent and effective use of these strategies will enable many of your patients to not only become pain-free, but return to full functionality.



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

WORLD ANTI-AGING

ACADEMY OF MEDICINE



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



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Goals & Objectives:

Tuesday, July31 & Wednesday, August 1, 2007

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- Learn Fitness Assessment Tests to diagnose the primary cause of Low Back Pain: Hypertonic and/or atrophied muscles or muscle groups and which specific muscle groups are causing dysfunction
- Learn Exercise Prescription Modalities to correct the dysfunction diagnosed in the Fitness Assessment
- Learn the appropriate Program Design Modalities for each Exercise Prescription
- Learn the safest and most effective Exercise Management techniques to prevent, alleviate or remedy the patient's Low Back Pain

Tuesday, July 31, 2007

WORKSHOP: Mesotherapy

Wednesday August 1, 2007

WORKSHOP: Master Series Seminar: Innovative strategies for diagnosis and management of Androgen deficiency and HRT for the Peri-menopause and Menopause

Eugene Shippen, MD and Daved Rosensweet, MD

Half-day tutorial of the evaluation and treatment of androgen deficiency with special diagnostic stimulation tests and innovative treatments for restoring testosterone output naturally or replacing deficient hormones. Integrative endocrine testing and treatments. New approaches for improving libido and sexual responses.

Half-day tutorial for the evaluation and treatment of the Peri-menopause and Menopause, with special emphasis on simplified protocols for hormonal cycling and steady lower dose regimens that can be immediately used in your practice. Newest topical treatments that really simplify the various treatments. Review of neurotransmitters as an adjunct to HRT and treatment pearls for solving the common problems or the difficult cases.

Both sessions are guaranteed to be useful and packed with new ideas for both the beginner or the experienced clinician or health care professional.

Wednesday August 1, 2007

WORKSHOP: Expert Injectables Course

Sharon McQuillan, MD

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.

EXPAND YOUR PROFESSIONAL TRAINING ON YOUR SCHEDULE AND ON YOUR TERMS



ENROLL IN THE FELLOWSHIP OF ANTI-AGING MEDICINE & REGENERATIVE MEDICINE





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

endorsement of both the A4M & ABAARM."

F E L L O W S H I P

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



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

from this new clinical specialty.

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

Ron Rothenberg, M.D.



to anti-aging, medical nutrition. We strive for excellence in post-graduate

medical education and deliver with a roster of world renowned experts

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

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

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

Mark Gordon M.D.

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Online info available at:



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Botulinum Toxin A

Wednesday, August 1, 2007

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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.



Why age gracefully when you can age beautifully.

Power Plate® machines are a powerful weapon in the fight against aging. Both 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 Power Plate® equipment is a relaxing, low-impact experience, producing endorphins and seratonin. Power Plate® equipment is an essential tool for anyone who helps people live healthier, longer lives.





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WORLD COUNCIL FOR CLINICAL ACCREDITATION (WCCA)

STRATEGICALLY POSITION YOUR ANTI-AGING CLINIC OR MEDICAL SPA AS AN A4M/WCCA ACCREDITED FACILITY OF EXCELLENCE*

Baby Boomers drive much of the anti-aging clinical spa markets. This generation, born between 1946 and 1964, is now turning age 60 at the rate of 330 per hour. Worldwide, Baby Boomers number 450 million.

Fully intent on maintaining physical fitness, mental acuity, and a productive, robust lifestyle for as long as possible, the Baby Boomer generation is responsible for fueling a burgeoning marketplace for anti-aging products and services:

- Presently valued at \$55 billion (2006), the anti-aging industry is growing at an annual growth rate of 9.5%.³
- The anti-aging marketplace is projected to reach \$72 billion by 2009.³

Today the A4M/WCCA estimates that there are more than **100,000** anti-aging physicians and health practitioners practicing worldwide in nearly **100** nations. The A4M also estimates that there are more than **5,000** anti-aging clinics and more than **20,000** medical spas around the world.

All of these physicians, clinics, and medi-spas are competing for the same patient population base.



SET YOUR ANTI-AGING CLINIC OR MEDICAL SPA APART FROM THE COMPETITION WORLD ANTI-AGING ACADEMY OF MEDICINE ACCREDITATION

Benefits of A4M/WCCA Facility Accreditation:

√ Prevail amongst generic antiaging clinics and spas with distinguished status as a professionally accredited clinical facility

√ Gain a marketing edge against your competition through enhanced positioning at the Online Clinic Locator at The World Health Network, www.worldhealth.net, the Internet's leading anti-aging portal

V Receive direct patient referrals from the Patient Recruitment and Education Program (PREP), an initiative affiliated with the A4M's LEXCORE Research Study

√ Enjoy the prestige of proudly displaying the A4M/WCCA Certificate of Accreditation in your office, and the use of the A4M Seal of Accreditation in your print and Internet marketing materials.

REFERENCES

¹Release # CB06-FFSE.01-2 "Facts for Features," US Department of Census, http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/006105.html.

² "About Boomers," Boomers International, http://boomersint.org/bindex.htm.

³ Report PHM041A "Antiaging Products and Services," Business Communications Company, Inc., February 2005.



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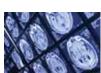
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^{*} Facilities accredited by the A4M/WCCA Anti-Aging Clinic / Medical Spa Accreditation Program must follow codes of professional and ethical conduct set forth by the A4M in display and/or use of the A4M Seal and/or Certificate of Accreditation in marketing, advertising, and promotion. See specifics of terms, details, conditions, and disclaimers at www.worldhealth.net/accreditation



Abstracts

continued from page 52

Wednesday, August 1, 2007

Notes

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 & Objectives:

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

Nasolabial Fold Correction Using Facial Fillers

Facial Filler Properties and Facial Filer Aesthetic

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.

Don't Miss This Lecture

a presentation by

Dr. Chris D. Meletis, ND

"New Breakthroughs in Treating Secondary Issues Related to Thyroid and Adrenal Deficiencies"

Thursday, August 2, 2007 - 10:30 am to 11:00 am



the **institute**for healthy aging

Meet Dr. Chris D. Meletis, ND

Dr. Meletis is the former Chief Medical Officer, Senior Science Officer and Dean of Naturopathic Medicine for the National College of Naturopathic Medicine (NCNM). In his many roles, he represented the NCNM in the areas of scientific publication, media relations, Institutional Review

Board (IRB) and state mandated pain management program participation, and public lectures. Through the NCNM he also serves as an Oregon Health Science University (OHSU) National Institute of Health grant ambassador.

In addition to his active practice, Dr. Meletis is the Executive Director of the Institute for Healthy Aging, a non-profit corporation dedicated to professional and lay education in the science of healthy aging.

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Abstracts

continued from page 56

Wednesday, August 1, 2007

Notes

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 August 1, 2007

EVENING WORKSHOP: Aesthetic Treatment*

Wednesday August 1, 2007

EVENING WORKSHOP: 20 Bio-Identical Hormones That Keep Your Brain Forever Young

Eric Braverman, MD

Wednesday, August 1, 2007

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Thursday, August 2, 2007

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PRE-CONFERENCE

Thursday, August 2, 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 Adult 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 bioidentical 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

Thierry Hertoghe, 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



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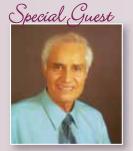


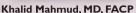
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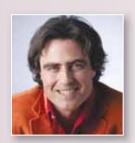
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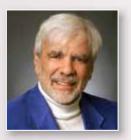








Thierry Hertoghe, MD



Jonathan Wright, MD



Ron Rothenberg, MD, FACEP

This course is approved by Medical Educators Consortium for a maximum of 25 CME credit hours toward category I AMA physician recognition award. The cost is \$795.00 for early registration and \$895.00 at the door.

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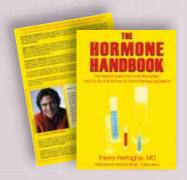
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by Thierry Hertoghe, MD



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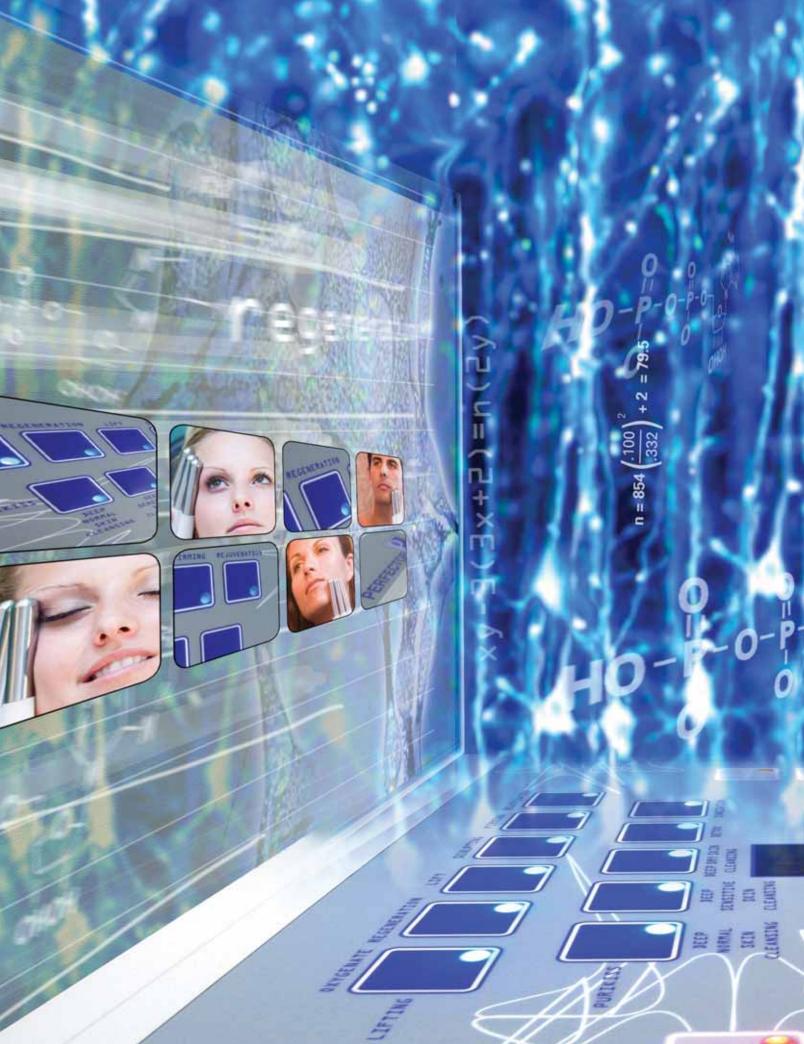
The Hormone Handbook teaches physicians how to successfully correct hormone deficiencies, from mild, partial to severe and complete shortages. It identifies and gives solutions to the various problems that may occur in the course of therapy. It is probably the best quick guide on the practical use of hormone therapies.

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Abstracts

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Thursday, August 2, 2007

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DHEA — The Mother Hormone

Thierry Hertoghe, 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 and Objectives:

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

Thyroid Hormone: What they did not teach you in Medical School.

Ron Rothenberg, MD

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 – swells up with myxoedema, loses consciousness and even any feelings, becoming a human "plant", dying in

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.

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.

Adult Growth Hormone Deficiencies Treatments

Ron Rothenberg, MD

GHRT for treatment of Adult Growth Hormone Deficiency (AGHD) generates more controversy than any other hormone replacement. This presentation will continued on page 70



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Abstracts

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Thursday, August 2, 2007

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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

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 cortisol 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 long-term 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 works 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.

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Thursday, August 2, 2007

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Compounds and the Laws in Adult Hormone Deficiency* *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 various growth products. Also included will be aesthetic compounds that are used in anti-aging medicine to keep

Goals and Objectives:

you looking younger as we age.

- To understand compounded prescriptions and how it is used in the physician's 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.

"How to Prescribe" Hormone for all Bio-Identical Hormones that are used in HRT Ron Rothenberg, MD

GHRT for Adult Growth Hormone Deficiency will be reviewed in detail. Current medical literature will be presented and analyzed. GHRT benefits in cognitive, cardiovascular, and immune function will be presented. Improvement in body composition and quality of life will be addressed. The unique legal situation of growth hormone will be presented and treatment will be discussed in algorithm form as well as side effects and treatment and prevention of side effects. The relationship of traumatic brain injury and GH will be addressed and controversies will be presented.

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Thursday, August 2, 2007

WORKSHOP #2: Aesthetic Medicine

Co-Chair: Sharon McQuillan, MD

Current Trends in Aesthetic Medicine

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.

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.

Goals and Objectives:

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

Incorporating Laser & Light Based Technology into an Aesthetic Practice

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, as well as guidance on how to choose the appropriate technology.

Goals and Objectives:

- Understand laser physics
- Review various wavelengths for cosmetic applications

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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.





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- 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 phenylacetylglutamine (PG) and phenylacetylisoglutamine (isoPG), capable of anti-aging effects via regulation of the expression of two sets of important genes involved in aging. The biological activity of PG and isoPG was discovered by Stanislaw R. Burzynski, MD, PhD.
- 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 proprietary amino acid derivative 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 biological activity of PG was discovered by Stanislaw R. Burzynski, MD, PhD.
- The ingredient curcumin has shown in studies the capability to break down abnormal plaques in Alzheimer's mice.
- The ingredient piperine is an antioxidant that increases the absorption of curcumin, PG, and amino acids contained in BLF.*

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Thursday, August 2, 2007

Summer 2007 Session ONGRESS & EXPO **Notes**

Thursday, August 2, 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.

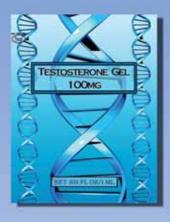
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i	GRESS & ET	Thursday, August 2, 2007
e ' Sessi	Notes	Thursday, August 2, 2007 WORKSHOP #4: New Breakthroughs in Anti-Aging Medicine Co-Chair: Alan Bauman, MD
ner 2007		The Human Body as a Holographic Computer: Structure, Nutrition, Allergies, and Toxins
		David G. Lee, D.C., Ph.D., C.Ad.
		Interferences to Wellness
ing mer		I. Structural Interference, Re-establish structural integrity A. Brain Integration
Su		B. Cranial Nerves C. Cranial/Sacral Techniques
gies		D. Cold Laser E. Massage and other Body Work F. Rehabilitative Exercise
ogi		G. Spinal Manipulation H. Visceral Manipulation
		II. Electrical Pollution, Rebalance electro magnetics
gress on Technolo		A. Enzymes B. Magnets C. Harmonizers and EM Shields
on E		D. Auricular Therapy
Biomedical		III. Nutrition A. Reset Adrenals (GAS) B. Replenish nutrition C. Reduce infective organisms D. Replace enzymes and/or HCL E. Restore proper bowel flora F. Electrical Acupuncture according to Voll and Bio-coherence testing
ve]		G. Muscle testing and Kinesiology IV. Allergies/Sensitivities A. Reprogram the body for allergy/sensitivities B. N.A.E.T., Brimhall, and other techniques
no Regenerati		V. Emotions A. Re-evaluate emotional patterns and remove limiting belief systems 1. Color Therapy 2. Sound Therapy 3. Ocular Release 4. Guided Imagery 5. Emotional CPR and Profusion techniques 6. Heart Center Point Therapy
and		VI. Toxins A. Remove heavy metals and other toxins from the body 1. Evaluate metals and toxicity levels 2. Homeopathics 3. Frequency modulation continued on page 86

A Marvel of Nature, a Triumph of Science

Avé™ - NutrAward Winner for "Best New Product"

Avé is the first dietary supplement available in the U.S. to contain the active ingredient Avemar[®]. This ingredient supports the foundations of good health enhancing the body's ability modulate to immune response and to regulate cell metabolism disrupted by environmental toxins, physical injury and emotional stress.*



Study after study shows Avemar's unique benefits. As a dietary supplement, once daily use helps to:

- Maintain cell metabolic regulation so that cells use glucose at their normal rate through healthy oxidative pathways*
- Promote immune regulation and maintain healthy cellular and humoral (Th1/Th2) immune balance*

 Support healthy presentation of a cell membrane feature called MHC-1 (Major Histocompatibility Complex Class One) that enables Natural Killer (NK) cells to distinguish between cell types*

 Improve the coordinated function of white blood cells, (macrophages, T-cells and B-cells) required for appropriate antibody production and other immune system activity*

Avemar is now available in the U.S. in the dietary supplement Avé, a pleasant-tasting instant drink mix that combines Avemar pulvis (powder) with the low glycemic index, all-natural sweetener fructose and natural orange flavor. Avé is distributed in pre-measured packets that can be mixed with water or other beverages.

Once-a-day use delivers 8.5 grams of Avemar, the same level used in clinical trials. This usage results in dramatic improvement in energy and quality of life as it supports health on the most fundamental level.*

Avemar's development

was initiated by Hungarian scientist Dr. Albert Szent-Gvorqvi, recipient of the Nobel Prize for the discovery of vitamin C and for his part in describing cell metabolism, which is how cells convert the food we eat into energy for basic cell functions.

Dr. Szent-Gyorgyi noted that internal and external stress can transform cells by altering their normal rate of metabolism. This transformation affects cellto-cell communication and eventually disturbs the regulation of overall immune response. His research found that naturally occurring compounds called methoxy-substituted benzoquinones play an essential role in regulating and fine-tuning metabolism at the cellular level. He also discovered that supplemental quantities of these compounds help the body respond to internal and external stresses.

A new generation of Hungarian scientists continued Dr. Szent-Gyorgyi's work by developing and patenting a method of manufacturing an all-natural, standardized source of methoxy-substituted benzoquinones by fermenting wheat germ with baker's yeast (United States Patent #6,355,474). Available in Europe under the trade name Avemar, it has been the subject of more than 100 studies in cell lines, animals and humans since 1998.

Research conducted in Hungary, Austria, Russia, Italy, Israel, South Korea and the United States has resulted in peer-reviewed scientific publications in over 28 medical journals, which led Avé to be voted, "Best New Product," and win the endorsement of many well-known health experts.





See Us At Booth # 805

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Notes

Abstracts

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Thursday, August 2, 2007

- 4. Cold Laser
- 5. Ionic Cellular Cleanse

Goals and Objectives:

- Re-establish structural integrity
- Rebalance electro magnetics
- Re-evaluate emotional patterns and remove limiting belief systems
- Remove heavy metals and other toxins from the body

Immune Senescence and Anti-Aging Initiatives

Stephen Holt, MD, LLD(Hon.), ChB, PhD, DNM, FRCP (C), MRCP (UK), FACP, FACG, FACN, FACAM Immune function involves a complex cascade of events that decline or dysregulate with age. While mature, memory T cells (CD45R0+) may be abundant in the elderly, universal involution of the thymus limits clonal expansion of these cells. "Old T cells" respond poorly to antigenic stimulation, with a resulting decrease in cell-mediated immune responses. Compromise of B cell activity also occurs with age and antibody specificities may change from those directed at foreign antigens to autoantigens, resulting in the emergence of autoimmunity. A change in antibody isotypes from IgG to IgM often occurs and affinities of antibodies for antigens may diminish. Practitioners of Integrative Medicine have tended to obsess about ways of enhancing specific immune functions, such as Natural Killer cell actions (NK cell activity), with a limited focus on the correction of widespread changes in immune status with age.

Poor nutritional status in the elderly is a key cause of immune deficiency and many studies imply that improved diets and nutritional supplementation may result in improvements in immune function, as evidenced by improved skin test responses, increased Tlymphocytes(CD4+cells), enhancedlymphocyteproliferative responses, increased NK cell activity and improved measures of delayed hypersensitivity. While a balanced range of vitamin or other nutritional supplements may improve immunity, it is inappropriate to "believe" that single high dosage nutrients are of specific clinical benefit for enhancing immunity. In fact, mega-dosages of single nutrients, e.g. zinc, vitamin C or E, may sometimes exert unwanted pro-oxidant effects and impair immunity. Large dosages of zinc administered to the elderly reduce cell-mediated immunity and neutrophil function. While the elderly are known to have reduction in responses to vaccination and a higher prevalence of infections, nutritional attempts to correct these problems may be more related to balanced nutrition with a wide range of vitamins, phytochemicals and other nutrients. Holistic nutrition acts in concert and harmony to support immunity.

It is time to reappraise the use of natural substances for immune modulation or stimulation in clinical practice. The widespread former interest in MGN-3 (BRM-4) on immune function has been somewhat replaced by the limited actions of AHCC, used alone. Comparative studies of mixed formulations of natural substances that have an evidence-base for immune stimulation or modulation, versus single agents like MGN-3 (BRM-4), show more potent and versatile effects on immune function. A complex herbal, nutrient and botanical formula has been shown to stimulate NK cell activity much greater than the use of MGN-3 (BRM-4) alone; and effects on cytokine and interleukin synthesis were more versatile with

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*Radioisotope Tagging Study - November, 2006.



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the complex immune stimulating formula.

The use of single nutrients or supplements for immune modulation must be questioned and this approach is illogical, given the complexities of immune activities. The synergistic use of multiple nutrients or herbals and botanicals for stimulating immune function have major implications for clinical practice, especially in the field of regenerative medicine.

Permanent Weight Loss and the Reversal of Diabetes

Abraham Kryger, MD, DMD

The worldwide diabetes epidemic continues with serious consequences. In addition to the premature deaths, prediabetes is on the rise. Without early intervention, progression from obesity to type 2 diabetes often occurs in patients with prediabetes. Prediabetes is a sign of the inability of the body to manage its glucose load. It is important to treat these patients early, because insulin resistance, pancreatic dysfunction, and diabetes complications can make managing the disease more challenging as it progresses. Furthermore, once complications result, they are irreversible and may progress despite later improvement in blood sugar control.

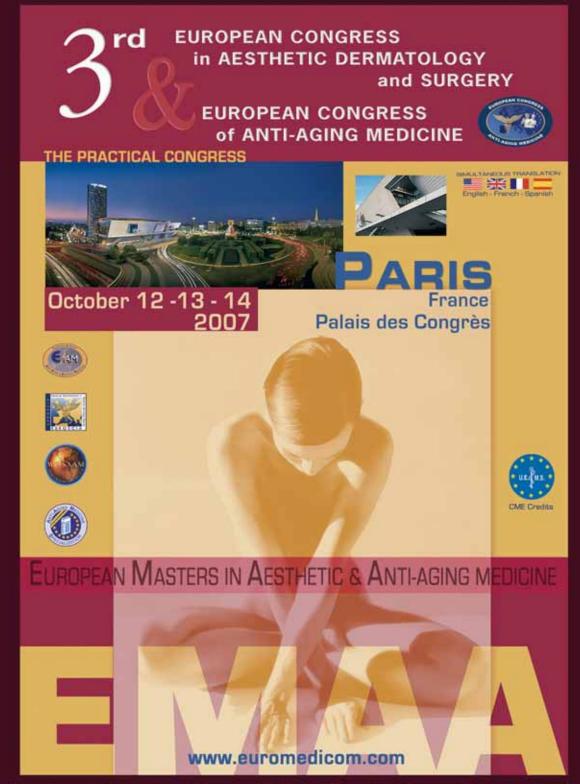
What would happen if medicine finally cures the major causes of death and disease: cancer, heart disease and diabetes? What will the world be like for the millions of baby boomers who are going to live beyond a century? Will humans live longer and better lives if these three chronic diseases are "cured"? We rarely like to talk about cure, but we are a lot closer to this incredible goal than you might imagine. Although a huge body of research has been aimed at finding a cure, the greatest success in diabetes research has been in treatment, with little progress toward a cure. Medicine, science, genetics and technology can now join forces with two newer drugs plus an older diabetes drug, metformin, to provide a potential therapy than can reverse diabetes, decrease obesity and improve our lifespan. As many as 180 million patients in the United States are awaiting such a breakthrough.

Current therapies aimed at curing or reversing diabetes fall into several categories: transplantation of the pancreas-the organ that fails to function in diabetes or the islet cells that make insulin, genetically engineered pancreas cells and islet cell regeneration. We have already reversed diabetes with surgery. The first successful living donor islet cell transplant was performed by James Shapiro, MD. at the University of Alberta in Canada on January 19, 2005. Although this breakthrough could change the lives of many diabetics, there is another way. The objectives of restorative sleep, improving insulin sensitivity through the use of four medications are part of the unique solution to conquering diabetes.

Hormones play a major role in regulating appetite and sleep. It is quite well known that food cravings or the "munchies" are increased by marijuana. The mammalian brain contains special receptors that respond to marijuana or cannabis, called endocannabinoids. These endocannabinoid receptors direct the release of two hormones involved in appetite regulation. Gherlin makes us hungry, and leptin makes us feel full. A new drug inhibits one type of cannabinoid receptor, the CnB1, controlling hunger and leading to a decrease in ghrelin and an increase in leptin.

Rimonobant or Acomplia[®], developed in Europe by Sanofi, blocks hunger by making our brains think we are full. By decreasing the inflow of calories into their bodies by using rimonobant, diabetics are able to naturally and temporarily





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Thursday, August 2, 2007

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ONGRESS & EXPOS	continued from page 90
Notes	decrease gherlin leve body, decreased bloo obesity and subseque plays a major role in
	Sleep should not be healthful lifestyle. M Inadequate melatonic harmful impact on care similar to those sthe severity of age-re A novel melatonin agesleep and decreases in
	Another important faractivity. Low levels of SHBG play a major is state known as hypothat a hormonal definition of types of the content of types of the content of the cont
	For those who hate Metformin was origin (Galega officinatis). in 1994. Metformin The preventive use of and exercise and line Glucophage®, as it is improving both horn metformin, the bette weight, fasting insults subjects. It is importate probably worked by the subjects.
	Granted the recom reversing diabetes, b

decrease gherlin levels and caloric intake. Lower levels of ghrelin produce a leaner body, decreased blood pressure and improved cholesterol levels thereby reversing obesity and subsequently diabetes. Evidence has shown that a good night's sleep plays a major role in regulating hunger the following day.

Sleep should not be considered a luxury, but an important component of a healthful lifestyle. Melatonin is a sleep-related hormone that is regulated by light. Inadequate melatonin creates poor sleep resulting in sleep debt. Sleep debt has a harmful impact on carbohydrate metabolism and endocrine function. The effects are similar to those seen in normal aging and, therefore, sleep debt may increase the severity of age-related chronic disorders including diabetes and heart disease. A novel melatonin agonist, ramelteon or Rozerem® from Taneka, induces normal sleep and decreases nighttime eating without dependence or sedation.

Another important factor in weight gain is metabolic rate and its effect on insulin activity. Low levels of both free testosterone and sex hormone binding globulin or SHBG play a major role in the development of insulin resistance. In the deficiency state known as hypogonadotropic hypogonadism, the pituitary fails to recognize that a hormonal deficiency exists and does not respond to the normal feedback. Over one third of type 2 diabetics develop hypogonadotropic hypogonadism. The good news is that although the insulin resistance follows a testosterone deficiency, it can be corrected by testosterone replacement therapy. All diabetics can benefit from some form of testosterone replacement. These newer therapies based on hormone balancing have proven effective in clinical trials with closely monitored subjects. What might happen in real life is unpredictable, for it depends on an individual's state of mind, ability to regulate their blood glucose and physical activity.

For those who hate to exercise, an older diabetes drug has emerged as the hero. Metformin was originally derived from an herbal remedy using the French lilac, (Galega officinatis). The FDA approved it for the treatment of type 2 diabetes in 1994. Metformin mimics the metabolic changes that occur during exercise. The preventive use of metformin might one day complement the benefits of diet and exercise and limit the risk of diabetes. The effectiveness of metformin or Glucophage®, as it is now marketed, compared favorably with lifestyle intervention, improving both hormones and waist size. The greater the reduction in insulin with metformin, the better the drop in leptin. Metformin safely and effectively reduced weight, fasting insulin, leptin, and LDL cholesterol in very obese, nondiabetic subjects. It is important to note that these patients were not yet diabetic. Metformin probably worked by virtue of its insulin-sensitizing action and leptin reduction.

Granted the recommendations I have made are pharmaceutical solutions to reversing diabetes, but exercise, diet and lifestyle changes seem too difficult for most people to manage. Fasting has also been known for some time to improve health and encourage weight loss. Modified fasting can be a life-altering and lifesaving decision but it is difficult for anyone to cut down on calories. Some diabetics wonder if they can ever stop eating, even for a single day, since regulating food intake has become such an important part of their disease maintenance. But studies have shown that anyone, even a diabetic, can fast under a doctor's supervision and fasting reduces ghrelin and improves leptin sensitivity. By using a combination of the newly developed anti-obesity and sleep drugs plus the newer transdermal testosterones, some diabetics and obese patients can finally rid themselves of their excess fat and all that goes with it, forever!

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Thursday, August 2, 2007

New Breakthroughs in Treating Secondary Issues Related to Thyroid and Adrenal Deficiencies

Chris D. Meletis, ND

The presentation focuses on clinical pearls on unique applications of natural medicines to support innate biochemical pathways within the body. Discussions will include natural approaches to inflammation control from a botanical perspective, Immune modulation with a yeast derivative to strengthen while controlling CD4 (helper)/CD8 (suppressor) cells, Iodine therapy treatment and research in clinical practice, strontium, more prevalent than carbon in the earth's crust has been shown to significantly enhance bone mineralization and lessen dental sensitivity. Additional topics include discussions of food allergen burden relative to food lectins and simple clinical approaches to lectin control through supplementation. Lithium orotate as a viable tool for mental health and alcohol cessation; vitamin K2 for osteoporosis treatment and management. Clinical management of blood pressure via parathyroid hormone factor regulation with two natural therapeutics and its other clinical implications will be discussed for challenging hypertensive cases. Overactive bladder and incontinence affects millions of Americans and a simple herbal solution has been researched and demonstrated as a viable solution to aid many afflicted with this significant quality of life altering condition. Attendees will leave with greater appreciation of natural solutions to challenging clinical conditions that can be implemented immediately in ones clinical practice.

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 are age 50, with Americans spending over a billion 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 transplantation procedures, and future therapies (like hair multiplication / "hair cloning"). The evolution, benefits and limitations of each treatment modality will be discussed.

The Clinical Application of Naturopathic Alternative Therapy in the Treatment of Cancer and Chronic Disease

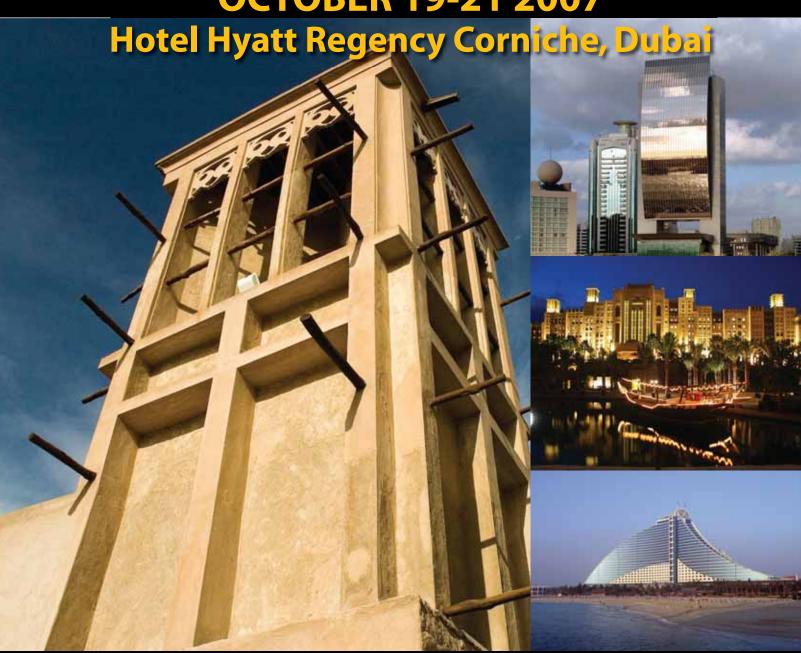
Eric Scheinbart, MD; Rene Broekhuyse, MD

Alternative therapy in the treatment of a 56 old male with multiple myeloma and Vancomycin resistant staph aureus pneumonia after chemotherapy, radiation and

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continued from page 93 **Notes** stem cell, bone marrow transplants: treatment unsuccessful, requests alternative treatment. The Clinical Application of Naturopathic Alternative in the treatment of pancreatic neoplasia. 73 year old male with diagnosis of Pancreatic Carcinoma with progressive growth followed by CT scans. Patient requested "Natural Treatment" declining suggested surgery. Patient treated "Naturally" for one year without neoplasia growth. 49 year old male with Juvenile Diabetes since age 11 - requesting alternative therapy since present "health was deteriorating" with increased infections, i.e., urinary, prostate, sinus and diabetic retinopathy worsening with laser eye surgery recommended; along with hypertension and increasing insulin usage. After a few weeks of Naturopathic treatment the patient "felt better" with more energy, less fatigue, stopped using short scting insulin and taking only ½ of his nighttime insulin and continues to slowly wean off his night dose. Patient's last ophthalmologist eye exam showed no abnormalities. Hgb, A1C and blood sugar remain in mid normal range. Goals and Objectives: • Improvement of health in cancers and chronic diseases with naturopathic therapies • To improve patients longevity and enhanced quality of life. Creating a Healthy Weight: The Foundation of Longevity Wayne S. Andersen, DO

Put quite simply, the individual who reaches and maintains a healthy weight lives a longer, healthier life. The efforts to produce young looking, thriving patient's starts with helping them lose weight and eliminate the cascade of pro-inflammatory and "pro-aging" messengers that are pouring out of their visceral fat. Yet our main therapeutic intervention to date, dieting and medications, have been universally unsuccessful. We know that full application of lifestyle change can reverse obesity in months. The medical profession and society has under dosed this potent cure by a long shot.

This talk will focus first on our obesegenic environment and its impact on health and aging. The presentation will include a versatile plan for helping your patient create health using nutritional intervention, a plan based on daily choices with proper motivational orientation and a doable plan of creating a micro-environment of health. This will include a discussion of vita-nutrients, with proven scientific efficacy, and their role in your healthy weight patient. We will conclude with some practical applications of the exciting research of caloric restriction and its affect on longevity and overall wellbeing.

Goals and Objectives:

• Understand the continuum that progressive sedentary lifestyle, abdominal fat storage, progressing to metabolic syndrome and disease have on premature aging. Including the failure of the "magic bullets", diets, medications, and dietary supplements to impact this continuum of progressive obesity in our world

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Innovative Testing for Optimal Health



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- Understand The Path to Optimal Health...Tapping into the bodies inherent capacity to heal itself ...Nutritional Intervention -Medicine of the Future Now and how to change your patients focus to the motivational habits of health....Creating a Generative Structure
- How to provide the strategies, skills and environment to provide a structure of success for your patient including optimizing your patients health path including Vita-Nutrients role in reaching and maintaining optimal health thru an" Umbrella of Protection"
- Nutritional Intervention for Extending Life ...
- Practical Applications of Calorie Restriction as a Strategy for Longevity

Vitamin D, Breakthrough Hormone for Changing the Course of Aging and Disease Eugene Shippen, MD

The medical literature has exploded on the many benefits of Vitamin D and health. There is growing evidence suggesting that vitamin D may be the most powerful cancer preventive factor in our armamentarium.

Its additional benefits for the prevention of diabetes, heart disease, hypertension and autoimmune and inflammatory diseases make this hormonal compound one of the most diverse health factors ever studied.

This will be an evidence-based review of the physiology and mechanisms for the purported benefits of this essential compound. Testing and new treatment doses and goals will be addressed.

Comprehensive Overview of Menopause: Elevating to Excellence *Daved Rosensweet, MD*

For menopause, our knowledge, experience, testing methods, hormones, neurotransmitter precursors, treatment protocols and follow-up methods, though not finished and done, are wonderfully advanced. As much safety and effectiveness as possible can be achieved by embracing the details of what is now known about this subject. Addressing complexity and individualization is paramount. We craft an ongoing cooperative program with each patient, including dose titration and some form of cycling. Understanding hormones is at the vanguard of this process, and often enough it is important to evaluate other chemistries and systems, such as neurotransmitters, detoxification and more. It's an ideal time to become excellent at all of this. Get the comprehensive overview now, go after learning the details, and a rewarding and elegant difference can be made.

Goals and Objectives:

- Increase awareness that there is a crucial amount of new information, and experience that, when learned, can greatly improve outcome and gratification
- Present the overview of what that body of knowledge includes, and how to acquire it
- Inspire the physicians to enjoy their day to day more than ever

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Thursday, August 2, 2007

Training of Cognitive Decline Among Healthy aging Population Kathryn Kilpatrick, MA

With memory fitness and concerns about possible decline on the minds of a significant part of the population, health care professionals can benefit from learning ways to effectively address the concerns of those adults experiencing cognitive decline and their families, friends and caregivers. Frequently there are changes in capabilities and subsequent frustrations which can manifest in decreased activity participation, subtle safety concerns, and increased family/caregiver stress.

Successful aging with cognitive decline involves incorporating appropriate strategies into the daily routine to allow a person to participate in activities of daily living safely and effectively. The key to effective intervention begins with understanding the subtle but meaningful changes that are being observed and how it impacts their routine, their interests, and ultimately their safety. From there, an assessment of their strengths and interests as well as the capabilities of their support system allows the development of an effective program based on current cognitive functioning.

There is a potential for quality of life when a training program is created that focuses on educating families, friends, and caregivers in order maximize independence with safety through the stages of cognitive change.

Energy Medicine/Quantum Healing: Using the mind to unlock the inborn technology of healing

P. Sue Morter, DC

B.E.S.T. and the whole Morter HealthSystem is about removing the interference that separates us from the divine energy that created us. There are many ways we create this interference or separation. It's the choices we make in six essential areas – what you eat and drink, how you exercise and rest, what and how you breathe, and – most important of all – what you think that create the interference, or as Dr. Sue Morter so accurately describes it as the "gunk". The "what you think" determines your spiritual development and wellness. Thoughts either are health enhancing or disease attracting. There are no neutral thoughts.

Dr. Morter's presentation shows that once we choose the thoughts that we choose, the vibrational frequency we are dialing into – the "I am" – anything that follows that then determines what we will attract. It's determined by the vibrational resonance – by the choice. Once we decide what the 'I am" is – let's say it's "I am free" – then that creates a different shape, and the energy moves through that system differently than with "I am hurt". Certain thoughts create certain emotions. We are the energy being, compressing our energy so we can move forward and achieve contact. When we decide contact shouldn't of happened, or something shouldn't have happened the way it did, then we create interference, and that keeps the energy from getting to and from the core.

Morter HealthSystem developed and teaches the Bio Energetic Synchronization Technique – B.E.S.T. – a process by which high brain interference from expression in the physical body is updated. The technology updates the interference, caused by the stored emotional patterns, by allowing the patient to consciously focus on certain feelings that have been stored in the brain as memory engrams and

Age less

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CHINA



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CHINA









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Thursday, August 2, 2007

CRESS & EXPO
Notes

subsequently allowing the sub-conscious portions of the brain to update for current need rather than past experience. Once the patient's body is functioning based on current, updated need, true vibrant health can and will occur.

The belief system of B.E.S.T. is that bodies will heal, but only from the inside out. This technology removes interference allowing the healing to again occur. Dr. Sue illustrates how healing is an inside-out job, done by spirit; how we put interference in the way of that healing; and how we can actually remove that interference to create a vibrant, healthy body.

Prostate Cancer Therapy with High Intensity Focused Ultra Sound using the Sonablate 500 as a Novel Approach in Treating Localize and Locally Advanced Disease without Incisions

Abraham L. Woods III, MD

Prostate cancer continues to increase due to an aging population and is becoming the most common cancer diagnosis except skin cancer and despite a decreasing trend in mortality, remains second only to lung cancer. As the Baby Boom generation (Men born between 1946 and 1964) enter their peak prostate cancer years, men are being diagnosed at younger ages and survival rates are increasingly magnifying the impact of side effects and complications. Today, many of the acceptable treatments for localized and locally advanced prostate cancer result in compromising the quality of life style with high rates of impotence and incontinence. It is estimated that over 250,000 men will be diagnosed with prostate cancer this year. Men facing this diagnosis will be faced with current viable options, including watchful waiting (Diet vs. Vitamin supplementation), surgery (Robotic vs. open), radiation (Seeds vs. IMRT), thermal (Cryo vs. HIFU) or hormonal therapies. High-intensity focused ultra sound (HIFU) is a novel, minimally invasive alternative, which provides an acceptable cure rate similar to and in some instances greater than standard therapy. HIFU is a thermal therapy initially investigated on central nervous system tumors as early as the 1950's. Today, the Sonablate 500 has been used to ablate prostates for localized and locally advanced disease in over 5,000 men around the world. There are over 100 treatment centers located throughout the world. Presently, all sites for the FDA approved phase three trials in Memphis and Nashville, Tennessee are filled. The preliminary results of the USHIFU team, which has been performing the HIFU therapy off-shore in Dominican Republic, Canada, and Puerto Vallarta, Mexico indicate HIFU as off-shore in Dominican Republic, Canada, and Puerto Vallarta, Mexico indicate HIFU as an effective option in treating prostate cancer, while preserving potency and continence.

Goals and Objectives:

- Understand High-intensity focused ultra sound as a minimally invasive alternative for treatment of localize and locally advanced prostate cancer
- Understand the technology of HIFU and its application trans-rectally to ablate the prostate without damaging the rectum or surrounding tissue
- Understand why Baby Boomers are driving the market for new minimally invasive treatment for prostate cancer while preserving potency and continence

continued from page 104

Abstracts

Thursday, August 2, 2007

Caloric Restriction Mimetics – Searching for the Fountain of Youth Alexander Michalow. MD

Since the 16th century there has been the search for the proverbial "Fountain of Youth." Caloric Restriction (CR) is the only method that has been proven to enhance longevity. There have been many theories to explain how CR works, but the most plausible is the 'Hormesis Hypothesis'. 'Hormesis' relates to the fact that small, temporary, intermittent stresses induce the activation of 'survival' genetic pathways which protect an organism against a greater environmental stress and disease. Such protective pathways are further demonstrated to enhance longevity and protect against disorders of aging. CR relates to decreasing caloric intake by 30-50%. Because such a dramatic drop in calories is difficult if not impossible to maintain, attempts have been made to develop compounds which mimic the effects of CR, ie,. CR mimetics (CRM), obviating the need for such a severe CR. Resveratrol is a well-known CRM agent that is found in grapes and red wine. It is one of the proposed reasons for the 'French Paradox' (ie., the French have a low incidence of coronary disease, despite diets that are rich in saturated fats). Yet another CRM method has been developed - 'Counteradaptation Therapy' (CAT). CAT is based on inducing a counteradaptative response with receptor modulators (ie., agonists/ antagonists) for generating a therapeutic effect, rather than relying a compound's direct effect. CAT compounds induce a temporary stress, just as do other minor stressors and CR. Because the CAT compounds act at a step that is prior to the one where reveratrol acts, it is proposed that CAT compounds will have even greater efficacy as CRM agents than does resveratrol. CAT compounds include, for example, short-acting opiate antagonists. CAT compounds have strict requirements, such as a restricted half-life, strict dosing schedule, gradual increase in dose, etc.

Goals and Objectives:

- Describe Caloric Restriction (CR) and application anti-aging
- Describe mechanism/physiology behind CR effects 'Hormesis'
- Describe CR mimetic compounds with application to anti-aging
- Describe novel CR mimetic compounds with Counteradaptation Therapy (CAT)

Innovative Natural Anti-Wrinkle Plant Extract: In Vitro & Controlled Clinical Study Dr. Paul Ling Tai, D.P.M., FACFS

Baby Boomers celebrated their 60's birthday in 2006. Notables like George W. Bush, Cher, Susanne Somers, and Bill Clinton are famous Baby Boomers. Every day, over 8,000 new baby boomers join the 80 million group, making it the largest age segment of our population.

Baby Boomers control over 70% of all the spending. They are wealthy and demand a healthier life style, emphasis in feeling better, living longer, and principally looking younger, demonstrated by the skyrocketing increase in plastic surgery, Botox, dermal fillers, Mesotherapy, and a myriad of cosmetic enhancing procedures.

This paper presents natural plant extract of *Bamboo*, *Peapods*, *and Glucosamine* for its effect on the skin cell renewal & collagen synthesis of dermis.

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Regenerative Biomedical Techno



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Thursday, August 2, 2007

Notes

Goals and Objectives:

- In Vitro laboratory cell cultures of neonatal fibroblast measures collagen synthesis through assayed Tritiated Proline. Comparative and Quantitative analysis made with 3 known controls of Ascorbic Acid, Retinoic Acid, and Epidermal Growth Factor.
- In Vivo Skin Exfoliation studies performed and measured by photometer for light transmission and scattering of the light to assess the quantity of desquamated skin cells.
- Controlled clinical studies performed on 20 female subjects with facial wrinkles with half of face treated using controlled gel and the other half face using test material for 4 weeks.
- Before and After evaluation by Packman Wrinkle scale, Image analysis, and Wrinkle Mold replica made for Statistical and clinical quantitative and qualitative analysis.
- The final results will be given for In Vitro Cell Cultures Studies, Wrinkle Analysis and Image Skin Assessment of molds taken.

Comparison of the Absorption, Brain & Prostate Distribution, and Elimination of CaNa2 EDTA of Rectal Chelation Suppositories to Intravenous Administration Rita R. Ellithorpe, MD

Rectal suppositories were compared to IV administration of C14 labeled calcium disodium ethylenediaminetetraacetate (CaNa2EDTA) to evaluate the absorption, brain and prostate tissue distribution, and excretion in rats. The absolute bioavailability of CaNa2EDTA in blood following rectal dosing was 36% of the IV dose route, which confirmed that rectal dosing is an efficient method for delivering ethylenediaminetraacetic acid (ETDA) to tissues. The ratio of radioactive residues of EDTA in tissues compared to blood, following IV or rectal dosing of C14 labeled CaNa2EDTA, showed negligible brain localization. However, prostate tissues were found to have a mean ration of 3.69 via the IV route and 13.6 rectally. The total recovery of C14 EDTA expressed as percent of administered dosed IV was a mean of 47.3% and 30.3% rectally at eight hours when the test was concluded. The suppository formulation of CaNa2 appears to be well absorbed, delivering high levels of EDTA to prostate tissue.

Goals and Objectives:

- CaNa2EDTA Suppositories have an absolute bioavailability of 36%
- The blood and tissue ration of CaNa2EDTA suppositories was shown to be over 4x the concentration of EDTA than that of IV administration
- EDTA remains in the blood for over eight hours with the use of CaNa2 suppositories

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Thursday, August 2, 2007 WORKSHOP #5A. Brain Health

Thursday, August 2, 2007

EVENING WORKSHOP: Aesthetic Medicine

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® 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

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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.

Planning Your Aesthetic Practice

Developing your aesthetic practice is a large, multi-faceted undertaking, This presentation will explore the planning process including financial, treatment, and equipment considerations.

Thursday, August 2, 2007

EVENING WORKSHOP: New Biotechnical Science of Anti-Aging Medicine *Co-Chair: Michael Klentze, MD, Ph.D.*

Thursday, August 2, 2007

EVENING WORKSHOP. Live Consultation

Questions & Answers – Hormone Therapy Problems*

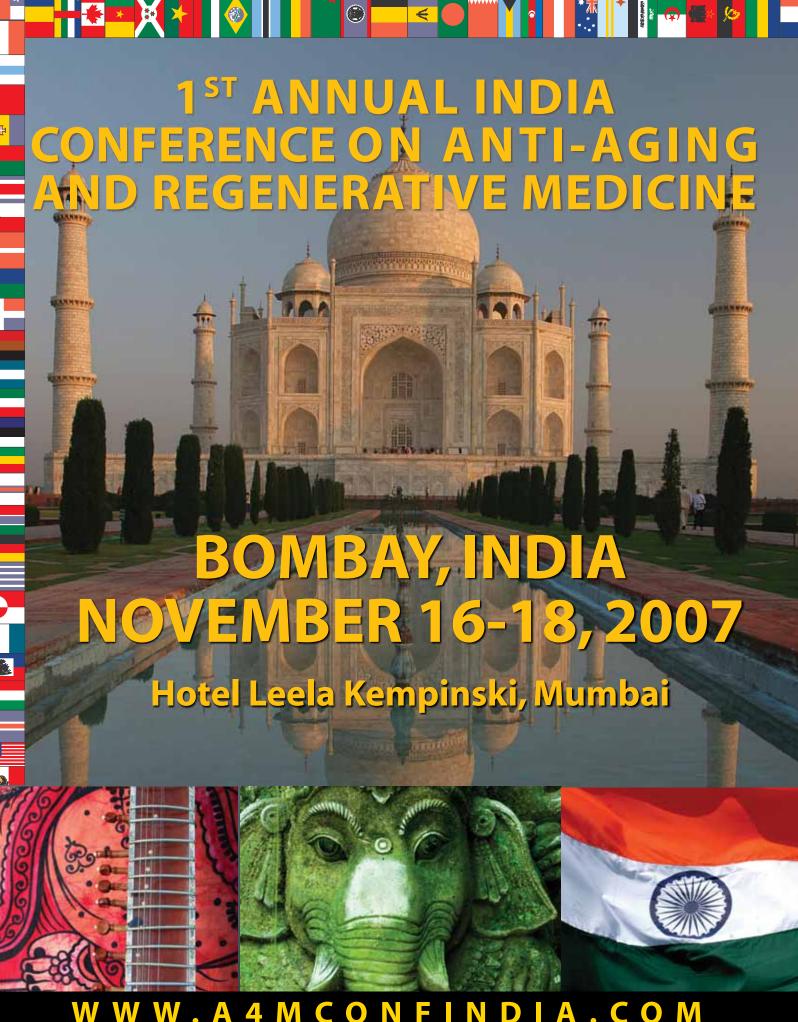
Thierry Hertoghe, MD

Thursday, August 2, 2007

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

Pamela Smith, MD

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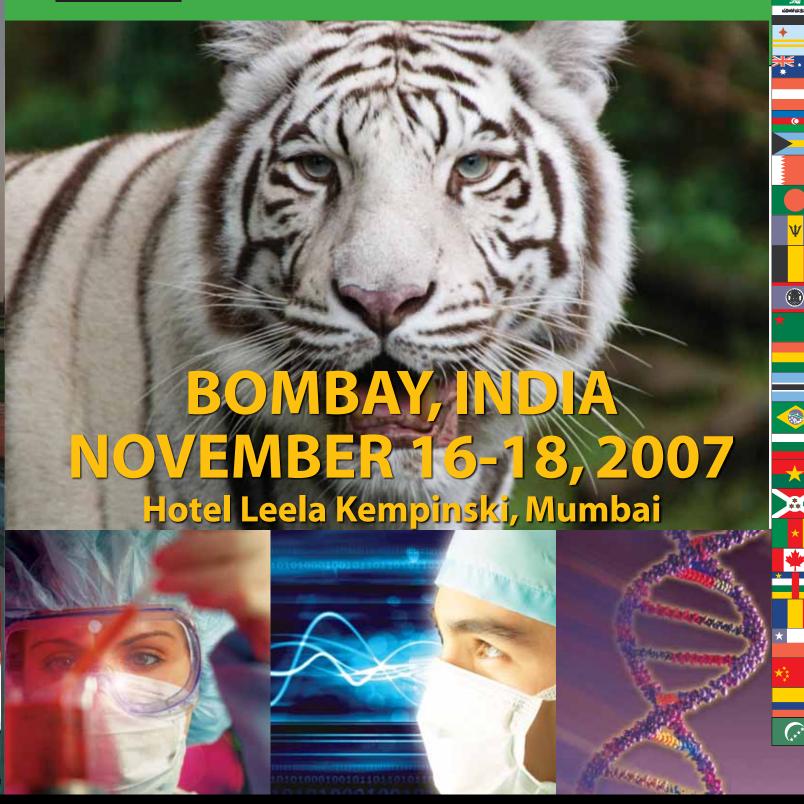
















Friday, August 3, 2007

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Sessi	Notes	GENERAL SESSION
		Friday, August 3, 2007 EYE OPENER: Future Technology for Medicine – Cancer, Depression/ Mental Illness, Dentistry, Stem Cell Rejuvenation
20		BioFocus- Early Diagnosis of Cancer Burton Goldberg; Dr. med. Dipl. Chem. Doris Bachg, MD
Summer 2007		Dr. Bach has a Gene Test to guide the doctor on what chemotherapy will target the cancer cells. Primary Decimated and Micro Metastasized Cells using the genes of the cancer in the patient's blood. Prostate cancer (PCa) is the most frequent cancer in men but difficult to diagnose. Our aim was to establish molecular diagnostic tests to improve early detection of PCa, identification of patients at risk for lethal PCa, and to predict those chemotherapeutic drugs best suited for treatment.
ogies		Introduction to Integrative Addictionology; Depression, Anxiety, Addiction, ADHD and the Ability for the Physician to Test the Brain for Remission of these Conditions Charles Gant, MD
al Technologies		Participants will learn about authentically healing Integrative Medicine protocols that can greatly improve outcomes in addictions treatment. Participants will learn about authentically healing Integrative Medicine protocols which can supplant much of the need to prescribe psychotropic medication in a clinical practice. Participants will get access to training programs intended to further improve their skills in the applications of Integrative Medicine to addictions treatment as well as to the treatment of common psychiatric problems like depression and anxiety.
dic		The Mind-Body-Mouth Connection to Optimal Health and Anti-Aging Medicine Richard Hansen, DMD
and Regenerative Biomedical		Dentistry and its Effect on Human Health and the Use of Laser and Ozone for the Anti Aging Dentist/Physician. Dental Infections are One of the Major Causes of Heart Disease and Cancer and are Imperative in Preventive Medicine In today's society we are being bombarded by a constant onslaught of mental and physical stressors, toxins, and environmental pollutants, never before experienced by mankind. The mouth is the gateway to the body, mind and spirit and is the largest opening to the internal environment of the body through which all the external environment may enter. This has led to sophisticated mechanisms for not only immunity and digestion, but for information gathering and communicating. Through the emerging field of Living Systems Information based on the latest theories in physics, a new appreciation for biochemical signaling, genetics, and biologic expression is leading the way in health restoration and Anti-Aging Medicine.
and R		Use of Stem Cell in Rejuvenation, Particularly Autogenously for the Physician to Give Back the Patient his Own Stem Cells for Regeneration David Steenblock, DO
		Great successes have been found in the treatment of osteoarthritis, age related macular degeneration, multiple sclerosis, Parkinson's, etc. These results indicate that the use of one's own stem cells even at an advanced age have tremendous healing powers and will be discussed.
04		



Friday, August 3, 2007

Opening Remarks

Ronald Klatz, MD, DO; Robert Goldman, MD, PhD, DO, FAASP



Nutritional Intervention Reverses	Damage to	Hair an	d Skin	Caused	by .	Aging
and Genetic Predispositions						

Gary Null, Ph.D., and Martin Feldman, M.D.

This six-month study is a part of a larger, ongoing intervention that has evaluated the effect of multiple lifestyle factors—nutrition, exercise, stress management, attitude and personal environment—on objective measures of functioning (weight, blood pressure and cholesterol levels) and overall wellness.

In this leg of the study, we focused on the effect of lifestyle changes on hair and skin, which are observable indicators of the aging process, and on various aspects of physical, mental and energy functioning. Participants who entered the study wanted to improve problems with their hair, skin or both.

Specific goals of the study were to induce new hair growth in bald areas, slow thinning of hair and reverse graying. These problems are caused by the aging process and/or genetic predispositions. The attempt to overcome genetic limitations was a new challenge for the intervention. For skin, the goal was to reverse the effects of sun damage and aging. Processes that cause aging include: damage to DNA from oxidative stress and free radicals; glycation, which creates a crosslinking of proteins and sugars that damages skin; and inflammatory processes.

The program emphasized a high intake of phytonutrients and antioxidants. Our hypothesis was that because hair and skin mirror what is occurring inside the body, we can improve these external factors only by combating the internal causes of aging. The body must be saturated with phytonutrients to prevent damage to DNA and actually repair it, leading to improvements in hair and skin. The question was whether people can reach the level of compensation needed to reduce system damage, reverse DNA damage and exceed genetic limitations causing loss of hair or graying.

The nutritional protocols required a low-fat diet that was primarily vegetarian. Fish was optional because the omega-3 fatty acids contained in various types of fish help protect against heart disease. Specifically, the diet included the following foods:

- Good-quality protein from vegetarian sources (such as beans, nuts, seeds and tofu) and from fish (optional). Protein intake was approximately 0.9 mg/kg.
- Nine servings of nutrient-dense fruits and vegetables (preferably organic) per day. Fiber intake was at least 35 grams.
- Four servings of beans and also whole grains (such as brown rice, spelt, quinoa and millet).
- Other foods and beverages included were: sprouts, sea vegetables, nuts and seeds, soy products, onions and garlic, monounsaturated and polyunsaturated oils, and spring or filtered water, herbal teas and grain beverages.

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Phyell G2: biodermal implant

Facial Line

Dermagique: micro-peeling and repair treatment

Khuran: anti-acne gel

Kuracell: fresh phyto-organic cells

Kycell: patch for the eyes Phyell: cellular renewer

Vixel: eye and lip-contour gel

Maxica: provides firming action and instant lifting





Corporal Line

Celludistrofk: anti-cellulitic system
Dermagique Corporal: micropeeling
Kuhra 7.0.4: fast & safe weight loss
Moskul: muscle tensor—expander
Thetaxa - L: breast enhancer

Phyell Corporal: cellular renewer



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Abstracts

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ON GRESS & EXPO			
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Juices were an essential part of the dietary protocols because of the abundance of phytonutrients they contain. Participants consumed fruit juices and green juices which began with one 16-ounce glass of juice per day in week 1 and built up to eight glasses per day in week 8.

The diet also eliminated foods and beverages that have negative health effects. These items included: animal protein (beef and poultry) and shellfish; dairy products; wheat; alcohol and caffeine; simple sugars and artificial sweeteners; soft drinks and carbonated beverages; fried, barbecued, and processed foods; food additives, canned and salted foods, dried fruits, preservatives, coloring agents, flavorings, MSG, and yeast.

140 participants completed all aspects of the Hair and Skin End of Study comprehensive rating scale and many others recorded their results either via interview or in journal format or both. The rating scale for results presented five outcomes: worse, unchanged, improved, slightly improved or much improved.

Hair and skin results. The ratings documented improvements in measures of hair, facial skin, body skin and nails. The most frequently improved hair measures were thinning of hair (69.8%) and hair texture (66.9%). Also improved were luster of hair (65.4%), balding (61.0%), graying of hair (58.3%), hair loss per day/week (57.3%) and darkening of hair (52.6%). The skin measures improved most often were skin texture (86.7%) and skin tone (81.2%). Also improved were wrinkles (63.0%), blemishes (61.4%) and eyelids (37.4%).

Physical, mental and energy results. The ratings showed a high frequency of improvement in mental capabilities and energy status. Overall energy function was improved in 91.5% of participants; overall mental function was improved in 82.9%.

Participants age 55 and older did well with the protocols, scoring improvements in hair, skin and functioning. However, the mean scores of younger participants (under age 55) were significantly better than those of older people in 11 of 42 measures of hair, skin and functioning. Similarly, in a comparison of male and female participants, the mean scores of women were significantly better than men's in 12 of 42 measures.

In conclusion, our results indicate that a multifactorial lifestyle intervention is an effective way to counter processes that cause aging and disease, thereby improving the condition of hair and skin. The protocols, which featured an abundance of phytonutrients, led to improvements even in people with genetic predispositions to hair loss, balding and graying of hair. We also documented changes in functioning that can have a big impact on one's quality of life. All of these improvements were achieved at far less cost than those of traditional treatments. This finding suggests that conventional medicine could enhance the health of patients by incorporating a cost-effective "wellness model" into its paradigm.

Goals & Objectives:

• To evaluate the effect of lifestyle changes on the condition of hair and skin, which are observable aspects of the aging process. Specific goals were to induce new hair growth in bald areas, slow thinning of hair, reverse graying of hair, and reverse damage to skin from sun exposure and aging.

continued on page 120

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Abstracts

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Friday, August 3, 2007

- To study whether changes in hair and skin status are associated with improvements in less obvious aspects of physical, mental and energy functioning that affect one's overall wellness and quality of life.
 - To use safe, nontoxic interventions to improve the status of hair and skin and to optimize physical and mental functioning. The interventions—including diet, exercise, stress management, attitude and personal environment—cost far less than conventional treatments such as pharmaceuticals, cosmetic surgery and other types of surgery.
 - To demonstrate how a "wellness model" might add value to the paradigm of conventional medicine. While mainstream medicine focuses on the treatment of disease after a breakdown in functioning has occurred, a wellness model uses natural interventions to enhance the functioning of the patient.

Cholesterol, The Father of All Hormones

Mark L. Gordon, MD

As physicians, we have been trained to believe that Cholesterol is an evil component to life causing atherosclerotic disease which frequently leads to cardiovascular insults. What we may not be aware of is that Cholesterol is also the very origin of all our steroidal hormones.

Why is it that cholesterol, on one hand, appears to create the basis by which each one of us is prone to a heart attack and on the other hand, allows us to function with strength of body and mind? Why is it that as we age our hormones decrease with a proportionate increase in the livers production of cholesterol. When we treat hypercholesterolemia with statin drugs we get a measurable reduction in cholesterol with a corresponding reduction in vital hormones.

Treatment often yields significant reduction in Cholesterol, then why do over half the heart attacks happen in men and women with normal levels of Cholesterol. Is there the possibility that we have been looking at the wrong culprit in the precipitation of atherosclerotic vascular disease? Is there more to the equation?

In this presentation we will be looking at range of players in the game of atherosclerosis and you will be the one to make the decision; should we continue to treat elevated cholesterol or something else?

Goals & Objectives:

- Review the literature relative to the etiology of CVD as it relates to Cholesterol
- Review of the literature relative to IL-6, CRP, TNF, Homocysteine, and Cholesterol
- Review of the literature in terms of treatment



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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 neuro-

I by 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%.





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 #705 at the Anti-Aging Expo 2007.





Friday, August 3, 2007

Notes

Genomics of Aging

Michael Klentze, MD, Ph.D.

Aging is controlled by different mechanisms, which influence the speed of the aging process and which is determined by interindividual genetic variants and can be 1. Measured; 2. Influenced by lifestyle and diet; and 3. Individually controlled by knowledge of the genomic and proteomic basics.

The different mechanisms are:

1. Oxidation – and individual antioxidative capacities: Energy formation and individual genetic differences regarding the enzymatic and hormonal signalways, which are involved into the metabolism: The insulin signaling pathway couples feeding and nutritional status in mammals to the tempo and mode of metabolism in most tissues of the animal. The Insulin-like pathway regulates longevity and metabolism in different species. This regulation may be mechanistically related to longevity increase caused by caloric restriction and may be linked to the free radical formation of the Insulin-like pathway.

Cumulative evidence from studies of gene mutations suggests, that reduced IGF-1 and Insulin signalling leads to delayed aging and increased longevity.

2. Methylation and Deacetylation. The methylated CpG dinucelotids of DNA regulate the genetic activity, coupled with deacytilation or acetylation of the chromation , suggesting that the switch on and off of a particular gene is determined by this

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methylated or demethylated dinucleotids, while the NAD dependent acetylation or deacetylation regulates the chromatin packing or depacking (silencing of the genome), including SIR proteins as regulator. Furthermore methylation is involved in cancer formation and neurotransmitter and steroid hormone elimination, as well homocysteine formation, suggesting a most important role of methylating and demethylating enzymes in the aging process. Genetic variants of the methylating enzymes lead to individual expression pattern of this enzymes.

- 3. Glycolisation. The non enzymatically formation of sugar bounds leads to increased molecular instability, forming cross-linking of the DNA and posttranslational transcripts. Disorders in the insulin and lipid metabolism, caused by genetic variants of the genes, involved in this part of the metabolism cause higher glycolisation and tissue damage.
- 4 Inflammation. Aging is an inflammatory disease, causing a link between different age related diseases like bowel disease, cardiovascular disease, Alzheimer and Parkinson disease, osteoarthritis, dental and gum inflammation, and cancer. The genetic variants of interleukins or PPAR gamma and alpha receptor cause different expression of pro-inflammatory cytokines or reduced activity of the nuclear xeceptors, leading to increased pro-inflammation and morbidity or mortality.

Polymorphisms. Gene diagnostics for age related disease risk prediction and costumed tailored personalized treatments.

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Friday August 3, 2007 Time: 5:00pm - 6:00pm

Speaker:

Hartley Thomas, MD

Director — Advanced Cosmetic Dermatology Center, Valparaiso, IN

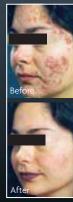
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Judy Bechtol



Ercin Ozunturk, MD



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Cardiovascular risk. Cardiovascular disease (CVD) is the prime cause of death among the elderly in industrialized countries, and a major determinant of chronic disability. The number of people in Germany who die from sudden death by MI or non-stable plaque per year is 100,000. In the US this figure is 1.3-million. A German study of approximately 1-million people showed that obesity is increasing with age. This is a major public health problem, as we know that body mass index (BMI) is one of the major risk factors for heart disease. The average hip-waist ratio is also on the increase. It is that the mean increase of fat mass from in men between the age of 25 and 70 is about 15 kg. Whereas the mean loss of lean body mass over the same period is approximately 8 kg. The reason for this rise in BMI, hip-waist ratio, and obesity is simple – it is all down to life-style.

While environmental factors such as diet, physical activity, and alcohol intake play an important role in determining triglyceride levels, results from family studies have all suggested a strong genetic component to triglyceride levels. Although family members tend to share a similar environment, studies on twins reared together have shown that triglyceride levels are highly influenced by genetic variability. However, considerable inter-individual variation is observed in the response of LDL and other lipoproteins to dietary change. The hypothesis that genetic differences contribute to this variability has led to several studies in which associations of dietary lipoprotein responses have been sought with polymorphisms in genes affecting lipoprotein metabolism [17].

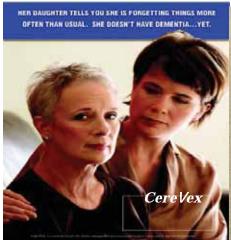
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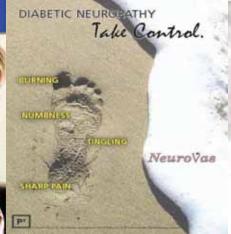


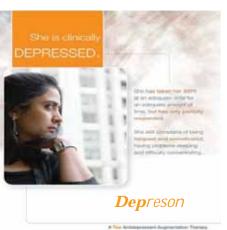
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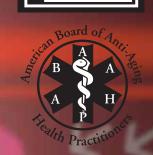
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Abstracts

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EXPO	continued from page 128 Friday, August 3, 2007
Notes	There is increasing awareness of the potential for genetic variation among individuals to influence nutrient requirements and biological responses to nutrient intake. In the case of genes influencing LDL subclass patterns, gene-diet interactions contribute to wide inter-individual differences in the effects of low fat, high carbohydrate diets on risk for coronary heart disease. The degree of the inter-individual differences may be magnified in certain genetic sub-populations. Some of these sub-populations will likely be ethnic minorities. The recognition of such differences in metabolic response is prompting greater appreciation of the concept of intelligent nutrition based upon knowledge of nutritional status, nutritional requirements, and genotype. Humans can metabolize a wide variety and range of amounts of food chemicals. The flexibility in metabolic response to changes in type and concentration of dietary chemicals demonstrates an important clue for understanding the effects of diet on health. It is the interactions of dietary chemicals with genetic machinery and information, (diet X genotype interactions) that play a key role in maintaining health and preventing diet-influenced chronic diseases .The concept of "personalized" medicine is now being extended to the field of nutrition .It is now accepted that nutrients (i.e., macronutrients, micronutrients and antinutrients) alter molecular processes such as DNA structure, gene expression, and metabolism, and these in turn may alter disease initiation, development, or progression. Individual genetic variation can influence how nutrients are assimilated, metabolized, stored, and excreted by the body.
	The interface between the nutritional environment and human cellular/genetic processes is being referred to as "nutrigenomics." The same tools and methods used in pharmacogenomics (SNP analysis, gene expression profiling, proteomics, metabolomics, bioinformatics, and biocomputation) are being used to examine an individual's response to his or her nutritional environment. The desired outcome of nutrigenomics is the use of personalized diets or intelligent nutrition (i.e., knowledge of nutritional status, nutritional requirement and genotype) to prevent or delay the onset of disease and optimize and maintain human health.
	Genetic variations are responsible for the individual phenotype, depending to lifestyle. Genes are located on chromosomes which are condensated structures, belonging to the cell nucleus and carry the genetic information. They consist from a biological acid, called DNA. Genes display the genetical decoding of all our physiological processes and structures in our body. The heritance can be expressed by heterozygoty and homozygoty, which means that you can have heritated your genes either from one parent or from both. This has impact on the phenotypic expression. Homozygotie has two same alleles (one gene includes the two alleles,

, depending to ated structures . They consist oding of all our an be expressed heritated your the phenotypic the two alleles, one from your mother, the other one from your father) and in so far it displays a much stronger expression of the mutation as heterozygoty does.

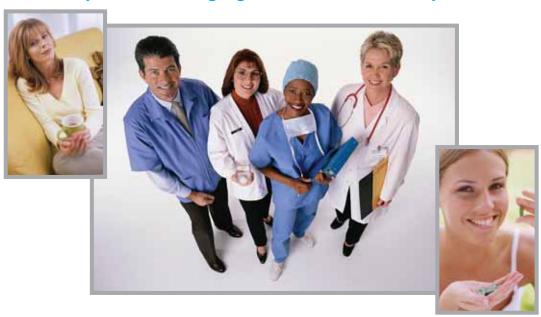
Poymorphisms are nothing else than small point mutations or deletions, or inversions of DNA parts which are distributed over the whole genome. For example: if you stretch the whole DNA of the smallest chromosome (no 22) of your genetic treasure you will get a distance, which stretches from Barcelona to Valencia. In this case you will find a polymorphic DNA every 1½ meter.

Though as humans we display all the same genes, we are so different one from another. The Polymorphism is responsible for the variety of phentotypic markers of human being. Due to our exams we are searching for those genes, which decode

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Abstracts

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for enzymes of our body. This enzymes controll the converting of substances as hormones and the break down of them. Therefore e.g. slow acting enzymes or fast acting enzymes dominate the metabolism, and, depending of what kind of enzymes are acting, we get different amounts of endproducts. Due to hormone metabolism we can estimate from the results of this research if there is accumulation or fast eliminating of hormones after all. This has importance for risks of breast or- prostate cancer.

Genes determine cardiovascular maker genes as well. For example polymorphism in blood pressure genes like AGT or ACE, cholesterol metabolism genes, blood coagulation genes have impact on your health. Nevertheless genes only are basic information of your genetic code and the question if you will get those problems, which are described as your personal risk depends on how your lifestyle is.

Our Anti-Aging therapeutical strategy, should be 1. individual; 2. custom attracted; and 3. secure. The great advances in medicine in the last years can realize this idea for the near future. Women ask more and more after a custom attracted and individualized HRT. We can observe a change of paradigm in nearly all medical subject areas. The standard of an individualized therapy for our patients requires more and more comprehensive epidemiological investigations, meta analyses and genetically analysis, which is especially supported by the detection of the human genome.

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Friday, August 3, 2007



So we can estimate the profit of a HRT for women and men in order to reduce their CV- risks and sex specific cancer risk. As we know, weight reduction, exercises and reduced cigarette smoking improve the CV- risk, as well as the breast and prostate cancer risk. We also know, that the possibility of CV- diseases increases dramatically in women after menopause and in men with low testosterone levels, with a 10 years latency of women compared with men, while the fertile phase of women apparently displays a protection against those diseases. We detected some polymorphism in your case, which could have impact on the above mentioned diseases.

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- Alzheimer Risk (APOE), Atherosclerosis
- Obesity
- Osteoporosis
- Inflammation (the main cause of all age related diseases)
- Nutrigenomics and Lifestyle recommendations
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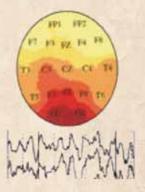


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Friday, August 3, 2007

INOTES	N	otes	5
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The Quintessential Triad of Cellular Regeneration: Mitochondria, Methylation, and Nucleic Acids

Todd Ovokaitys, MD

The program will particularly review nutrient and metabolic strategies to boost the function and regeneration of mitochondria, increasing both mitochondrial number and energy production per mitochondrion. Increased ATP generation and delivery improves all aspects of cell physiology and function, and can be a cornerstone to increase the effectiveness of any complementary health strategy.

The physiologic age of a cell can be measured by the attribute of DNA methylation. Any factor that slows, stops, or reverses DNA methylation tends to slow, stop, and even reverse aging at the DNA level. Methods for enhancing DNA methylation and methylation metabolism in general will be presented.

A profound method of cellular repair is the provision of bioavailable nucleic acids. Data showing benefits in overall longevity and improved function of multiple organ systems will be reviewed.

In addition a new laser technology involving applying photoacoustic resonance to molecules to enhance their shape and function can amplify the benefits of any platform opens new vistas to regeneration medicine.

Published data for the above applications shows increased mammalian longevity from 15-150%. These strategies may be beneficially incorporated into any program of cellular and systemic rejuvenation.

Goals & Objectives:

- Identify key metabolic support factors that increase the number and function of mitochondria for enhanced cellular energy production
- Understand the wide-ranging role of methylation metabolism, or one carbon transfer reactions, in general health and in DNA rejuvenation
- Appreciate the organ reparative and life-extending benefits of effectively delivered nucleic acids

"The Great Masquerator" The Lyme Spirochete

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.



Friday, August 3, 2007



How to improve hormone levels by positive psychological attitudes: the scientific data

Thierry Hertoghe, MD

When a hormone therapy is used to correct a hormone deficiency, it may considerably help in clearing up depression and calming down anxiety, and put patients back into a healthy, more positive mood. But, is the opposite true? Can hormone levels be improved by changes of the mind, changes in the way we think and perceive things?

There is an increasingly growing body of scientific evidence to support such concept showing often partially, but significantly improved hormone levels when mental and emotional attitudes become more positive.

Receiving good news such as winning a competition, for example, significantly elevates the serum level of testosterone in competitors as well as in their supporters, while failure tends to reduce it in both groups. It is, therefore, hormonally healthier to be a supporter of a team that often wins than of one that loses all the time.

Much of the harm caused by stress on the endocrine system results from an excessive increase of secretion of catabolic hormones such as cortisol and (nor)adrenaline compared to anabolic hormones such as DHEA and testosterone, whose secretions may fail to increase and may even decline, creating a dangerous imbalance between the two groups of hormones. The body is left unprotected against the increased catabolism, pushing the body towards premature aging, and possibly an earlier death.

Which attitudes are wrong? Which attitudes throw the endocrine system out of balance and should makes us run away from them? Depression (that is associated with an increased 24-hour cortisol, but with reduced efficacy of the cortisol secretion, reflected by a poor change in cortisol secretion to a stressor, as appears to be the case in depression, at a moment when cortisol is the most useful), hostility, anxiety (which is associated with a high cortisol, adrenaline and noradrenaline levels, and low DHEA sulfate levels), emotional repression (that may reduce by half testosterone levels and is marked by a flattened diurnal cortisol rhythm), submission (that simultaneously increases cortisol and reduces testosterone), avoidance coping behavior (not trying to confront and solve a problem, which is associated with lower DHEA serum levels in women), somatization, dramatization, post traumatic stress disorder, finding ones' condition as financially stressful, social separation, social isolation (which reduce the calming down hormones such as progesterone and pregnenolone), overcommittment, shame and low self-esteem are among the attitudes or conditions that tend to unfavorably increase the catabolic /anabolic hormone ratio in the body.

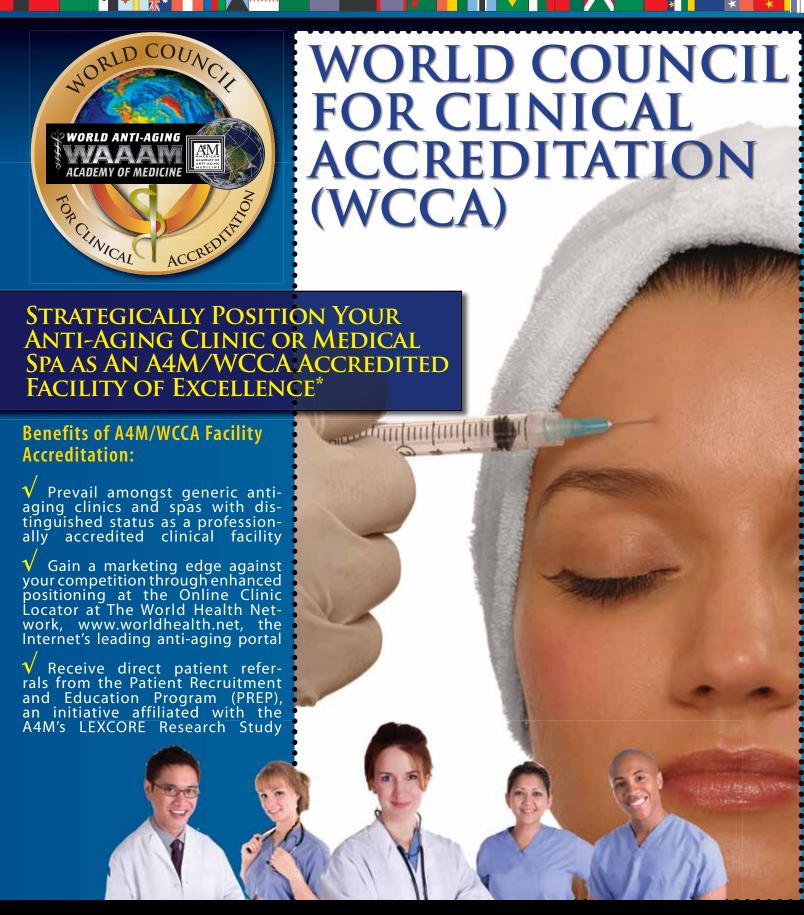
Conclusion: the data support the view that physicians can help their hormone deficient patients not only by administering them the appropriate hormone supplements, but also by advising them to think, feel and behave more positively.

Future of Anti-Aging Medicine, New Insights into Aging Population and Advances in Clinical Technologies

Ronald Klatz, MD, DO

Dr. Klatz will discuss his insights and observation from anti-aging clinics and online research from major universities and around the world.

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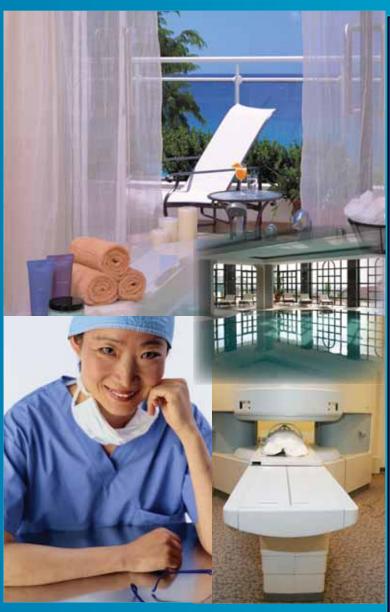


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Friday, August 3, 2007

Notes

The Documented Health Risks of Genetically Engineered Foods (Don't put it in your mouth!)

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

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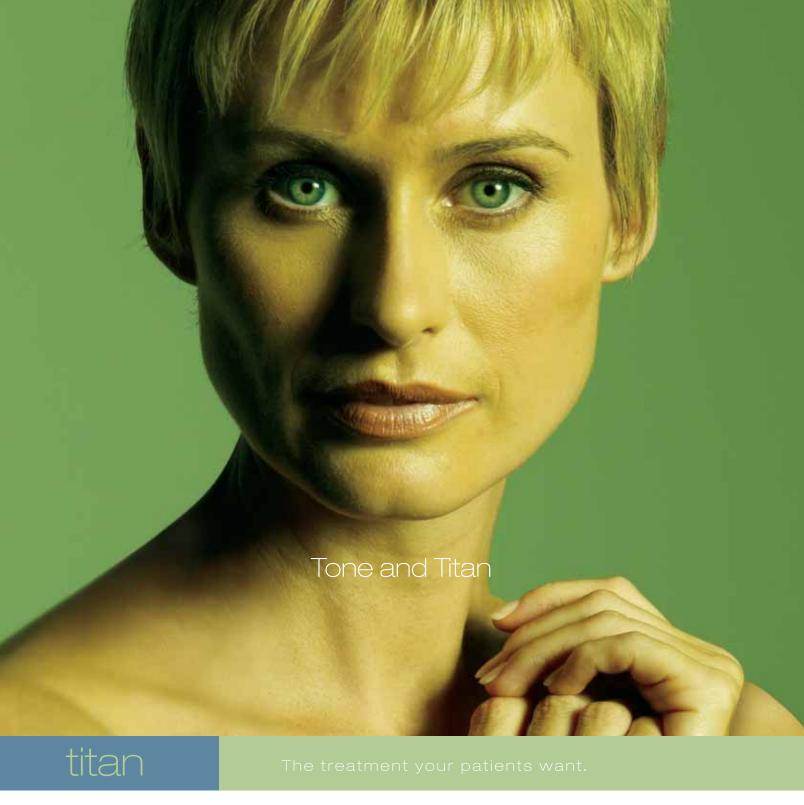
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CUTERA



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Friday, August 3, 2007

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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

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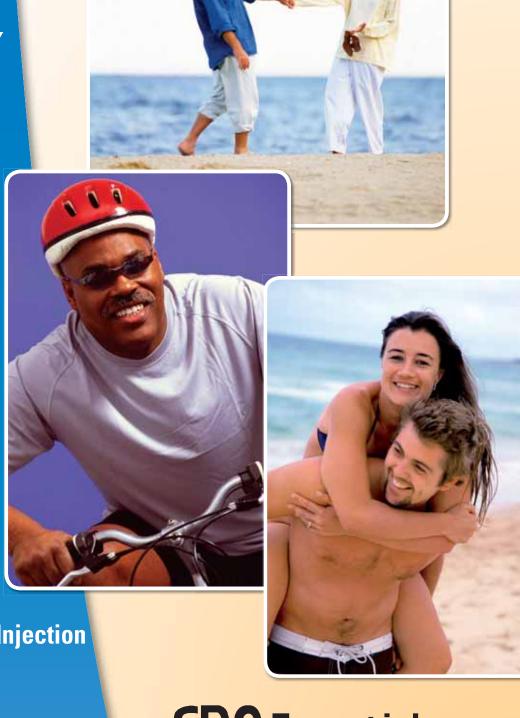
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Friday, August 3, 2007

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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.

Goals and 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



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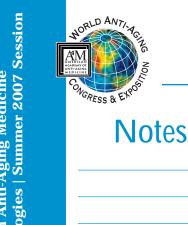
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Friday, August 3, 2007

Laboratory: DNA Microarray for the Screening and Diagnosis of STD, Prostatitis, HPV and Cervix Cancer

Woochul Moon, MD

Sexually transmitted diseases (STD)are important diseases; Highly prevalent, high impact on quality of life and socioeconomic loss. There are 4 types of STD. Most common type of STD (Type 1) present as anterior urethritis in male and cervicovaginitis in female, which develop secondary to N. gonorrhoeae, U. urealyticum, C. trachomatis, M. genitalium and Hominis, T. vaginalis. The second type present as genital ulcer diseases, which develop due to herpes simplex virus type 2 and 1, T. pallidum and H. ducreyi. The third type presents as systemic infection, which develop due to human immunodeficiency virus, T. pallidum and hepatitis virus. The fourth is human papillomavirus (HPV), which induce almost all cases of uterine cervix cancer and genital wart. In addition, C. albicans is included in differential diagnosis of vaginitis. Chronic prostatitis syndrome, an urologic enigma, should be differentiated from urethritis in male. The diagnosis of STD is problematic; Causative organisms of STD are difficult to detect by conventional assay. Conventional tests often require long time and are high in cost. STD commonly show mixed infection. To combat these problems, genetic tests are being used to detect STD, but no satisfactory tests are currently available. We herein developed new genetic tests by using multiplex PCR and oligonucleotide microarray (DNA chip) which can accurately identify all the important causative organisms of all the type of STD simultaneously in a accurate, cost effective and quick manner and also can provide information on drug resistance. This novel system can

continued on page 150



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detect all the causative organisms of STD and detect mixed infections accurately (sensitivity and specificity > 99%). It can also accurately provides information on the cause of chronic prostatitis syndrome and can differentiate true bacterial prostatitis (which develop due to gram negative or positive urinary pathogen), STD and non-infectious diseases. In addition, it can guide therapy of STD and prostatitis by allowing to select sensitive drug to the causative organism. Testing for HPV infection and their genotype is of vital importance to accurately screen, detect and estimate the risk of cervical cancer and also to decide HPV vaccination. We herein developed a novel HPV genotyping microarray, which can detect the presence of HPV, identifying its genotype and estimated risk of developing cervical cancer (sensitivity and specificity > 99%). It detects all of the 42 types of genital HPV which can affect the human uterine cervix and can detect mixed type HPV infections.

Goals & Objectives:

- Basic concept on gene, gene test and DNA microarray
- 4 types of STD
- Pathogenesis of STD, prostatitis and HPV infection/ cervix cancer
- How to apply and use DNA microarray in the clinical practice of STD, prosatitis and cervix cancer

Friday, August 3, 2007

EVENING WORKSHOP: Aesthetic Medicine, Resurfacing Techniques

Co-Chair: Sharon McQuillan, MD

Aesthetic Expert Roundtable

Join our expert aesthetic provider panel as they answer attendee questions regarding various facets of aesthetic medicine.

Friday, August 3, 2007

EVENING WORKSHOP: Innovations and Discoveries in the Use of Stem Cells, Anti-Aging, Fitness & Metabolism to Reverse Heart Disease, Diabetes and Hypertension

Co-Chair: Nick Delgado, Ph.D.

Innovations and Discoveries in the Use of Stem Cells, Anti-Aging, Fitness & Metabolism to Reverse Heart Disease, Diabetes and Hypertension

Dr. Nick Delgado will explain (1) the most recent developments in stem cell discoveries for anti-aging using concentrations of over 2 billion stem cells obtained legally from your own bone marrow; (2) the safest approach reported in the medical literature for the correct selection and treatment with stem cells; and (3) applications and restorative benefits for tissue and organ repair.

Dr. Delgado explores the myths and facts about DHEA, testosterone, DHT, balancing of estrogens, growth hormone and cortisol as well as the correct delivery systems, safe dosages and correct combinations (all key hormones associated with love, desire and quality of life).

Discover the five ways to create an essential energy system under high or low oxygen demand, ways to increase energy, reduce fatigue and build a positive nitrogen balance, and easy fitness tips to restore vitality and zest of life back to youthful levels.

Dr. Delgado identifies the first signs of premature aging and sexual decline. Learn the positive effects of multiple herbs, enzymes, biochemistry and bio-identical hormones.

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W W W . T H A I A 4 M . C O M





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Find out how intimate healing actually releases hormones to keep us young while enhancing the quality of your relationships. He will review the best protocols providing practical applications on how to restore full male function to youthful ability.

Dr. Delgado will give the best update about diets that work to keep your heart healthy. Find out how to maintain a healthy heart with similar principals applying to good circulation and blood flow. Research is confirming what Nathan Pritikin had documented, according to Robert Wissler, M.D., Dean Ornish, M.D. and Neal Barnard, M.D., that heart disease is reversible and almost completely preventable with diet and exercise. Understand specific biomarkers of blood, body composition, lean mass, organ function, mental ability and freedom from most degenerative diseases as manageable in anti-aging medicine. He will offer actual case examples of how to master the golden rules of longevity and improve the quality of life.

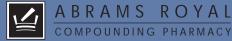
Goals & Objectives:

- Clarify benefits of stem cell treatments with the best current therapies
- The correct combination of hormones, herbs and enzymes to use in your practice
- How to understand effective protocols for energy system, oxygen retention, body repair and lowering core temperature for rapid recovery and longevity. How to identify structures in the blood, the best treatments to improve the flow of energy, ATP production at the cellular level and reduce multiple risk factors of patients with lifestyle interventions.
- Intimacy and healing effects of male and female interaction

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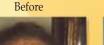
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Friday, August 3, 2007

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EVENING WORKSHOP: Building your Practice with Medical Food*

Friday, August 3, 2007

EVENING WORKSHOP: The End of Height Loss with Aging

Friday, August 3, 2007

EVENING WORKSHOP: How to Open a Turn Key Weight Management Program*

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Friday, August 3, 2007

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EVENING WORKSHOP: The Effect of Nano Amperes on Human Skin*

Friday, August 3, 2007

EVENING WORKSHOP: How to See your 1st Hormonally Challenged Patient for Proper Endocrinal Intervention*

Friday, August 3, 2007

EVENING WORKSHOP: Energy Medicine – Adding B.E.S.T. Technique in Your Protocol on Monday*





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Saturday, August 4, 2007

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GENERAL SESSION

Saturday, August 4, 2007

EYE OPENER: The effects of hormones on breast cancer – how to maneuver them to prevent breast cancer

Khalid Mahmud, MD, FACP

Breast cancer is influenced by many factors. Some promote the growth and spread of cancer, others are inhibitory. The hormones that affect breast cancer include: estrogens, progesterone, testosterone, DHEA, human growth hormone, triiodothyronine, oxytocin, and melatonin. Some estrogens [estradiol and estrone] stimulate breast cancer via estrogen receptor-alpha, while others [Estriol and 2hydroxyestrone] inhibit its growth. Post menopausal breast cancer is stimulated by the intra-mammary production of estrogen, which is many folds higher than the concentration in blood. Therefore external administration of small doses of E2 does not result in increased breast cancer, and may even be preventive. Testosterone and DHEA are preventive, except in large doses when they may actually become stimulatory by converting into estradiol and estrone. T3 [tri-iodothyronine], melatonin and oxytocin inhibit breast cancer. So do related substances such as vitamin D and sex hormone binding globulin [SHBG]. Human growth hormone in small doses may be protective against breast cancer. The effects of these hormones are exerted through specific receptors, aromatase inhibition or stimulation, upor down-regulation of tumor suppressor or tumor promoting genes, induction of apoptosis, influence on free radicals, changes in Natural killer cells and other aspects of the immune system. Scientific data will be presented to delineate these effects and to support the conclusions.

An approach to using these hormones will be presented, which could prevent or delay breast cancer in women.

Goals & Objectives:

- Mainstream medicine is doing nothing to prevent breast cancer. Mammography is early detection, not prevention. By the time a cancer if found on mammogram it has been present and slowly growing for approximately 15 years. We need to act earlier. Understanding the effects of hormones is an essential part of such prevention
- Doctors in general have no knowledge of the effects of hormones on breast cancer other than "hormones cause breast cancer". Nothing could be farther from the truth. The fact is that there are at least eight different hormones that affect cancer and can be manipulated to inhibit rather than stimulate breast cancer cells.
- My goal is to inform Anti-Aging physicians of this knowledge so that these doctors and A4M can take a lead in this very important area - in the true spirit of Anti-Aging Medicine

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Effective Treatment of CFS and Firbromyalgia- Ribose in Energy Production Jacob Teitelbaum , MD

Chronic Fatigue Syndrome and fibromyalgia have been shown to represent an "energy crisis" with secondary hypothalamic dysfunction. Treating these with our "SHIN Protocol" (Sleep, Hormonal support, Infections, and Nutritional support) has been shown to result in an average 91% improvement in quality of life and a marked decrease in pain. We will discuss our recent research showing that Ribose, a key component of ATP, NADH, and other energy molecules that are critical to energy production resulted in an average 45% increase in energy at 3 weeks. Ribose is also a key component of DNA and RNA and is deficient in energy depleted states. Because of this, it is also very helpful in treating CHF and other cardiac problems as well as in generally improving athletic performance and in beauty and skin anti-aging. Research on Ribose in these areas will also be presented.

Goals & Objectives:

- Understand the causes of Chronic Fatigue Syndrome and fibromyalgia and how to recognize them
- Learn how to effectively treat them using our "SHIN Protocol" (Sleep, Hormonal support, Infections, and Nutritional support)
- Learn about the role of Ribose in treating not only CFS and Fibromyalgia, but also cardiac problems, beauty, and skin anti-aging as well as for a general increase in energy production

Aging is an Adult Growth Hormone (GH) Deficiency Syndrome (AGHDS): This Statement may be the Basis of a General Consensus of Gerontologists Imre Zs.-Nagy, MD

This is a presentation of an experimental gerontologist who spent 40 years with the basic research on aging, following a true interdisciplinary approach. It will describe the theoretical basis offered by the membrane hypothesis of aging (MHA), and the main known effects of the GH. On this basis it is hoped to explain aging with a really possible perspective of a useful intervention against it.

Goals & Objectives:

- The main goal is to achieve a theoretical consensus among the researchers and clinicians on the true nature of the aging process, which has never been possible so far, due to the extreme diversity of the aging theories. It is the first time that this goal seems to be realistic.
- It is also aimed to contribute to the clarification of the scandalous conflicts between various groups of scientists on the utilization of human GH-treatment as an anti-aging, protective tool.

The World's First BIHRT Baby Bio-Identical Hormone Replacement Therapy S. Ali Mohamed, M.D.

The central role of hormones in both the human life cycle and the body is well known and recognized. As a woman ages or due to external circumstances such as severe physical or mental stress, there are declines in hormone levels. This can result in decreased fertility or Infertility. continued on page 162

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In an age of specialization and super-specialization, the treatment of these conditions is considered to require a specialist dealing with "women's problems", usually a gynecologist. In their hands, treatment has become routine, utilizing synthetic and non-bio-identical hormones to interfere with the body's natural hormone cycles. To assure therapeutic "success", anti-depressants are often added to the prescription. If this fails, the scalpel may emerge. Commonly, no attempt is made to evaluate the patient's hormone imbalances and bring them to a norm, in order to re-create the patient's natural, internal environment or milieu and thereby resolving the condition.

To illustrate this, we present the first case report of a 38-year-old white female, 5'7", 134lbs, BMI 21. She was just not feeling healthy. She felt depressed and lacked energy, had occasional spotting, low energy fatigue, hot-flashes, night sweats, depression, forgetfulness, sugar craving and difficulty conceiving. She had not had a period since the birth of her first baby in April 2003. She wanted another baby, but her blood tests indicated infertility. Her FSH ranged between 70 Miu/dl and 110 Miu/dl, where infertility is defined above 20 Miu/dl. Her gynecologist diagnosed her with Pre-Mature Ovarian Failure.

Her gynecologist then recommended in vitro fertilization with donor eggs, as her eggs were supposedly not viable. Nobody tried to determine why she had become infertile. She was informed that with in vitro fertilization (involving obtaining

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donor eggs, sperm donation, mixing the two in the lab, inserting the fertilized egg, hoping it sticks and at least thirty thousand dollars), she could probably become pregnant. She opted not to try expensive, painful and often disappointing in vitro fertilization. She came to us for an evaluation. She had her blood work done and completed our comprehensive 14-page questionnaire. Her blood work revealed some hormonal deficiencies.

We started her on Bio-identical Hormone Replacement therapy, together with a program of healthy nutrition, exercise and stress management. She felt a lot better on her follow-up visit a month later. At three months, she was feeling great. A couple of weeks later we got the call: I am pregnant! This was an unexpected pleasure and a true delight nine months later. Today she is the proud mother of the world's first Bio-Identical Hormone Replacement Therapy Baby. Painless and inexpensive bio-identical hormone replacement, without any invasive procedures, allowed her to have her own baby, using her own eggs.

Conclusion: The Neuro-Endocrine Axis is the body's core system that maintains internal homeostasis and controls all bodily functions. Women of reproductive age have multiple hormones in play, in addition to cyclical fluctuations. This makes them prone to the hormone imbalance conditions named above, which affect mind and body. These conditions are considered "female" problems and are often underor mistreated using either ineffective synthetic hormones or anti-depressants, along with patronizing or pejorative encouragement. Fortunately, these conditions can

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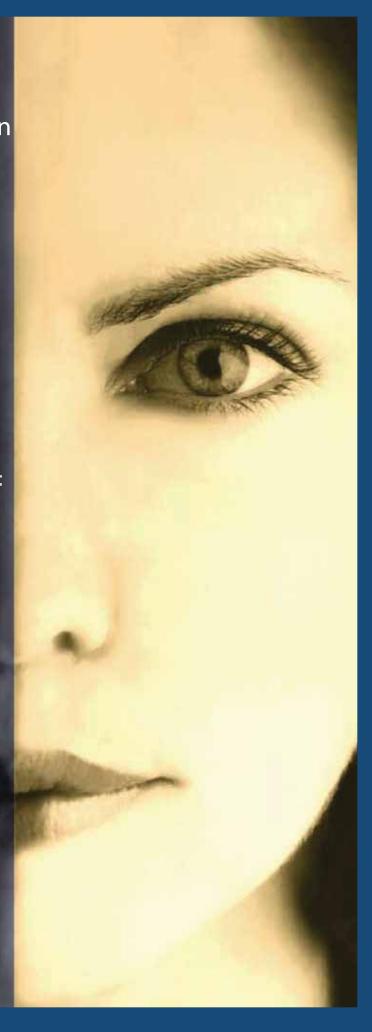
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be treated comparatively easily using BHRT, often avoiding toxic medications or expensive and painful surgeries, both with significant side effects. Best of all, one does not have to be a "specialist" or a gynecologist, merely an educated physician, as the scientific basis for the treatment is both available and apparent.

Laboratory Testing in Anti-Aging Medicine

Bill Anton, PhD

Anti-Aging is about depletion, inflammation and wear and tear. In this series of the session 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.

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 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; how energy is stored in the brain as a electro-potential; how the enengy is transmittered and used through hormones and the dual Nervous system.

What is thought? Why must we sleep? Why do we dream? How do hormones work as charge delivery systems?

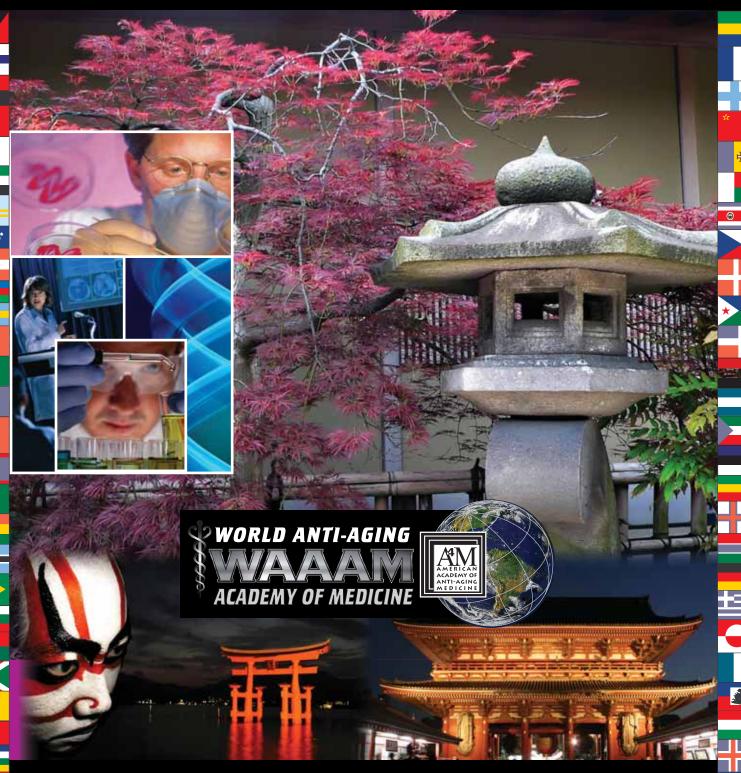
continued on page 168



2ND ANNUAL JAPAN CONFERENCE ON ANTI-AGING AND REGENERATIVE MEDICINE



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W W W. W O R L D H E A L T H . J P



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Saturday, August 4, 2007

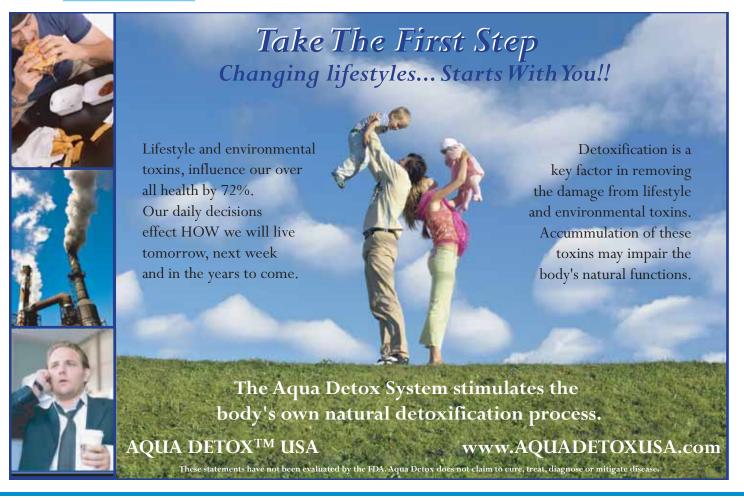
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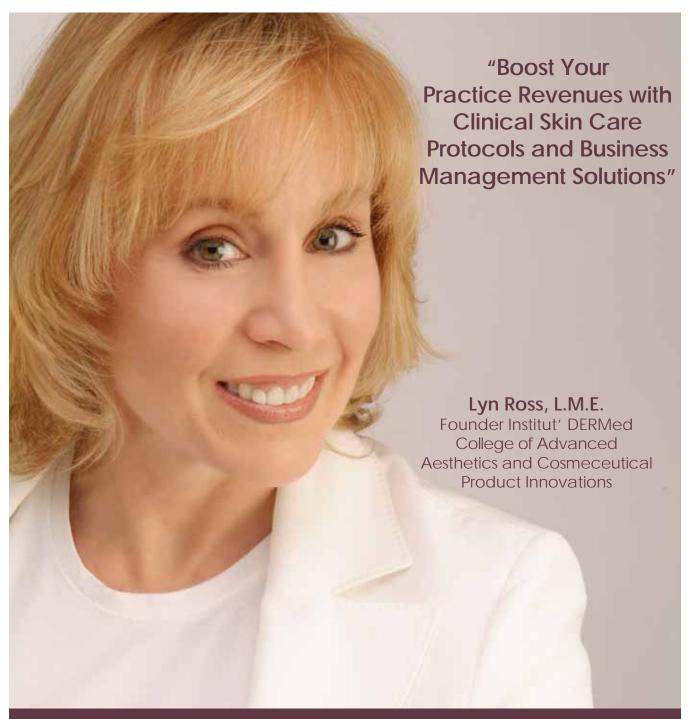
Goals & Objectives:

- 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
- Instead of this confused theory, Dr Jonathan James presents a new way to look at the chemistry and flow of energy of the brain. The Grand Design describes how the energy of life is created, stored, transmitted and used throughout the body. The Energy in Norepinephrine is the energy that is used to power and control all the defenses.

PANEL DISCUSSION: "What Works NOW for Anti-Aging", most Reliable Techniques and Interventions that Make a Dramatic Impact in Your Clinical Practice Today







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Saturday, August 4, 2007

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Medical License Defense and Malpractice Medical Liability Insurance Issues Being Your Own Advocate: Approaches to Medical Licensing Defense Algis Augustine, Esq.

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 also provide an overview of the disciplinary process, investigation techniques, and the rules and regulations which can be most troublesome to providers.

The importance of adequately considering theses issues can not be overemphasized. In many cases, a provider can be spared the expense, stress and adverse publicity of a disciplinary proceeding by implementing preventative strategies in his or her everyday practice; responding properly to informal board requests; and, when necessary, retaining counsel to wage an effective settlement campaign. The ultimate goal of this 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 providers to adopt preventative strategies to disciplinary action
- To provide an overview of professional licensing proceedings
- To discuss the disciplinary rules and regulations of primary interest to providers

continued on page 174



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Saturday, August 4, 2007

Notes

Medical Liability Insurance Issues Edward J. Kuhn

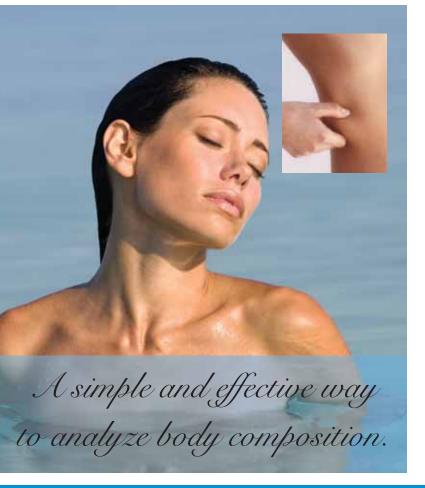
There are specific risks and liability issues associated with being a healthcare practitioner of anti-aging and alternative medicine. New liability insurance products are emerging to address these exposures, since standard insurance carriers and state specific physicians-owned mutual insurance companies are not covering these procedures.

Major carriers have created a new underwriting class for med spas and practitioners of anti-aging medicine. Specialty insurance agents take a customized approach in procuring a comprehensive insurance policy that combines professional liability, general liability and legal defense of your medical license in cases of state medical board investigations or disciplinary proceedings.

The key element is specialized training in the specific procedures such as hormone therapy and injectables. At this point, no one can predict the future in terms of the type of liability suits that may happen or to what extent. Risk management measures include proper training, informed consent forms, managing patient expectations and interfacing with various stakeholders in your practice. Liability insurance is all about protecting your practice and your reputation from potential liability.

continued on page 176





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continued from page 174 Saturday, August 4, 2007

Notes

Goals and Objectives:

- Overview of the risk and liability associated with practicing anti-aging and alternative medicine
- Illustrate solutions to risk management and avoiding medical liability claims
- Description of specific insurance products currently available in the market

Vibration Training for Active Ageing*

Scott Hopson, BS(Hons)

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This lecture will outline the research and science behind Power Plate and how it is increasingly proving to produce the following health building outcomes:

continued on page 178

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Saturday, August 4, 2007

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In addition the multi-modality approach that this technology offers to antiageing will be addressed, in particular 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.

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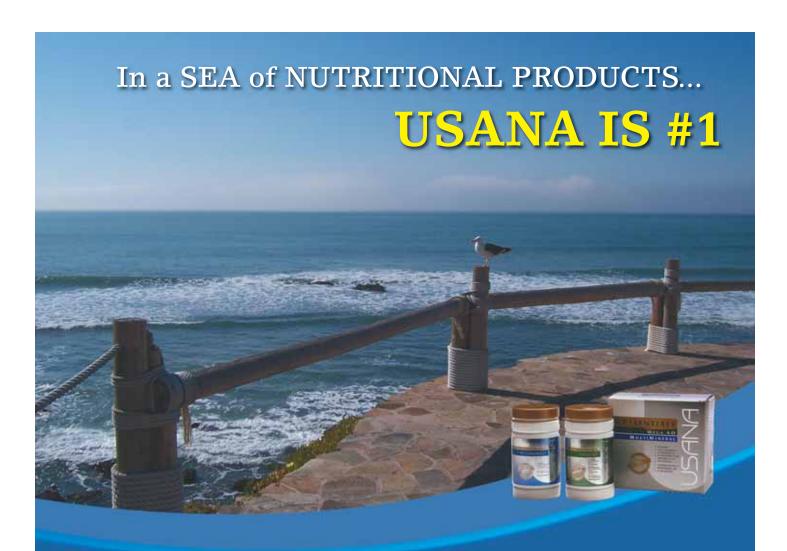
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Saturday, August 4, 2007

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The Most Important Anti-Aging Initiative: Metabolic Syndrome X Stephen Holt, MD

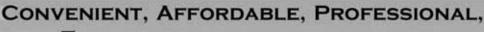
While an overweight body status is known to cause premature death and disability, modern medicine continues often to pursue weight loss nostrums, with a frequent unwillingness to treat the underlying metabolic consequences of obesity. The killer component of obesity is often Metabolic Syndrome X, where an expanded waistline is variably associated with hypercholesterolemia, hypertension and hyperinsulinemia.

Obesity must be viewed as a complex diathesis where a constellation of metabolic events produce a wide range of diseases often as a consequence of insulin resistance. About 70 million Americans have Syndrome X, which is clearly linked to the commonest causes of death or premature morbidity. Anti-aging medicine must focus on Advanced Preventive Medicine to combat Syndrome X which has become the most important public health initiative for western society.

Continuing to perceive obesity as primarily a cosmetic issue is retarding improvements in the health of the nation. Syndrome X has been discussed mainly in terms of cardiovascular risk, with its clear contribution to coronary heart disease, heart attack, sudden death and stroke. However, Syndrome X is linked with Type II diabetes mellitus, endocrine disorders, polycystic ovaries (PCOS), non-alcoholic fatty liver disease, steato-hepatitis, gestational diabetes, changes in eicosanoid status, decreased cognitive function, Alzheimer's disease, gastroesophogeal reflux disease, depressed immunity, cancer and other disorders.

The disease profile of Syndrome X reads like an anti-aging disease compendium (the concept of syndrome X, Y and Z...). The causation of Syndrome X, is multifactorial in origin and related to age, adverse lifestyle, genetic predispositions, sleeplessness, inflammation and environmental toxins. Syndrome X "loads the gun" of disability or death and menopause or andropause "pulls the trigger". Emerging science highlights obesity as an inflammatory disorder (obesitis) and sleep deprivation clearly promotes obesity and Syndrome X. Current management of obesity and Syndrome X has been often focused on individual components of the overall disease profile encountered in Syndrome X,. The new terms Syndrome X,Y and Z... better describe the protean manifestations of this disorder which may be responsive to complex nutritional formulations of nutritional factors for syndrome x..

The routine management of Syndrome X seems to be overlooked often in integrative medicine practice and even more overlooked in allopathic medicine. Syndrome X alters gene expression which can be measured and monitored in its response to natural interventions on Syndrome X. Federal government researchers have endorsed an "integrated" approach to the management of Syndrome X, but modern medicine has been slow to take advantage of lifestyle, nutritional or nutraceutical interventions which represent the most versatile and powerful first line options to combat Syndrome X,Y and Z... No drug or surgical procedure is on the horizon to combat the obesity epidemic and its related disorders. Antiaging medicine must address Syndrome X as an urgent priority.



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Saturday, August 4, 2007

Notes

Elastic Recoil Mechanisms; How Foot Wear Accelerates the Aging Process James Stoxen. DC

Presentation will focus on elastic recoil mechanisms of muscles, tendons, ligaments, and how they break down contributing to an acceleration of the aging process; The Importance Of Effective Treatment And Training Methods For Reestablishment Of Elastic Recoil Mechanisms And Aging.

With aging, problems like sarcopenia, osteopenia, loss of agility, balance, stability mobility and energy are becoming increasingly significant public health problems. One important but often overlooked contributing factor affecting these problems is the health and conditioning of the feet and various supporting structures to maintain elastic recoil mechanisms.

Humans save energy for walking and running in elastic structures such as collagen and tendon structures of the legs, feet and the arch of the foot. Up to half of the energy needed to accelerate the body and lift the center of mass during the shortening phase of the stride can be reclaimed from the elastic recoil energy stored in the lengthening (eccentric) phase of the stride. In this way, the design of the arch of the foot, the connective tissue, and the elastic properties inherent in skeletal muscle allow the lower extremity to function as a spring that conserves mechanical energy. Eccentric components of movement provide the deceleration forces needed for the maintenance of balance, stability, posture and mobility. This

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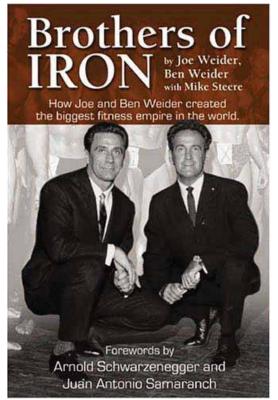
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Weiders' Digest

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.



Topic No.		Abstracts
PRESS & EXPOSIT	continued from page 182	Saturday, August 4, 2007
Notes	means that the loss or decrease in the elastic rec factor in the fatigue and loss of performance, weak tissue strength as well as overall fatigue as we age	ness of bone, muscle and connective
	Through the use of shod and unshod eccentric hops, skips, bounds and jumps, the titan protein elastic recoil mechanism can be reestablished. Scie eccentric training produces more elastic recoil co. This presentation will discuss ways which this imple reestablished with specific treatment and train increase energy, increase muscle strength, size and presented that eccentric training improves balance.	strength can be enhanced and the entists have reported that high force impared to non-trained individuals. Portant elastic recoil mechanism can ning methods described as a way to d the elastic recoil. Evidence will be
	Saturday, August 4, 2007 EVENING WORKSHOP: Aesthetic Workshop	
	Medical Photography The ability to document a patient's progress component of any aesthetic practice. This present the importance of medical photography and the successful photography system in the practice set	ntation will provide an overview of components needed to establish a
	Aesthetic Venous Treatments Chronic venous disease affects an estimated 25-30% will discuss the anatomy of the venous system. Vapresented, including sclerotherapy and endovenotheir effectiveness will also be discussed, as well a employed for successful results. A demonstration	arious methods of treatment will be ous closure. Various scleroscants and as the various procedural techniques
	Goals and Objectives:	•••
	Understand the venous anatomy	
	 Understand the indications and contrained 	dications of various scleroscants

- us scleroscants
- Understand indications for endovenous closure

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.

Avoiding Complications in Aesthetic Medicine

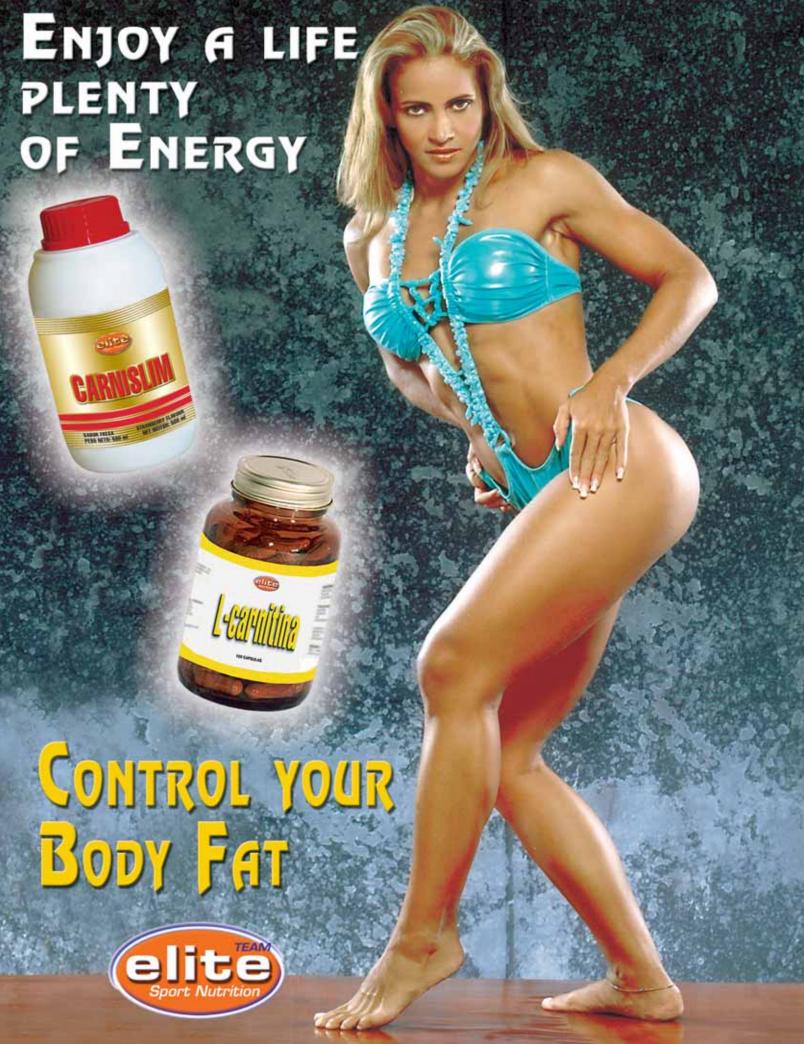
All medical procedures contain some degree of risk, regardless of the specialty. The purpose of this presentation is to provide some pearls to avoid complications in the most commonly performed aesthetic procedures. Also, ways to effectively manage complications should they occur will be discussed.

The Importance of Skin Care in Aesthetic Medicine

Cosmeceuticals are an important part of an aesthetic practice. This presentation will provide an overview of the many cosmeceutical additives available on the market today and their proven effectiveness in treating skin conditions. This presentation will also explore the use of cosmeceuticals as a way to enhance the results of many aesthetic procedures performed in the office.



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Research Recaps:

Latest Treatment Strategies for BPH, continued from page 7

urethra by making a few small cuts in the bladder neck, where the urethra joins the bladder, and in the prostate gland itself. Because TUIP is a relatively new procedure, its advantages and longterm side effects have not been clearly established.

Open surgery is done when the gland is greatly enlarged, when there are complicating factors, or when the bladder has been damaged and needs to be repaired.

Innovative Procedures

Recent innovations in BPH treatment have been driven by the public's increasing aversion to drug therapy for the condition, concerns regarding the permanency of minimally invasive procedures, and dissatisfaction with potential adverse effects of surgical treatments.

Botox®

The University of Pittsburgh Medical Center (USA) has been working in conjunction with Chang Gung University Medical College (Taiwan) in evaluating the use of Botox® injections directly into enlarged prostates. In

a small study completed by these institutions and announced in May 2007, about 75% of the men treated experienced 30% or better symptom relief following the treatment. None of the subjects experienced significant side effects (such as erectile dysfunction or urinary incontinence). In a single injection taking about 5 minutes, Botox® was shown to be immediately successful - with symptom relief lasting up to a year. Follow-up exams conducted 6and 12-months post-treatment showed an up to 15% reduction in prostate size among some of the subjects, suggesting that Botox® exerted a controlled form of prostate cell death that shrank the gland.

Laser Surgery

In March 1996, the FDA approved a surgical procedure that employs side-firing laser fibers and Nd: YAG lasers to vaporize obstructing prostate tissue. The doctor passes the laser fiber through the urethra into the prostate using a cystoscope and then delivers several bursts of energy lasting 30 to 60 seconds. The laser energy destroys prostate tissue and causes shrinkage.

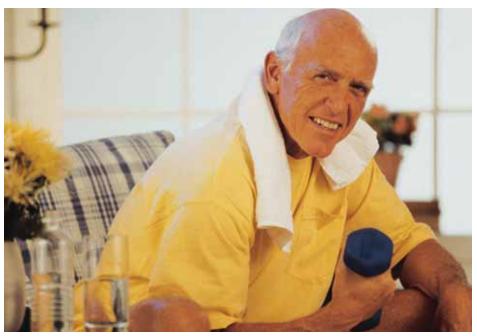
As with TURP, laser surgery requires anesthesia and a hospital stay. One advantage of laser surgery over TURP is that laser surgery causes little blood loss. Laser surgery also allows for a quicker recovery time. But laser surgery may not be effective on larger prostates. The long-term effectiveness of laser surgery is not known.

Newer procedures that use laser technology can be performed on an outpatient basis. In photoselective vaporization of the prostate (PVP), the surgeon uses a high-energy laser to destroy prostate tissue and seal the treated area. With interstitial laser coagulation, the surgeon uses direct contact of the fiberoptic probe into the prostate tissue to destroy it.

PVP

Photo-Selective Vaporization of the Prostate (PVP) is a new minimally invasive surgical technique for BPH. The GreenLight PVP Laser Procedure offers a unique and simple solution to BPH because it combines the effectiveness of TURP, the surgical "gold standard" with the safety, comfort and ease of a minimally invasive treatment. The GreenLight PVP Laser Procedure uses a very high powered laser light source (80 W potassium-titanyl-phosphate laser) and fiber optic delivery system developed by Laserscope in concert with researchers from the Mavo Clinic to immediately vaporize and precisely remove enlarged prostate tissue. The PVP technique is a fast, outpatient treatment that satisfies both the subjective (symptom relief) and objective (uroflowometry results) outcomes of a successful BPH treatment. Other minimally invasive BPH treatment options (such as TUMT, microwave, TUNA, thermotherapy) require compromises to be made by the patient and/or the physician. The PVP procedure is performed in an outpatient setting, typically a hospital or surgical

continued on page 190









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Research Recaps:

Latest Treatment Strategies for BPH, continued from page 188

center, with average operative times normally less then 60 minutes. Once the procedure is completed, patients have immediate post-operative symptom relief and dramatic improvements in symptoms, urinary flow rates, and bladder emptying. Long-term follow-up data from a Mayo Clinic study indicate that these dramatic improvements have been durable for approximately a 5-year follow-up period. Post-operative side effects, if any, have been minimal and transient. To-date, more than 200,000 GreenLight PVP procedures have been performed worldwide.

In May 2007, Dr. K. Rajbabu and colleagues from the Department of Urology, King's College Hospital (United Kingdom) report in the British Journal of Urology on their study conducted to assess the efficacy of photoselective vaporization of the prostate (PVP) in men with prostates of >100 mL and causing bladder outlet obstruction(BOO), using the high-power 80 W potassium-titanyl-phosphate laser (GreenLight PVP Laser). The team assessed 54 consecutive patients with prostates of >100 mL (mean 135, sd 42, range 100-300) who had PVP between May 2003 and August 2005. Evaluations before PVP included urine flowmetry, the International Prostate Symptom Score (IPSS), a quality-of life (QoL) score, prostate-specific antigen (PSA) level, and prostate volume measured by transrectal ultrasonography (TRUS). They found that the mean (sd) maximum urinary flow rate improved from 8.0 (3.1) to 18.2 (8.1), 18.5 (9.2), 17.9 (7.8) and 19.3 (9.8) mL/s at 3, 6, 12 and 24 respectively. Additionally, months, the IPSS and QoL scores showed similar improvements, and there was a statistically significant reduction in PSA level and prostate volume after PVP. The researchers also note that there was no major complication and no patient had transurethral resection syndrome or a blood transfusion. In conclusion,

the team states that: "The short- and medium-term outcomes show that this technique can be a viable alternative to open prostatectomy."

In March 2007, Dr. DM Bouchier-Hayes and colleagues from the Galway Clinic (Ireland) reported on their comparison of GreenLight PVP to transurethral resection of the prostate (TURP). The team randomized 120 subjects to undergo either TURP or PVP after evaluation, which is repeated at 1, 3, 6 and 12 months. Irrigation use, length of catherization time (LOC), length of hospital stay (LOS), blood loss, cost and operative time are also assessed. To date 87 patients are evaluable. In summary, both groups showed a significant increase in maximal flow rate (Q(max)) from baseline (P<0.05). In the TURP group it increased from 8.7 to 17.9 ml/s (149%), and in the PVP group from 8.5 to 20.6 ml/s (167%). International prostrate symptom scores (IPS-scores) decreased from 25.4 to 11.1 in the TURP group (56.5%), and from 27.2 to 12.2 in the PVP group (54.08%). Similar trends were seen in relation to bother and quality of life scores. There was no difference in sexual function as measured by baseline sexual function questionnaires. LOC was significantly less in the PVP group (P<0.001), the mean for PVP being 13 h (range 0-24) vs 44.7 h for TURP (range 6-192). A similar situation was seen in relation to LOS (P<0.000000001), with the mean of the PVP group being 1.09 days (range 1-2) and the mean for the TURP group being 3.6 days (range 3-9). Adverse events were less frequent in the PVP group. Costs are also 22% less in the PVP group. Dr. Bouchier-Hayes and colleagues conclude that: "This trial demonstrates that PVP is an effective technique when compared to TURP, producing equivalent improvements in flow rates and IPSS scores with markedly reduced LOS, LOC and adverse events."

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My Experience with GreenLight Laser Photoablation of Prostate for BPH by Ira L Goodman MD, FACS

Dr. Ira Goodman is trained as a surgical ophthalmologist. A Diplomate of A4M, he is also now enrolled in the A4M Fellowship Program. He can be reached at iraqoodman@mac.com.

I thought this summary of a recent experience would be useful to other members of A4M.

I recently had a procedure for BPH that I think will be the standard of care in the future for this common problem. Like many men, I have had problems with BPH. Symptoms like nocturia, urgency, frequency, and occasional obstructive symptoms were becoming progressively worse over a period of 15 years. I had a negative prostate biopsy. I was then prescribed finasteride, which caused a number of adverse side effects.

With my BPH symptoms worsening, I wanted to do something definitive to be able to sleep longer without getting up 2 to 5 times each night to urinate and I also wanted to avoid the side effects of drugs. I looked into all the available procedures. With GreenLight laser photoablation, 5 to 70% of the prostate is vaporized so your PSA decreases and BPH symptom relief is as good as with a TURP. To conduct this procedure, I selected Dr. Mahmood Hai, who is a urologist practicing in Michigan. He has performed over 2,000 GreenLight PVP procedures, helped develop the protocols, and teaches courses to other urologists.

The procedure was conducted under local anesthesia (with IV sedation on-standby) and took about 1 hour since my prostate was so large. I did need a catheter overnight. Post operatively I experienced no pain (just slight discomfort from the catheter), some hematuria intermittently for 2 months, and an immediate improvement in flow. The nocturia has diminished and there are nights I do sleep through the night. I am told this will improve with time. As of this writing (June 2007), I am now 4 months post op. I am now off all BPH medication. If I had to do over again I would have done this procedure 5 years ago to avoid drug therapy altogether and at a time when my prostate size was smaller.

In summary Photo-Selective Vaporization of the Prostate (PVP) allowed me to discontinue a toxic drug with global effects, and dramatically improved my flow. It also allowed me to achieve better sleep with all corresponding benefits to my immune system and energy levels. It decreased my future chances of prostate cancer (although not eliminate it) since the majority of my prostate is removed.



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Research Recaps:

Latest Treatment Strategies for BPH, continued from page 190

In November 2006, Dr. I. Kuromatsu and colleagues from the Department of Urology, Nagoya Central Hospital (Japan) completed GreenLight PVP on 57 patients, mean age 71.0 +/- 8.3 years (range 52 to 86), all with lower urinary tract symptoms secondary to benign prostatic hyperplasia. procedures were performed without any intraoperative complication. None of the patients required continuous bladder irrigation or blood transfusion postoperatively. preoperative The prostate volume was 41.0 +/- 24.9 (mean +/- SD, range 6.7 to 107.2) and the preoperative serum PSA was 4.5 +/- 4.1 ng/ml. Preoperative and immediate postoperative serum sodium concentration was 141.9 +/- 1.8 mEg/L and 142.2 +/- 1.8 mEq/L, respectively (p = 0.23). The hemoglobin value changed from 14.0 +/- 1.4 mg/dl preoperatively to 13.4 +/- 1.4 mg/dl postoperatively. The operating time was 68.3 +/- 35.0 minutes (range 21 to 170) and total laser energy was 171.1 +/- 80.3 kJ (range 18.1 to 484.8). The catheter indwelling time

was 18.6 +/- 3.3 hrs (range 15 to 48). At 2 weeks and 1, 3 and 6 months the International Prostate Symptom Score decreased from 20.2 +/- 8.9 to 11.4 +/-7.8, 9.3 +/- 6.0, 6.6 +/- 5.0 and 6.1 +/-5.0, respectively. The maximum urinary flow increased from 7.2 +/- 2.9 mL/s to 13.6 +/- 7.6, 12.2 +/- 6.1, 15.3 +/- 7.4, and 15.3 +/- 7.5 mL/s, respectively. Concludes Dr. Kuromatsu's team: "Photoselective vaporization of the prostate (PVP) using the high power (80 W) potassium-titanyl-phosphate laser [Greenlight PVP] for benign prostatic hyperplasia (BPH) proved to be an effective and safe procedure for our patients."

In May 2006, Dr. WJ Fu and colleagues from the Department of Urology, Chinese People's Liberation Army General Hospital, Military Postgraduate Medical College (China), published findings from 85 high-risk patients with obstructive BPH who underwent GreenLight PVP. They note that the chief advantages of PVP were: short operative time (25.6 +/- 7.6 min), little

bleeding loss (56.8 +/- 14.3 mL) and short indwelling catheterization (1.6 +/- 0.8 d). In their subjects, the IPSS and QoL decreased from (29.6 +/- 5.4) and (5.4 +/- 0.6) to (9.5 +/- 2.6) and (1.3 + - 0.6), respectively. The vast majority of patients were satisfied with voiding outcome. The mean maximal urinary flow rate increased to 17.8 mL/ s and postvoid residual urine volume decreased to 55.6 mL. These results are significantly different from preoperative data (P < 0.05). No patient required blood transfusion or fluid absorption. There were few complications and very high patient satisfaction after operation. Dr. Fu's team concludes that: "PVP has a short operative time and high tolerance, and is safe, effective and minimally invasive for high-risk patients, therefore it might be considered as a good alternative treatment for highrisk patients with obstructive urinary symptoms as a result of BPH."

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CARE



The Australian Institute of Health and Welfare issued a report in the increasing aged care demands in that nation. The number of aged care residents requiring high-level care increased by 18.9%, up from 58% in 1998. Concurrently, the proportion of residents requiring low-level care declined from 38% to 31%. In addition, the report showed there were 154,872 aged care residents in 2006, with 53% of them age 85-plus. The report also found the size of residential aged care facilities grew, up from an average of 46 places per-facility in 1998 to 60 places per-facility in 2006.

Sydney Morning Herald (Australia), 15 June 2007.

Financial Implications of an Aging Nation

Bank of Canada Governor Mr. David Dodge warned that in the coming decade, the nation's aging population will challenge economic growth, leave the country more vulnerable to inflation, and result in higher interest rates. While the growth of the workforce has been responsible for half of Canada's economic growth, the aging population and decline in proportion of people working "has begun to have, and will continue to have, a direct impact ... on the growth of our economy's potential output," says Mr. Dodge. Until now, Canada's economy has been growing at just under 3% annually without creating inflation. This scenario has been possible due to the continued steady growth of the nation's workforce, at about 1.5% a year. The Bank of Canada predicts that unless the nation improves economic productivity in the wake of the demographic changes, Canada will face a sluggish economic picture.

The Globe and Mail (Canada), 14 June 2007.

Poor Dental Health Plagues Chinese Elderly

China's Health Ministry reported that 98.4% of Chinese elderly between 65 and 74 suffer from tooth decay, and nearly 92% of them did not receive treatment. On average, Chinese elderly lose an average of 11 teeth after turning 65, and 7% of Chinese age 65-plus have no teeth left. While the report showed that dental health was better for urban residents than people living in the countryside, Mr. Qi Xiaoqui, Director of the Health Ministry's Disease Control Bureau commented that: "Chinese people's dental health has not greatly improved with the country's rapid economic development."

Associated Press, 14 June 2007.

Aging in Canada to Cause Nominal Healthcare Cost Increases

Many of Canada's health economists are calling the annual increase in healthcare costs anticipated to be caused by the aging population will be a manageable 1 to 2%. Several studies point out that the majority of seniors could live up to 30 or more additional years, potentially without major disabilities, after turning 65. Presently, the fastest growing segment of seniors in Canada is the age group 85-plus. Many of them either live independently or with minimal assistance. According to the Heart and Stroke Foundation of Canada, 7 of 10 Baby Boomers are not obese, a factor which experts believe will minimize future burdens on the nation's healthcare system.

Toronto Star (Canada), 12 June 2007.

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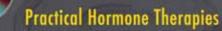
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The Brookings Institution, a nonpartisan research group, released a report that identified aging-related growth trends in America's cities and countryside. The report found that America's suburbs are aging more rapidly than the nation's central cities. Mr. William Frey, a Brookings demographer, commented that: "Suburbs, which previously were considered youthful and family-friendly parts of America, will, as more seniors age in place, become a fast-graying part of our national landscape." The Institution also found a migration of wealthier and more educated older suburbanites to the nation's cities. The greatest growth in the 55- to 64-year-old group has been in metropolitan areas in the West and Sun Belt (such as Atlanta, Las Vegas, and Phoenix). Dr. Frey also commented that the extraordinary growth in the number of Americans age 55 to 64 will fuel a "senior tsunami" beginning in less than four years when the first Baby Boomers turn 65.

The New York Times, 12 June 2007.



The Czech Statistical Office has projected that thee number of people age 65-plus n the nation may double in the next four decades, rising from the current 1.49 million to stand at 2.96 million, by 2050. In addition, while in 2005 34,4600 Czechs were age 90-plus, that number will rise to 52,000+ by 2050. The nation's aging index – the number of people over 65 in relation to the number of children under 14 – will also rise sharply. The Czech aging index was 60 in 1990, rose to 85 in 2000, and is projected to stand at 114 in 2010.

Ceske Noviny (Czech Republic), 12 June 2007.

Alzheimer's Cases May Quadruple by 2050

The Alzheimer's Association reported that while 26 million people worldwide presently have Alzheimer's Disease (AD), that number will quadruple by 2050. At that rate, 1 in ever 85 people will have the disease in 40 years. The biggest surge in AD cases is projected to affect Asia: by 2050, the region will be home to 62.8 million of the world's projected 106 million AD patients. Dr. Ron Brookmeyer, of Johns Hopkins University, who led the newest Alzheimer's Association study, observed that: "If we can make even modest advances in preventing Alzheimer's Disease, or delay its progression, we could have a huge global public health impact."

Associated Press, 10 June 2007.



Nation's Elderly Urged

to Work

Japan's government issued a White Paper highlighting the unprecedented transformation of the nation to an aging society. In Japan in the next 50 years, more than two-fifths of the population will be over age 65, doubling current figures. While presently there are more than 3 people of working age to support each person age 65-plus, by 2055 there will be just 1 younger person to support each pensioner. In an attempt to ease possible economic hardships posed by this demographic shift, the Japanese government is now promoting employment among the elderly and assisting people in their 50s to shape post-retirement plans. The White Paper encourages that: "Businesses should change their assumption that the elderly are useless ... workers should prepare from an early age so that they will be able to work when they are old."

BBC News, 8 June 2007; Reuters Health, 8 June 2007.

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The Older Are Living Longer

Mr. Richard Willets, a leading expert in longevity in the United Kingdom, has reported that the last decade has seen the sharpest rise in longevity. In the United Kingdom 10 years ago, a 65-year-old was expected to have a life expectancy of 18 more years. Today, the remaining life expectancy for someone age 65 is now 22 to 23 years. This translates into an increase in life expectancy of older people of 5 hours a day.

The Economic Times (India), 8 June 2007.

More Women Succumb to Strokes, Risk Can Be Reduced

The Heart and Stroke Foundation of Canada reported that strokes claim 45% more women than men, despite men of all ages having a higher stroke risk. In 1973 in Canada, there were more than 8,500 female deaths from stroke, compared to 7,700 deaths of men - a 10% difference. More than 30 years later, in 2004, deaths of women from stroke increased to nearly 8,700, while the number of male deaths dropped to under 6,000. The Foundation speculates that women face a higher risk of stroke because they live longer on average than men, and stroke mortality rises with age. While contributing factors such as high blood pressure and elevated cholesterol can be controlled, the Foundation highlighted some additional factors unique to women placing them at increased risk of stroke. Research indicates that women age 20 to 44 suffering from migraines have twice the risk of stroke. Women who see flashing dots or have blind spots during a migraine could be up to 10-times more likely to have a stroke. Additionally, women who smoke, have high blood pressure, migraines, or blood clotting disorders while on the birth control pill elevate the risk of stroke. Dr. Antoine Hakim, Director of the Canadian Stroke Network, noted that: "Women can prevent strokes if they control the risk factors."

The Toronto Star (Canada), 6 June 2007.

Enacting New Initiatives to Care for Aging Population

The Yemen Ministry of Social Affairs and Labor met to prepare the Republic's first national report on the elderly, five years after implementing the Global Action on Aging program. The Ministry reported that elderly people compose 9.07% of Yemen's population, The dearth of elderly in Yemen has a dire meaning: it means that most people in Yemen die before they ever reach old age. The Ministry's report recommends that the Republic adopt a special law and establish an elderly care system, and focus on the reintegration of elderly into society. It also recommended the establishment of recreational places for the elderly, the assumption being that physical activity could make older people feel happier and keep them healthier. Mr. Noor Abbad, Assistant Deputy for the Social Welfare Department at the Ministry of Social Affairs and Labor commented that: "Yemen is interested in the various segments of society, but the segment of the elderly did not have adequate care ... The meeting focused on the activation of field surveys and the creation of a database on the elderly people in our country,"

Yemen Observer, 5 June 2007.

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The Costs of Aging

With the average life expectancy in the United States now standing at 83 for women and 78 for men, 78 million American Baby Boomers are opting for an active lifestyle to extend their health and longevity. However, many experts urge this population to take action to protect their health and wealth. Alzheimer's Disease is on the rise, with cases in the US up ten-fold since just five years ago. Many Baby Boomers are also balancing work, family, and caring for an aging parent: more than 44 million Americans are involved in caring for an aging relative, costing between \$11 and \$29 billion in profit annually.

Boston Herald (USA), 1 June 2007.

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Japan's National Institute of Population and Social Security Research has estimated that people age 65-plus will exceed 30% of the population in 44 of the nations' prefectures in 2035. By that year, the estimated nationwide population is projected to be 110.68 million. While in 2005 Shimane Prefecture recorded the highest proportion of people age 65-plus, at 27.1%, the level is set to increase to more than 30% in 31 prefectures in 2020, 42 prefectures in 2030, and culminate with 44 prefectures in 2035. By 2035, the national average of elderly people is predicted to be 33.7%, up from 20.2% in 2005.

Daily Yomiuri Online, (Japan), 31 May 2007.

Slowing Economy Due to Aging Baby Boomer Population

The Organization for Economic Co-operation and Development (OECD) reported that the retirement of the Baby Boomer generation will slow the potential growth of the US economy in the coming decade. While the OECD praised US policymakers for the country's productivity performance of the last ten years, it warned that societal inequities spawned by subsidies of the rich and failures of public education could threaten political support for market-based reforms that underpin economic prosperity. The OECD estimates that the US economy can grow at an average rate of 2.5% without inflationary pressures increasing, compared to a potential growth rate of 3.25% in the previous three decades.

Financial Times Ltd. (United Kingdom), 30 May 2007.

Panel Warns of Budget-Busting Healthcare and Retirement Costs

US Comptroller General David Walker, part of a group of think tankers called the "Fiscal Wakeup Tour," reported that if nothing changes over the next four decades, Social Security, Medicaid, and Medicare will consume about 20% of the nation's economy – equivalent to what the entire federal budget takes up today. Mr. Walker also stated that unfunded liabilities for the three programs over the next 75 years amount to \$50 trillion. "If we don't get our act together, my generation will be the first generation in our nation's history not to discharge our stewardship to the next generation," warned Mr. Walker.

St. Petersburg Times (USA), 31 May 2007.

Seniors Continue to Have Positive Impact on Society and Economy

Oxford University's Institute of Aging reported findings of a 21-country study. It found that more than 1 in 10 people in their 70s are still working, as people in their 60s and 70s experience prolonged good health and continue to have a vital role in the economy. The study also found that people in their 50s and up are more independent and active in social and economic life than previous people of their age. Older people volunteer for more than 13 million hours per year, which amounts in Britain alone to 4.2 billion British pounds (US\$ 3.1 billion) worth of unpaid work. Seniors who postpone retirement also boost tax revenues.

Associated Press, 22 May 2007.

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Socio-Economic Disparities Associated with Shorter Lifepans

Australia's National Aboriginal Community Controlled Health Organization and Oxfam Australia found that the nation's Aborigines live 17 years less on average than other Australians. Australia's 460,000 Aborigines compose 2% of the nation's total population of 20 million, had have consistently been Australia's most disadvantaged group, with far higher rates of unemployment, alcohol and drug abuse, and domestic violence. Aboriginal male life expectancy was 59.4 years, compared with 7 6.6 for most Australian males. For indigenous women, life expectancy was 64.8 years compared to 82 years for other Australian women. The National Aboriginal Community Controlled Health Organization and Oxfam Australia suggest that the disparities are preventable if the government raised its annual budget of spending on indigenous people. While the Australian Treasury promises A\$ 127 million (US\$ 105 million) for Aboriginal health, the National Aboriginal Community Controlled Health Organization and Oxfam Australia warn that almost fourtimes more is necessary to get Aborigines off welfare and lengthen their lifespans.

Reuters Health, 9 May 2007.

Baby Boomers To Change Health Care

A report by the American Hospital Association and the First Consulting Group, a healthcare consulting firm, shows the 65-plus population in the United States will nearly triple between 1980 and 2030 as the 78 million Baby Boomers start turning 65 in 2011. The report also found that 6 out of 10 Baby Boomers will have more than one chronic health condition. Baby Boomers will also be responsible for 4 in 10 physician office visits by 2020. In the next 20 years, the Baby Boomer population will also account for a greater proportion of hospitalizations.

Northwestern University's (USA) Medill Report, 9 May 2007.

Chronic Health Conditions to Plague Aging Baby Boomers

The first of the Baby Boomers will turn 65 in 2011. By 2030, 14 million American Baby Boomers – 1 in 4 – will have diabetes. Almost half of the Baby Boomers in the United States will be living with arthritis, which will affect 26 million by 2020. And more than 1 in 3 Baby Boomers, number more than 21 million in-total, will be considered obese.

American Hospital Association (USA), 8 May 2007.

Supplements Could Save US\$ 24 Billion in the Nation's Healthcare Costs

The Dietary Supplement Education Alliance (DSEA) reported that the strategic use of dietary supplements could improve the health of Americans and save over US\$ 24 billion in healthcare costs over a five-year period. According to DSEA, a combined use of calcium and vitamin D could avert an estimated 776,000 hospitalizations for hip fractures over a five-year period, saving US\$ 16.1 billion. Among seniors, omega-3 supplementation could reduce hospitalizations for heart disease and save the associated medical fees of US\$ 3.2 billion. Lutein and zeaxanthin supplementation in aging men and women could stave off age-related macular degeneration in more than 190,000 Americans, saving US\$ 3.6 billion in treatment costs. Folic acid supplementation in pregnant women could prevent neural tube defects in 600 infants and thus save US\$ 1.4 billion in healthcare costs.

Nutraingredients.com-USA, 4 May 2007

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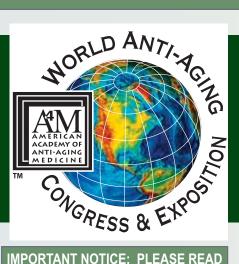


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CHICAGO ANTI-AGING EXPOSITION

SUMMER 2007 • AUGUST 3-4, 2007 CHICAGO, IL USA

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 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 in assessing the ideas and products

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Exposition Hours FRIDAY, AUGUST 3 11:00 AM TO 6:00 PM SATURDAY, AUGUST 4 11:00 AM TO 6:00 PM

Chicago Anti-Aging Exposition Produced and Managed By: Medical Conferences International Inc. Consult the Conference Program section in this issue of Anti-Aging Medical News for information about the Scientific Program offered by the 15th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies. Refer to the Show Guide Addendum, available on-site at the 15th World Congress' Summer 2007 Session, for the latest Exhibitor's Information.



General Information

BADGES

The official registration badge should be prominently displayed at all times for admission to the meeting rooms and exhibit hall, during show hours and official events.

The 15th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies issues the following categories of badges:

Full Passport: All-inclusive admission: Pre-conference session on Thursday; Eye Openers (Friday and Saturday); General Session (Friday and Saturday); Evening Workshops; plus Exposition.

General Session: All General Session (Friday and Saturday); Evening Workshops; plus Exposition.

Daily Conference: All General Sessions on the day selected (Friday or Saturday); Evening Workshops (of selected day); plus Exposition (of selected day).

Pre-Conference: Pre-Conference Session (Thursday) only.

Exhibit Hall Only: Exposition during exhibit hours.

SHOW REGULATIONS

- 1. Name badge must be worn at all times during show hours and official events.
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The Chicago Anti-Aging Exposition and Medical Conferences International, Inc. wish to acknowledge the gracious support of the following exhibiting companies:

























































Special Events

All Special Events take place at the Donald E. Stephens Convention Center, Rosemont IL USA. Consult the Program Schedule, available on-site, for the room locations.

Wednesday, August 1st, 5:00 - 9:00 pm

Evening Workshop: Avoid the Stress of Shrinking with Aging

Presented by Eric Braverman, MD

Wednesday, August 1st, 5:30 - 9:30 pm Evening Workshop: Aesthetic Treatment*

Thursday, August 2nd, 5:00 - 9:00 pm Evening Workshop: Aesthetic Medicine

Thursday, August 2nd, 5:00 - 9:00 pm

Evening Workshop: New Biotechnical Science of Anti-Aging Medicine

Presented by Michael Klentze, MD, PhD

Thursday, August 2nd, 6:00 - 7:00 pm

Evening Workshop: Live Consultation - Questions & Answers - Hormone Therapy Problems*

Presented by Thierry Hertoghe, MD

Friday, August 3rd, 5:00 - 9:00 pm

Evening Workshop: Aesthetic Medicine: Focus on Skin Rejuvenation Techniques*

Friday, August 3rd, 5:00 - 9:00 pm

Evening Workshop: Update in use of Stem Cells - Fitness & Metabolism

Presented by Nick Delgado, PhD

Friday, August 3rd, 6:00 - 9:00 pm

Evening Workshop: Building your Practice with Medical Food* Presented by Sam Camp; Sponsored by Physicians Provisio - PAM Labs

Friday, August 3rd, 6:00 - 7:00 pm

Evening Workshop: How to Open a Turn Key Weight Management Program*

Presented by Kim Ruby, CE & Wayne Andersen, DO

Friday, August 3rd, 6:00 - 9:30 pm

Evening Workshop: New Advances in Cellular Intelligence*

Sponsored by USA Perfector Arasys

Friday, August 3rd, 6:00 - 9:30 pm

Evening Workshop: How to See Your First Hormonally Challenged Patient for Proper Endocrinal Intervention*

Friday, August 3rd, 6:00 - 9:00 pm

Evening Workshop: Energy Medicine - Adding B.E.S.T. Technique in Your Protocol on Monday*

Presented by Sue Morter, DC; Sponsored by Morter Health Center

Special Events



Saturday, August 4th, 1:00 - 2:10 pm

Panel Discussion: What Works NOW for Therapeutic Anti-Aging, Most Reliable Techniques and Interventions that Make a Dramatic Impact in Your Clinical Practice Today!

Panel Participants: Ronald Klatz, MD, DO; Robert Goldman, MD, PhD, DO, FAASP; Pamela Smith, MD; Ron Rothenberg, MD; Eric Braverman, MD; Robert DeJonge, DO; Mark L. Gordon, MD; Imre Zs.-Nagy, MD; Denise Bruner, MD

Saturday, August 4th, 4:00 - 8:30 pm Evening Workshop: Aesthetic Workshop

Presented by Sharon McQuillan, MD

Wednesday, August 1st, 6:00 - 9:00 pm

American Board of Anti-Aging / Regenerative Medicine (ABAARM) Oral Board Review Course* Pamela Smith, MD, MPH

Thursday, August 2nd, 6:00 pm - 9:00 pm

American Board of Anti-Aging / Regenerative Medicine (ABAARM) Written Board Review Course* Pamela Smith, MD, MPH

* CME Not Available



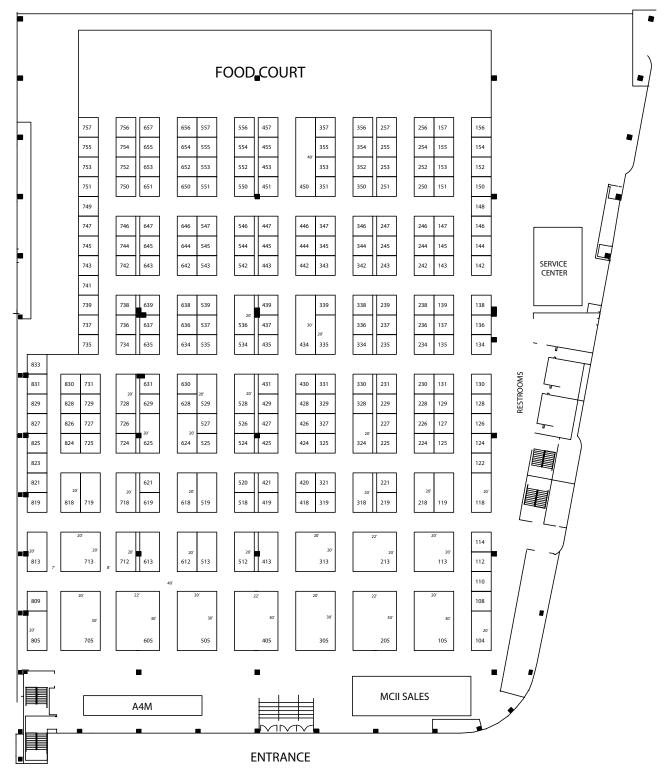


Exhibit Hall Floor Plan



15th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies Summer 2007 Session August 3-4, 2007

Donald E. Stephens Convention Center Rosemont, IL USA





A4M American Academy of Anti-Aging Medicine

service Area

1510 West Montana Street Chicago, IL 60614 Phone: 773-528-4333 Fax: 773-528-5390 Website: www.worldhealth.net

Email: a4m@worldhealth.net

The American Academy of Anti-Aging Medicine (A4M) is the world's leading nonprofit medical organization dedicated to the exploration and application of innovative diagnostics and therapeutic interventions that aim to detect, prevent, and treat aging-related diseases. While at this event, stop by the A4M Service Area to please meet:

- Our Membership team, to transact your new membership or renew your existing membership. The A4M relies on membership dues to continue working for you and to expand the adoption of anti-aging medicine worldwide.
- Our Board Certification and Continuing Medical Education staff, who will review with you the many benefits of maintaining and expanding your command of the anti-aging and regenerative medical specialties.
- Our Marketing and Business Development team, to find out how to put the prominence of the A4M and The World Health Network website (www.worldhealth.net), the Internet's leading anti-aging portal, to work for your practice, clinic, or business.
- Our Publishing & Communications personnel, who put the power of print and Internet mediums to-work for A4M members and those involved in the anti-aging medical specialty.
- The Project Administrator for The LEx Prize and The World Center for Anti-Aging Medicine, and make your pledge to these primary project initiatives that A4M submits are the natural and next progressions to advance the anti-aging medical movement.

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Aerobic Water Works is the manufacturer of the Aerobic Spa, an aerobic-hydro therapy device utilizing ultra-pure oxygenated water, heat, steam and oxygen rich air making its debut at the Anti-Aging Summer 2007 Exposition in Chicago.





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and Regenerative Biomedical Technologies

Annual World Congress on An

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Summer 2007 Session

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Exhibitor Listings

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729

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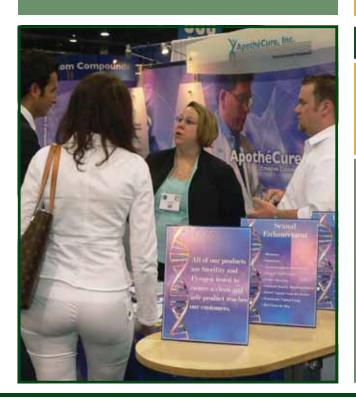
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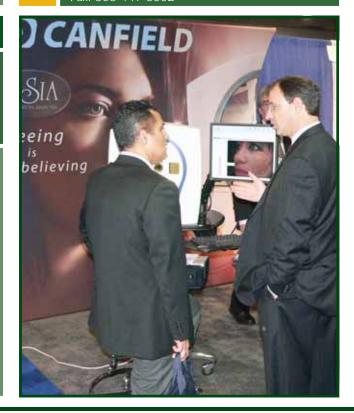
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505

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628

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15th Annual World Congress on Anti-Aging Medicine



Exhibitor Listings

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37

600 Boyce Road Pittsburgh, PA 15205 Phone: 800-245-4440 Fax: 888-245-4440

Website: www.douglaslabs.com Email: jmerglowski@douglaslabs.com

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22020 Clarendon Street, Suite 305 Woodland Hills, CA 91367 Phone: 818-373-1334 / 877-334-7878 Website: www.eeginfo.com

EEG Info is a clinic and research center that offers a variety of brain wave training programs for adults and children. Training professionals worldwide, EEG Info functions as a complete Neurofeedback resource.



Eidam Diagnostics Corporation

100-13777 Commerce Parkway Richmond, BC V6V 2X3 Canada Phone: 604-304-6006 Fax: 604-304-6007 Website: www.eidam.com Email: shelleyleo@eidam.com

The company's primary product, CRT 2000® Thermographic System, is a revolutionary non-invasive diagnostic tool for preventative healthcare. The CRT 2000® is the only contact Thermography device in the world, and has obtained both CE and FDA approval.







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Elsevier will have on display all their best selling books on the subject of antiaging medicine. New titles on cosmetic dermatology, nutrition, endocrinology and facial rejuvenation will be featured at this year's meeting.

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Summer 2007 Session

NORLD ANTI-AGIA

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Palomar Medical Technologies, Inc.

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Summer 2007 Session

\ging Medicine

NORLD ANTI-ONGRESS & EXPO

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Quantum Alliance

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The RSI Medical Software System combines the best features of practice management and digital imaging in one easy-to-use software system. The medical software system includes the following modules to choose from; EMR, Scheduling, Billing, Image Archiving, Aesthetic Simulation, E-billing, Dictation and more. The RSI Medical Software System offers the best value in the industry. Plus, the modular design allows each module to be purchased separately or grouped together to fit your requirements and budget.



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Congress & Experience

Exhibitor Listings

Revitalight

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119 West Hubbard, Suite 300 Chicago, IL 60610 Phone: 312-527-0131 Fax: 312-644-9069

Website: www.revitalight.com Email: jim@revitalight.com

Revitalight's Intense LED, light helps diminish the appearance of fine lines and wrinkles on the skin by promoting collagen firmness. Revitalight is FDA cleared for acne and pain. Revitalight has been featured in over 50 TV shows and publications worldwide.



Revitalized Technologies, Inc.

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2965 Ocean Parkway, Suite 503 Brooklyn, NY 11235 Phone: 718-648-2814 Fax: 718-228-5611

Rhein Consulting Laboratories

437

4475 SW Scholls Ferry Road, Suite 101 Portland, OR 97225 Phone: 503-292-1988 Fax: 503-292-2012

Website: www.rheinlabs.com Email: ingridnordt@rheinlabs.com

Rhein Consulting Laboratories, specializing in hormone profiling, is a research driven facility, which provides patients and their physicians with state-of-the-art, cost-effective means of assessing sex and adrenal hormone levels. In contrast to salivary testing, hormones assayed in urine are clinically relevant, accurate, and reproducible as well as widely accepted in medical and academic scientific circles.



RLC Labs

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2404 West 12th Street, #4 Tempe, AZ 85281 Phone: 623-879-8535 Fax: 623-879-8683 Website: www.rlclabs.com Email: lcox@rlclabs.com

RLC Labs offers a natural and reliable medication, Nature-Throid & Westhroid, to treat hypothyroidism. In addition, we offer competitively priced supplements, prescription and non-prescription weightloss products.



Robard Corporation

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821 East Gate Drive Mount Laurel, NJ 08054 Phone: 800-222-9201 Fax: 856-778-4192 Website: www.robard.com Email: larry@robard.com

Since 1976, Robard Corporation has provided medically supervised weight management programs and products to physicians and hospitals nationwide. Robard offers free training, marketing and business development support to our customers.







Sage Medical Laboratory

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1400 Hand Avenue, Suite L Ormond Beach, FL 32174 Phone: 800-491-9511 Fax: 386-615-2027

Website: www.foodallergytest.com Email: sagesystems1@cfl.rr.com

Sage Systems Inc. since 1994 offers a new patent-pending Elisa test for delayed food allergies, a potential trigger of many autoimmune and chronic diseases like migraine headaches, IBS, GERD, asthma, and dermatitis.

Sciton

625

925 Commercial Street Palo Alto, CA 94303 Phone: 650-493-9155 Fax: 650-493-9146 Website: www.sciton.com Email: kcranias@sciton.com

Sciton provides best-in-class lasers for medical professionals who seek superior durability, performance and value. Sciton's MicroLaserPeel™, ProFractional™, STAR Procedure™, SkinTyte™ and South Beach Peel™ are popular weekend procedures exclusive to the PROFILE™ system.





SeneGence International

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Independent Distributor 2533 Tennessee Street Vallejo, CA 94591 Phone: 707-642-8633

Website: www.senegence.com/kolorbykaren Email: kolorbykaren@senesite.com

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Skin Care Consultants

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916 Markham Road Toronto, ONT 42108 Canada Phone: 416-439-3350 Fax: 416-439-9224

Smith-Reid Laboratories LLC

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1135 Terminal Way, Suite 209 Reno, NV 89502 Phone: 866-949-9969 Fax: 866-SRL-FAXX Website: www.smithreidlabs.co

Website: www.smithreidlabs.com Email: info@smithreidlabs.com

Smith-Reid Laboratories LLC provides clinicians with a simple, easy, straightforward way to offer customized multi-vitamins to patients. Each patient's customized formula is determined by their results on the NutriTest™, an accepted, non-invasive nutritional and metabolic assessment.



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Exhibitor Listings

Spa Finder, Inc.

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257 Park Ave South, 10th Floor New York, NY 10010 Phone: 212-924-6800 Website: www.spafinder.com Email: ann.kramer@spafinder.com

Since its inception in 1986, Spa Finder has been the world's leading spa and travel marketing company reaching millions of consumers via Spafinder.com, its award-winning website, Luxury SpaFinder Magazine, the trusted authority on the luxury spa lifestyle, the annual Spa Guide, Worldwide Directory, and Spa Finder Gift Certificates and Gift Cards.



Sybaritic, Inc.

618

9220 James Avenue S Minneapolis, MN 55431 Phone: 952-888-8282 Fax: 952-888-8887 Website: www.sybaritic.com Email: nrolek@sybaritic.com

The Sybaritic Aesthetic MedSPA™ is a comprehensive collection of equipment, products and services to help add medical aesthetics to an existing medical practice. This package allows you to profitably perform today's most popular aesthetic services.



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Synergie by Dynatronics

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7030 Park Centre Drive Salt Lake City, UT 84121 Phone: 801-568-7000 Fax: 801-568-7711 Website: www.dynatronics.com Email: kw@dynatron.com

3-in-1 Combo unit that performs Vacuum Massage on the body (for cellulite reduction) and face, in addition to Microdermabrasion. Synergie is used by prominent surgeons in post-liposuction treatments for smoothing skin and eliminating cellulite appearance. Synergie also has a powerful Light Therapy device with Red/Infrared probe, Blue probe and new Light Pad.





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Syneron

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Fax: 905-886-7046 Website: www.syneron.com Email: fham@syneron.com

With a customer base of more than 6,000 systems in 50 countries, Syneron is recognized as a worldwide technology leader in the competitive medical aesthetics market. Syneron is setting new industry standards for safety and efficacy for a wide range of in-demand aesthetic procedures such as hair removal, skin tightening, cellulite and skin rejuvenation.



Tangent Corporation

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11491 Mount Curve Road Eden Prairie, MN 55347 Phone: 952-941-3255 Fax: 952-941-3254

Website: www.tangentaesthetics.com Email: s.trinter@earthlink.net

Tangent is a national specialty distributor of cutting-edge aesthetic technologies. Come by our booth to check out our new Fraxi-Roller[™], providing laser-like results with a simple, disposable hand-tool.



Tav Tech Ltd.

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Thunder Ridge Emu Products

122

9217 Center Street Manassas, VA 20110 Phone: 703-631-9074 Fax: 703-335-8607



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5112 W. Pearce Drive, Suite 1 Huntington Beach, CA 92649 Phone: 719-727-5727 Fax: 949-666-5134 Summer 2007 Session



University Compounding Pharmacy

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1875 3rd Avenue San Diego, CA 92101 Phone: 619-398-2740 Fax: 619-398-2750 Website: www.ucprx.com

University Compounding Pharmacy (UCP) is one of the premier compounding pharmacies in the United States specializing bioidentical hormone replacement. UCP is the leader in providing physicians with continuing education featuring the top educators in the world on aging and hormone replacement. Consultant pharmacist is always available to assist physicians with prescribing and to answer patient's questions.



Vibraderm Inc.

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2100 N. Highway 360, Suite #1502 Grand Prairie, TX 75050 Phone: 800-494-7181 Fax: 972-606-1308 Website: www.vibraderm.com

Email: sales@vibraderm.com

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USA Meso, Inc.

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5900 Sepulveda Boulevard, Suite 525 Van Nuys, CA 91411 Phone: 818-989-1000 Fax: 619-330-2535

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USANA Health Sciences

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Independent Associate 121 St. Croix Avenue Cocoa Beach, FL 32931 Phone: 321-783-7774 Fax: 321-783-7774

Vital Nutrients

435

45 Kenneth Dooley Drive Middletown, CT 06457 Phone: 888-328-9992 Fax: 888-328-9993

Website: www.vitalnutrients.net

Email: bobtimberlake@vitalnutrients.net

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405

4610 Arrowhead Drive Carson City, NV 89706 Phone: 888-401-0967 Email: jameseudy@vrp.com

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Women's International Pharmacy

225

2 Marsh Court Madison, WI 53718 Phone: 800-279-5708 Fax: 800-279-8011

Website: www.womensinternational.com Email: michelle@womensinternational.com

Women's International Pharmacy specializes in custom compounded biologically identical hormone prescriptions for men and women. We also provide consulting services and educational information on hormone therapies, upon request.



White Science World Wide

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45 W. Crossville Road, Suite 514 Roswell, GA 30075 Phone: 678-461-1922 Fax: 866-789-4483 Website: www.whitescience.net Email: gpni@aol.com

White Science is a company borne out of a professional dental company that manufactures and sells professional cosmetic teeth whitening products to Med Spas, Salons and Spas. Our newest generation LED whitening light with our advanced time released delivery system creates a 30 minute non attended service that is safe, convenient, and very profitable.

World Health Network

Service Area

1510 West Montana Street Chicago, IL 60614 Phone: 773-528-4333 Fax: 773-528-5390 Website: www.worldhealth.net Email: a4m@worldhealth.net

The World Health Network, www.worldhealth. net, is the official educational website of the A4M. As the Internet's leading antiaging portal, The World Health Network features an extensive library of medical and scientific papers and breaking new updates pertaining to human longevity. Garnering more than 35 million hits per month, The World Health Network offers The Electronic Biotech Newsletter (EBN), an educational service provided to more than 500,000 optin subscribers worldwide. Sign up today for your free EBN subscription.

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Exhibitor Listings

World Health Products, LLC

1582 Deere Avenue, Suite A Irvine, CA 92606 Phone: 949-474-0309 Fax: 949-474-0669

Website: www.detoxamin.com Email: elaine@detoxamin.com

World Health Products is the original developer of the EDTA Time-Release Chelation Suppository, known as Detoxamin. Detoxamin is the only scientifically and clinically validated product of its kind to have significant bioavailability and is the only EDTA suppository manufactured in an FDA approved facility.



ZRT Laboratory, LLC

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8605 SW Creekside Place Beaverton, OR 97008 Phone: 503-466-2445 Fax: 503-352-3263 Website: www.zrtlab.com Email: ajpaoletti@zrtlab.com

ZRT Laboratory is an industry leader in saliva and blood testing. ZRT works in close partnership with healthcare providers to provide state of the art hormone interpretation and educational opportunities.



XanGo International

26323 N. 2nd Street Phoenix, AZ 85085 Phone: 888-627-9394 Fax: 623-321-1036

Website: http://impact2health.net Email: sandi@impact2health.net

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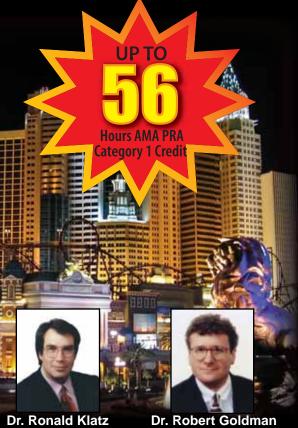
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