



# ANTI-AGING MEDICAL NEWS

WINTER 2007

OFFICIAL  
SHOW  
HANDBOOK

*Congressman  
Ron Paul, MD  
Addresses the  
Future of American  
Healthcare*

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**Suzanne Somers**  
*My Personal Success  
With Anti-Aging.  
The Future of  
Medicine Is Here.*



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ANTI-AGING MEDICAL NEWS WINTER 2007

OFFICIAL SHOW HANDBOOK



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OSCAR B. GOODMAN  
MAYOR

15TH ANNUAL INTERNATIONAL CONGRESS ON ANTI-AGING  
MEDICINE & REGENERATIVE BIOMEDICAL TECHNOLOGIES  
Las Vegas, Nevada December 12-15, 2007

Dear Las Vegas Visitors:

Welcome to America's most dynamic city — Las Vegas, a place where things have been shaken and stirred! You could not have chosen a better city to hold your conference and I am convinced that once you get a taste of what Las Vegas has to offer, you will definitely be back.

As the happiest Mayor in the universe, I am delighted to tell you about the excitement that is Las Vegas. Las Vegas continues to capture the world's imagination as the city where anything is possible. With world class hotels, award-winning restaurants, luxurious spas, fantastic shopping, the finest golf courses, and spectacular entertainment — Las Vegas remains one of the most electrifying destinations in the world.

Downtown Las Vegas is undergoing a dramatic change, a renaissance. It is evolving into a vibrant place for living, working, entertainment and the arts. The enticing mix that makes the new Downtown Las Vegas includes:

- The neon-drenched excitement of the Fremont Street Experience, visited by over 21 million people each year.
- Multi-million dollar casino and hotel renovations and expansions.
- Fremont East Entertainment District featuring trendy new gathering places for dining, dancing, cocktails and enjoyment.
- An emerging eclectic mix of live-in artists and galleries knows as the 18b Arts District.
- Almost 18,000 living spaces being built and planned in the heart of the city.
- World Market Center, a state-of-the-art home furnishings trade show complex in Downtown Las Vegas. When fully completed, the complex will exceed 12 million square feet with 8 buildings.
- Union Park, a phenomenal 61-acre planned development neighboring the World Market Center. This project will include the Lou Ruvo Brain Institute, designed by renowned architect Frank Gehry, a 350,000 square-foot Performing Arts Center, and multiple business and retail opportunities.

Again, welcome to fabulous Las Vegas. Best wishes for a memorable stay in our city.

Sincerely,

Oscar B. Goodman  
Mayor  
City of Las Vegas



CITY OF LAS VEGAS  
400 STEWART AVENUE  
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VOICE 702.229.6241  
FAX 385.7960  
TTY 702.386.9108

EMAIL  
ogoodman@lasvegasnevada.gov

WEBSITE  
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# Welcome



Dear Attendee:

The American Academy of Anti-Aging Medicine (A4M) welcomes you to Las Vegas to the 15<sup>th</sup> Annual World Congress on Anti-Aging & Regenerative Biomedical Technologies, Winter 2007 Session.

As one of the fastest growing medical societies in the world today, the A4M hosts the most scientifically advanced conferences in the area of preventive medicine.

This educational forum provides the opportunity for you to interact with the world's leading clinicians and researchers specializing in advancements in human longevity. During this session, you will learn of the latest breakthroughs in biomedical and technological advances delivering cutting-edge assessments and therapies for aging-related dysfunctions, disorders, and disease.

The A4M commends you for attending this premier specialized educational event, which is the year's singlemost focused scientific conference at which you will advance your knowledge and ability in anti-aging medicine and regenerative biomedical technologies to the benefit of your patients.

With warm regards,



*Ronald Klatz*

Ronald Klatz, M.D., D.O.  
President, A4M



*Robert Goldman*

Robert Goldman, M.D., Ph.D., D.O., FAASP  
Chairman, A4M

IMPORTANT NOTICE: PLEASE READ

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

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

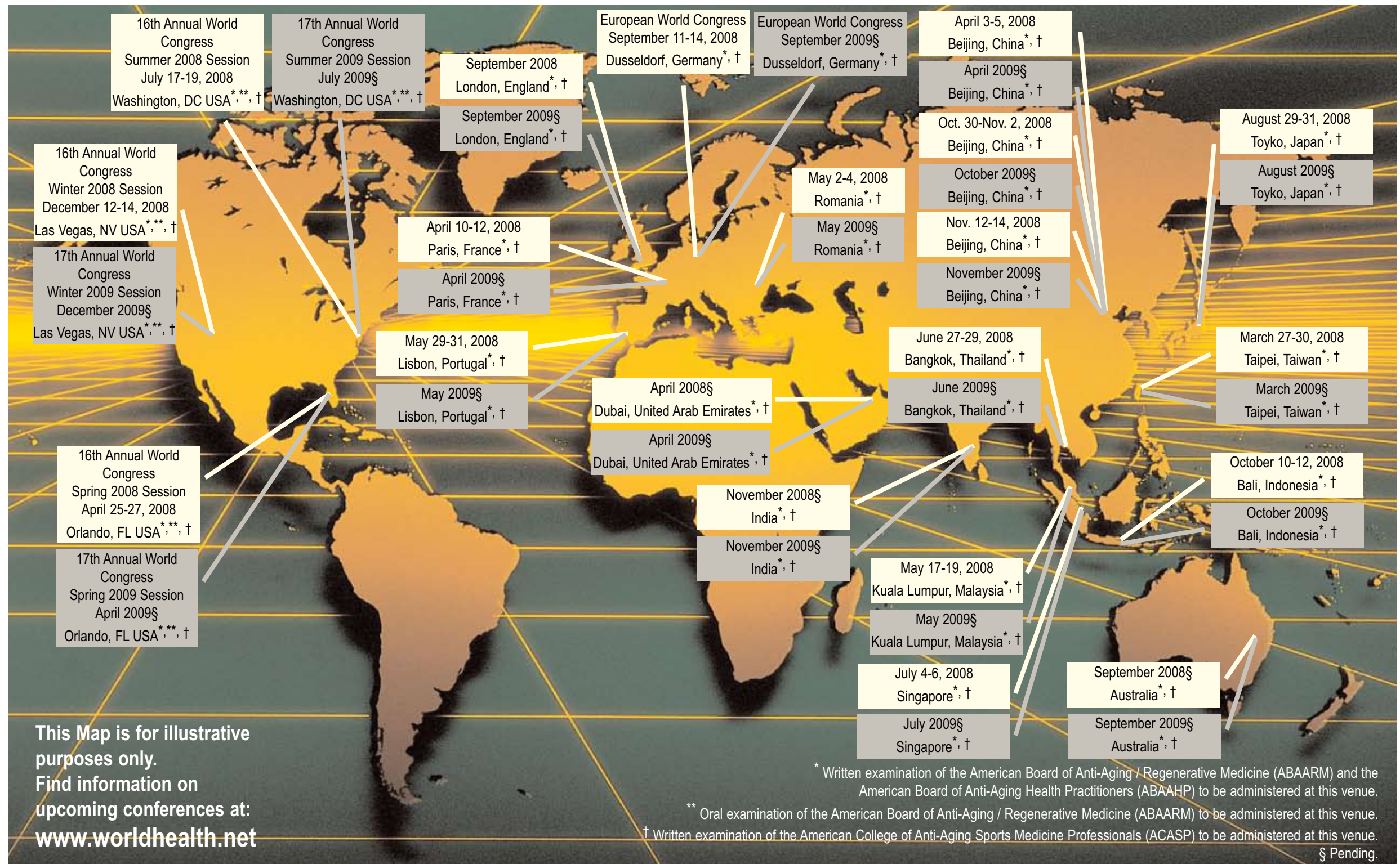
Be mindful that anti-aging medicine delivers an innovative model for healthcare in which the sanctity of personal freedoms of choice is upheld. It is with a reverence for freedom of thought, ideas and practice in healthcare that A4M refrains from limiting, censoring, or discriminating against those who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

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

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



# A4M Co-Sponsored/Co-Supported Events in Anti-Aging / Regenerative Medicine ~ 2008-2009 Calendar







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.



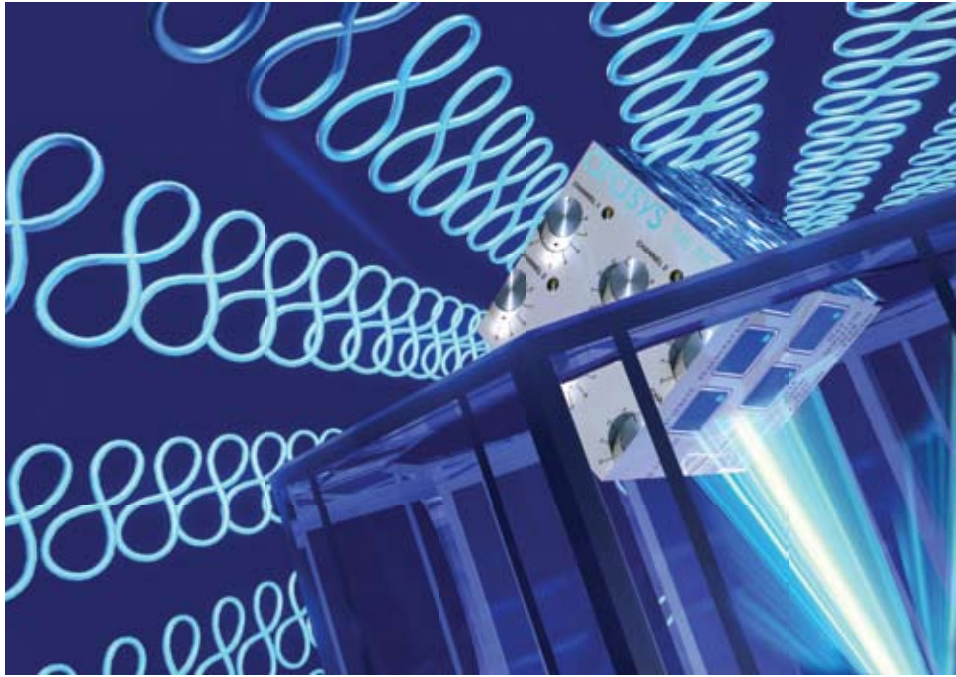


# Intelligence

Neuronal Intelligence, Sports & Fitness

Xanya Sofra-Weiss, Ph.D.

## Multiplicity of Neuronal Communications



### Introduction

The explosive growth in electrical technologies and our ever-increasing understanding of the relationship between biophysics and biochemistry precludes the conceptualization of biological processes on an electrochemical basis, rather than on a chemical basis alone. The most recent advancements of scientific electro-medicine involve only microcurrent levels of stimulation (in the millionths of an ampere), often sufficiently minute as to not even be felt by the patient being treated. The lack of sensation during microcurrent stimulation has been consistently viewed as evidence that microcurrent is more in tune, and as such better absorbed and incorporated within the intercommunications of biological processes than higher levels of electrical stimulation such as miliamp (in the thousandths of an ampere). Microcurrent stimulation has been extensively used in the medical field for skin ulcers, bone repair, muscle healing, and anti-aging

procedures such as non surgical face lifts and lymphatic drainage. Research evidence has revealed that microcurrent acts as an antioxidant (Lee et al 2005), increases ATP (cellular energy) by 500% (Cheng et al, 1982), enhances cell proliferation, DNA and protein content (Yin et al, 2005), as well as collagen and elastin (Santos 2004; Chi 1999, 2002). On the other hand, the anti-aging regime of electrical body treatments such as inch loss, body building and contouring has been governed by muscle stimulators that operate with miliamps. Miliamp operated muscle stimulators deplete ATP (Cheng et al, 1982. Santos et al 2004), thus depriving the cellular system from energy that is crucial for optimal biological functioning. Intense discomfort and confinement of the result within the area treated are additional limitations of muscle stimulators.



### The State of the Art

Although glucose holds plenty of chemical energy, it cannot be used directly for muscle contraction. Instead, muscle cells must transfer their incoming glucose supplies into the more readily utilizable form of ATP (cellular energy) that acts as a molecular motor powering movement. During muscle stimulation, the outside of the muscle cell membrane is more positive than the inside. An electrical stimulus causes a reversal of this polarity, causing the muscle to twitch. Maintaining the availability of ATP for muscle contraction is the limiting factor, since ATP is not stored in large amounts in the skeletal muscle. Research has consistently shown that miliamp depletes ATP (Cheng 2002). Muscle stimulators work with miliamps, quickly depleting the limited ATP supply in the skeletal muscle. Unlike muscle tissue, nerve tissue (neuron and glia cells) has the ability to generate and conduct electrical signals in the body; it can be transmitted to other parts of the body via the neuro-communication network of the nervous system. These electrical messages are managed by nerve tissue in the brain and transmitted down the spinal cord to the body. During exercise, an electrical signal travels from the brain to the neuromuscular junctions, where a motor neuron attaches to the muscle. Calcium is released from its storage area bringing about a muscle contraction. As the nerve impulse reaches the junction, Acetylcholine and ATP are co-released from the electromotor nerve terminals. Unlike muscle stimulation where the limited skeletal ATP supply is quickly exhausted, neuroresonance allows for an unlimited supply of ATP which is increased by 500% following application of MENS (Cheng 1982). In conclusion, muscular and nerve stimulation are distinguished by the following fundamental attributes:

1. Muscle stimulation is only limited to the targeted muscle. Nerve stimulation, however, can be transmitted to the neighboring areas, as well as other areas further apart in the body via the nervous system network.
2. Muscle contraction under neurostimulation is powered by the limited ATP supply stored in the skeletal muscle. Neurostimulation is powered by the ATP supply supplied as a result of the stimulation at the electromotor nerve terminals.
3. Muscle stimulators contract the targeted muscle only. On the other hand, neurostimulators contract all muscle groups within the neuro-signal spread.
4. Miliamp neurostimulators that significantly decrease ATP, should be distinguished from microcurrent neurostimulators that significantly increase ATP by virtue of utilizing currents in the millionths of the ampere.

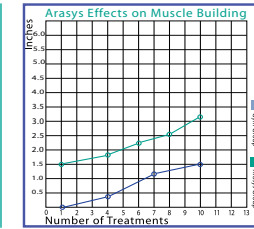
Numerous studies have suggested that neuromuscular stimulation reduces spasticity (Alfieri,1982; Levin & Hui-Chan, 1989; Levin & Hui-Chan 1992) and enhances the muscle strength of the hemiparetic limb (Merletti et al 1978; Baker et al 1979; Bowman et al 1979; Winchester et al 1983; Kraft et al 1992; Dimitrijevic & Soroker 1994; Faghri et al 1994; Dimitrijevic et al 1996). A recent meta-analysis of four random trials concluded that neuromuscular stimulation improves the motor strength of stroke survivors (Glanz et al 1996). Commenting on the documented efficacy of electrical neurostimulation on stroke victims, Glanz et al reports: "given the large burden of disability from cerebrovascular disease and the paucity of efficacious therapeutic modalities, further research on the use of electrostimulation would appear to be prudent (p 552)." In a recent experimental study, Alon et al (2007) found that "upper extremity task-oriented training that begins soon after stroke that incorporates functional electrical stimulation may improve upper extremity functional use in patients with mild/moderate paresis more than task-oriented training without functional electrical stimulation." Sprava et al (1995) cites the case of 46 patients with disseminated sclerosis who were successfully treated by electrostimulation of the muscles, as well as transcutaneous electrostimulation.

### High Definition Signal

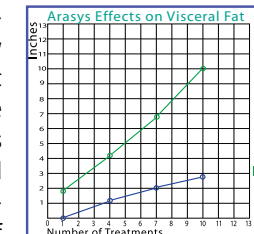
Muscle stimulators and Miliamp Neurostimulators are still moderately used by professional body builders and athletes, as well as some Sports Medicine Professionals. Yet, there is a consensus that muscle stimulation technology is becoming progressively outdated. Sports Medicine physicians are actively seeking a muscle building technology designed to offer fast, painless, dramatic results without adverse side effects. Parallel to this search for the ultimate muscle builder lies the realization of the many advantages of healthy anti-aging. "Healthy" demands an advanced technology designed to enhance the overall functioning of biological processes, by emitting signals capable of resonating, intertwining and integrating themselves within the intricate signal network of the organism. In 2004, the co-inventor of the pacemaker, Gerry Pollock, fine-tuned the Arasys, a system originally invented in London University after 17 years of research and subsequently upgraded in BIC, a European Union funded research center in the UK. Arasys uses a high definition microcurrent waveform to resonate neuronal signals emitted during regular exercise. Arasys was specifically made for those that could not exercise such as stroke victims and patients with Muscle Atrophy and Multiple Sclerosis. However, its pronounced results on effortless inch loss and body building precluded its popularity in the ever-growing field of anti-aging and cosmetics. Arasys is neither a TENS (miliamp) muscle stimulator nor a neurostimulator. Arasys' high definition microcurrent signal is composed with up to a thousand frequencies for

intricate accuracy and stability to resonate the signal sent from the brain to the motor nerve during regular exercise.

Clinical data shows that Arasys effortlessly builds muscle in a fraction of the time needed at the gym.



Muscles contract during physical activity as a result of brain commands delivered via the nervous system. The Arasys signal resonates these specific communications. Due to its clarity and precision, the high definition Arasys signal is accepted by the motor nerve as a legitimate signal associated with rigorous exercise (in spite of the fact that body movement is minimal). The Arasys signal initiates a biological chain reaction where: (a) the motor nerve sends the "strenuous exercise signal" command to the muscle; (b) the muscle responds with a strong contraction the way it would do if one lifted weights or performed a vigorous physical activity; (c) the chain reaction that the Arasys signal causes in one set of neurons resonates its effect to the neighboring neurons initiating a multiplicity of neuronal chain reactions that ultimately could affect the musculature of the entire organism. This spreading effect is a unique phenomenon specific to the Arasys complex waveform that is not seen with muscle stimulators, neuromuscular stimulators or any other equipment of a similar nature. (d) The lymphatic system is mobilized to deep cleanse the organism.



Clinical data shows significant inch loss in menopausal women suspected to have visceral fat.

The Arasys' waveform multi-frequency composition requires a specific organizational sequence, very much like the unique pattern the pieces of a puzzle must follow to complete a particular image. This multi-frequency sequence is the basis of the signal's rhythm and resonance that render it an integral part of bio-electrical communications. An artificial signal must follow the rhythm of the biological system it targets to avoid causing systemic resistance. Imagine an intricate field of moving laser beams programmed to detect the slightest disturbance. A person's motion must harmoniously intertwine with the rhythmical flow of the laser beams as if they are an integral part of the system. Similarly, anything that interferes with the rhythm of the electro-biochemical system triggers an innate alarm that identifies the signal as foreign, precipitating the signal's eventual rejection.

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## Quantum Coherence

In Search of a Signal to Resonate with the Elements in the Grand Jazz Orchestra of Electrochemical Intercommunications



### Biological Intelligence

Recent advances in biochemistry, cell biology and genetics are giving us a concrete picture of the organism as an electrically intercommunicating whole that can be only fully captured by Quantum Coherence (Ho, 1993). Quantum Coherence reflects an entangled organic whole, where global and local are so thoroughly implicated as to be indistinguishable, and where each part is as much in control as it is sensitive and responsive (Cuthbertson 1996). Imagine a very large jazz orchestra where everyone is doing his or her own thing while being perfectly in step and in tune with the whole. Viewed from the above macroscopic point of view, the biological system appears to be a biological Gestalt or a coherent organic whole interconnected by a multiplicity of electro-biochemical signals. This view gives prime significance to the concepts associated with a high definition signal that reflects an optimum number of frequencies intertwined to orchestrate a waveform designed to be a harmonious part of the biological whole. This high definition signal must contribute to the quantum coherence of the organism to avoid setting off biological resistances that will congregate to stop or eliminate any intruder. Advanced technology underlying the mechanics of the "fast effective body builder" that Sports Medicine professionals have been waiting for, must emit a high definition signal that complies with the rules of existence, clarity, definition and rhythm of biological signals. The signal of an electronic device will either resonate with the biological system and work with it, or it will be rejected. An intelligent electronic device must reflect an understanding of the overall bodily function in terms of quantum coherence that encompasses dynamic intercommunications organized like the notes of a musical sequence. Any signal emitted from this electronic device must fit the organizational structure and rhythm of the biological organism in order to enhance, rather than disturb, the organism's ultimate functionality and productivity.

[www.arasysperfector.com](http://www.arasysperfector.com)

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# 16TH ANNUAL WORLD CONGRESS ON ANTI-AGING MEDICINE AND REGENERATIVE BIOMEDICAL TECHNOLOGIES



## APRIL 24-26, 2008 ORLANDO, FLORIDA



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Dr. Ronald Klatz  
MD, DO  
President, A4M



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



**American Academy of Anti-Aging Medicine**  
1510 West Montana Street Chicago, IL 60614, USA  
Toll Free (USA) **1.800.558.1267**  
Registration Information **1.773.528.1000**

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## Call For PAPERS

## 2008 Academic Program

The American Academy of Anti-Aging Medicine conference program committee would like to give you the opportunity to submit your abstract for poster presentation and/or for speaking at the 16th Annual International Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies.

The conferences will be held as follows:

**April 25-27, 2008 - Orlando, FL-**  
SUBMISSION DEADLINE January 15, 2008

**July 17-19, 2008 - Washington, DC -**  
SUBMISSION DEADLINE March 31, 2008

**December 11-14, 2008 - Las Vegas, NV**  
(TBA)

We are currently in the process of completing the programs for these internationally acclaimed events which will each draw thousands of Participants, 300+ Exhibitors, 100+ Presentations, 80+ International Speakers, 14+ Hands-on/live Demo Presentations, and several Evening Workshops.

Once received, your abstract and application will be reviewed by the A4M program committee and a decision will be communicated to you shortly thereafter. For submission guidelines please visit our website at <http://www.worldhealth.net/pdf/SpeakerSubmissionGuidelines.pdf>. Please send all of the required materials to [program@worldhealth.net](mailto:program@worldhealth.net). Please specify the name of the event you are applying for.

*Thank You,*  
A4M Scientific Program Committee



### Partial Listing of Presentations Scheduled for ORLANDO 2008:

- Global Impact of depleted uranium as a carcinogenic environmental toxin
- Lowest Dose BHRT For Maximum Benefit and Least Risk
- The cause of premature aging – Stress and its solution
- The Anti-Aging answer to Presbyopia
- Gluten Intolerance: Cognitive Complications and Mood Disorders: How Wheat Harms the Brain
- Reversal of Parkinsonian symptoms via augmentation of dopamine neurotransmitters
- Immunity & Longevity Immunotherapy in the Treatment of Aging-related — Cancer, Coronary Heart Disease, Metabolic Syndrome & NIDDM
- Sleeping Apnea – new methods of corrections
- Obesity Pandemic, newest drug and nutrition interventions.
- Ozone and UVB therapy
- Hot Flash Husbands: Understanding Andropause
- Thymus therapy for Immune Modulated Disorders of Aging





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# Conference Program

## 15th Annual World Congress on *Anti-Aging Medicine & Regenerative Biomedical Technologies*

December 10-15, 2007 | Venetian Hotel, Las Vegas, NV

### ACCREDITATION STATEMENT

*Up to 56 Hours AMA PRA Category 1 credit*

**ACCREDITATION:** The Medical Educator Consortium, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



**CREDIT HOURS:** The Medical Educator Consortium, designates this educational activity for a maximum of 56.0 hours of category 1 in category 1 towards the AMA Physician's Recognition award.

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of MEC and A4M. MEC is accredited by the ACCME to provide continuing medical education for physicians.

**FACULTY DISCLOSURE STATEMENT:** The Medical Educator Consortium, Inc. in accordance with accreditation requirements will disclose any significant financial interest or other relationship with the manufacturer(s) of any commercial product (s) and/or provider(s) of commercial services discussed in an educational presentation and with any commercial supporters of the activity.

Consult the Show Guide appearing in this issue of Anti-Aging Medical News for information about the Las Vegas Anti-Aging Exposition. The Las Vegas Anti-Aging Exposition is produced and managed by Medical Conferences International Inc.

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

SCIENTIFIC CONFERENCE CO-SPONSORED BY:



CERTIFICATION BY:





# SCHEDULE at a Glance

## MONDAY, DECEMBER 10, 2007

MONDAY, DECEMBER 10 / SPECIAL WORKSHOPS *additional fee			ROOM	CREDITS	CO-CHAIR / SPEAKERS
7:15 AM – 6:00 PM	<b>FELLOWSHIP MODULE I (Day 1)</b>	■ Course description page 45	Veronese 2401 2nd Level	8 Hours CME Credits Available	–
7:15 AM – 6:00 PM	<b>FELLOWSHIP MODULE II (Day 1)</b>	■ Course description page 45	Veronese 2403 2nd Level	8 Hours CME Credits Available	–
8:00 AM – 6:00 PM	<b>ACASP</b>	■ Course description page 46	Titian 2306 2nd Level	8 Hours CME Credits Available	James Bell, Ph.D <a href="#">Bio page 74</a>

## TUESDAY, DECEMBER 11, 2007

TUESDAY, DECEMBER 11 / SPECIAL WORKSHOPS *additional fee			ROOM	CREDITS	CO-CHAIR / SPEAKERS
7:30 AM – 6:00 PM	<b>FELLOWSHIP MODULE I (Day 2)</b>	■ Course description page 47	Veronese 2401 2nd Level	8 Hours CME Credits Available	–
7:30 AM – 6:00 PM	<b>FELLOWSHIP MODULE II (Day 2)</b>	■ Course description page 47	Veronese 2403 2nd Level	8 Hours CME Credits Available	–
8:00 AM – 6:00 PM	<b>ACASP</b>	■ Course description page 47	Titian 2306 2nd Level	8 Hours CME Credits Available	James Bell, Ph.D <a href="#">Bio page 74</a> Nick Delgado, Ph.D. <a href="#">Bio page 78</a>
8:00 AM – 6:00 PM	<b>THE CLINICAL APPLICATION OF INTERVENTIONAL ENDOCRINOLOGY</b>	■ Course description page 48	Titian 2305 2nd Level	8 Hours CME Credits Available	Mark L. Gordon, MD <a href="#">Bio page 86</a>
8:00 AM – 6:00 PM	<b>AESTHETIC FELLOWSHIP MODULE I (Day 1)</b>	■ Course description page 48	Veronese 2405 2nd Level	8 Hours CME Credits Available	–
6:00 PM – 9:00 PM	<b>ABAARM ORAL EXAM BOARD REVIEW COURSE*</b>	■ Course description page 48	Delfino 4001 4th Level	–	Pamela Smith, MD <a href="#">Bio page 114</a>

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# WEDNESDAY, DECEMBER 12, 2007

WEDNESDAY, DECEMBER 12 / SPECIAL WORKSHOPS **additional fee				ROOM	CREDITS	CO-CHAIR / SPEAKERS
-	ABAARM ORAL EXAMINATION *			Lando 4201 4th Level	-	-
8:30 AM - 6:00 PM	MASTER SERIES SEMINAR - AGING ENDOCRINOLOGY FOR MEN	■ Course description page 50		Titian 2305 2nd Level	8 Hours CME Credits Available	Eugene Shippen, MD Ronald Wheeler, MD <a href="#">Bio page 112</a>
7:30 AM - 6:00 PM	*FELLOWSHIP MODULE I (Day 3)	■ Course description page 50		Veronese 2401 2nd Level	8 Hours CME Credits Available	-
7:30 AM - 6:00 PM	*FELLOWSHIP MODULE II (Day 3)	■ Course description page 50		Veronese 2403 2nd Level	8 Hours CME Credits Available	-
8:00 AM - 6:00 PM	AESTHETIC FELLOWSHIP MODULE I (DAY 2)	■ Course description page 51		Veronese 2405 2nd Level	8 Hours CME Credits Available	-
<b>PRE CONFERENCE</b>						
7:30 AM - 6:00 PM	WORKSHOP #1 ENDOCRINOLOGY*	■ Course description page 51		Venetian Ballroom F	8 Hours CME Credits Available	Ron Rothenberg, MD <a href="#">Bio page 107</a>
8:00 AM - 5:00 PM	WORKSHOP #2 HORMONE ESSENTIALS	■ Course description page 52		Delfino 4001 A/B 4th Level	6.5 Hours CME Credits Available	Patrick Hanaway, MD <a href="#">Bio page 87</a>
9:00 AM - 12:00 PM	WORKSHOP #3A UNDERSTANDING PHOTOACOUSTIC TECHNOLOGY FOR ANTI-AGING AND SKIN REJUVENATION PROCEDURES	■ Course description page 52		Delfino 4003 4th Level	3 Hours CME Credits Available	Bruce M. Saal, MD <a href="#">Bio page 108</a>
1:00 PM - 5:00 PM	WORKSHOP #3B BRAIN HEALTH ASSESSMENT- THE PATH TO LIFE EXTENSION	■ Course description page 52		Delfino 4003 4th Level	4 Hours CME Credits Available	Eric Braverman, MD <a href="#">Bio page 75</a>
8:30 AM - 6:00 PM	WORKSHOP #4 INTERVENTIONS TO PREVENT THE MID LIFE DISEASE COMPLEX	■ Course description page 52		Lando 4205 4th Level	8 Hours CME Credits Available	David Zava, Ph.D. <a href="#">Bio page 118</a>
8:30 AM - 12:00 PM	WORKSHOP #5A METABOLISM, NUTRITION, OBESITY, SPORTS MEDICINE	■ Course description page 54		Venetian Ballroom G	3.5 Hours CME Credits Available	James Bell, Ph.D <a href="#">Bio page 74</a>
1:00 PM - 5:30 PM	WORKSHOP #5B LASER TREATMENTS AND PHOTOAGING	■ Course description page 56		Venetian Ballroom G	2.5 Hours CME Credits Available	-
8:00 AM - 6:00 PM	WORKSHOP #6 STRATEGIES FOR HEALTHY AGING	■ Course description page 56		Delfino 4005 4th Level	8.5 Hours CME Credits Available	Geroge J. Jueteronke, DO. <a href="#">Bio page 90</a>
<b>EVENING WORKSHOPS</b>						
6:00 PM - 9:00 PM	LABORATORY TESTING IN ANTI-AGING MEDICINE	■ Course description page 57		Delfino 4001 A/B 4th Level	4 Hours CME Credits Available	Bill Anton, Ph.D. Roger Deutsch <a href="#">Bio page 72</a> <a href="#">Bio page 78</a>
5:30 PM - 8:30 PM	AESTHETIC MEDICINE WORKSHOP*	■ Course description page 57		Veronese 2405 2nd Level	-	-
6:00 PM - 7:00 PM	LIVE CONSULTATION "How to do a good physical examination" when diagnosing the hormonally deficient patient using members of the audience.	■ Course description page 57		Delfino 4003 4th Level	-	Thierry Hertoghe, MD Ron Rothenberg, MD <a href="#">Bio page 87</a> <a href="#">Bio page 107</a>
6:00 PM - 7:00 PM	WORKSHOP METABOLIC SYNDROME X	■ Course description page 57		Venetian H	1 Hours CME Credits Available	Stephen Holt, MD <a href="#">Bio page 88</a>
6:00 PM - 9:00 PM	ABAARM/ ABAHP WRITTEN EXAM BOARD REVIEW COURSE*	■ Course description page 57		Titian 2305 2nd Level	-	Pamela Smith, MD <a href="#">Bio page 114</a>

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# THURSDAY, DECEMBER 13, 2007

THURSDAY, DECEMBER 13 / GENERAL SESSION			ROOM	CREDITS	CO-CHAIR / SPEAKERS
-	<b>ABAARM ORAL EXAMINATION *</b>	■ Course description page 58	Bassano 2703 2nd Level	-	-
6:30 AM	<b>A4M CONFERENCE REGISTRATION OPENS</b>				
7:00 AM - 8:30 AM	<b>EYE OPENER: TELOMERES 101: UNDERSTANDING HOW TELOMERASE ACTIVATION (TA) COMBATS AGING</b>	■ Course description page 58			Frederick J. Vagnini, MD <a href="#">Bio page 116</a>
8:30 AM - 8:45 AM	<b>OPENING REMARKS</b>	■ Course description page 58			Ronald Klatz, MD, DO, <a href="#">Bio page 91</a> Robert Goldman, MD, PhD, <a href="#">Bio page 84</a> DO, FAASP
8:45 AM - 9:30 AM	<b>HOW GOVERNMENT RUINS YOUR HEALTH</b>	■ Course description page 58	Venetian Ballroom F	4 Hours CME Credits Available	Ron Paul, MD <a href="#">Bio page 103</a>
9:30 AM - 10:00 AM	<b>PROPHYLAXIS OF ATHEROSCLEROSIS AND WELL-AGING IN PATIENTS WITH METABOLIC SYNDROME</b>	■ Course description page 58			Gunter Siegel, MD, Ph.D. <a href="#">Bio page 112</a>
10:00 AM - 10:30 AM	<b>PREGNENOLONE: A NERVOUS SYSTEM PROTECTOR AND MEMORY-ENHANCING HORMONE FOR HUMANS TOO?</b>	■ Course description page 58			Ascanio Polimeni, MD, Ph.D. <a href="#">Bio page 104</a>
10:30 AM - 11:00 AM	<b>33 CARCINOGENIC FACTORS AND CANCER PREVENTION</b>	■ Course description page 58			Joseph M. Castro Nunes, MD <a href="#">Bio page 75</a>
11:00 AM - 1:00 PM	<b>EXHIBIT HALL BREAK &amp; LUNCH BREAK</b>				
<b>BREAKOUT SESSION I</b>					
1:00 PM - 1:40 PM	<b>THE ROLE OF AGING IN INTEGRATIVE MEDICINE</b>	■ Course description page 58			Eric Braverman, MD <a href="#">Bio page 75</a>
1:40 PM - 2:20 PM	<b>AN INTEGRATIVE APPROACH TO CANCER THERAPY</b>	■ Course description page 58			Ahmad Nasri, MD <a href="#">Bio page 102</a>
2:20 PM - 3:00 PM	<b>BIOENERGETIC MEDICINE THE WISDOM OF SMART MEDICINE</b>	■ Course description page 58	Venetian Ballroom F	3 Hours CME Credits Available	Stephen Sinatra, MD <a href="#">Bio page 112</a>
3:00 PM - 3:40 PM	<b>CLINICAL CONSIDERATION IN TOPICAL HORMONE ADMINISTRATION</b>	■ Course description page 58			James E. Paoletti, R.Ph. <a href="#">Bio page 102</a>
3:40 PM - 4:15 PM	<b>SALIVARY HORMONE TESTING-DO'S AND DON'TS</b>	■ Course description page 58			Wolfgang Ziemann, Ph.D. <a href="#">Bio page 118</a>
4:15 PM	<b>CLOSE OF SESSION</b>				
<b>BREAKOUT SESSION II</b>					
1:00 PM - 4:00 PM	<b>AESTHETIC MEDICINE</b>	■ Course description page 60	Veronese 2405 2nd Level	2 Hours CME Credits Available	Sharon McQuillan, MD <a href="#">Bio page 98</a> Gkrizalas Kostantinos, MD <a href="#">Bio page 92</a> Dianne Quibell, MD <a href="#">Bio page 106</a> John Shieh, MD <a href="#">Bio page 112</a>
<b>BREAKOUT SESSION III</b>					
1:00 PM - 4:00 PM	<b>LABORATORY TESTING IN ANTI-AGING MEDICINE</b>	■ Course description page 60	Veronese 2403 2nd Level	3 Hours CME Credits Available	Bill Anton, Ph.D. <a href="#">Bio page 72</a> Woochul Moon, MD, Ph.D. <a href="#">Bio page 99</a>
4:00 PM - 6:00 PM	<b>EXHIBIT HALL BREAK &amp; LUNCH BREAK</b>				
<b>EVENING WORKSHOPS</b>					
5:00 PM - 9:00 PM	<b>PROTEOMICS- PROSTATE CANCER BREAKTHROUGHS</b>	■ Course description page 60	Delfino 4001 A/B 4th Level	4 Hours CME Credits Available	Michael Klentze, MD, Ph.D. <a href="#">Bio page 92</a> Christian Schneeberger, Ph.D. <a href="#">Bio page 111</a>
6:00 PM - 7:00 PM	<b>HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE USING:</b> Bio-Identical Hormone Replacement - Marketing - Take Shape for Life Weight Loss Program - Anti-Aging Fellowships *	■ Course description page 60	Delfino 4003 4th Level	-	John Grasela, R.Ph. <a href="#">Bio page 86</a> Pamela Smith, MD, <a href="#">Bio page 114</a> Ron Rothenberg, MD <a href="#">Bio page 107</a> Patrick Savage, MD <a href="#">Bio page 110</a>
5:30 PM - 8:30 PM	<b>AESTHETIC MEDICINE WORKSHOP*</b>	■ Course description page 60	Veronese 2405 2nd Level	-	-
6:00 PM - 8:00 PM	<b>OPTIMAL NUTRITION FOR OPTIMIZED PERFORMANCE*</b> Presented by GENOVA DIAGNOSTICS	■ Course description page 60	Veronese 2403 2nd Level	-	Dr. Richard Gerhauser Patrick Hanaway, MD <a href="#">Bio page 87</a>
6:00 PM - 8:00 PM	<b>LASER HAIR THERAPY: REVERSING THE SIGNS OF AGING HAIR*</b> Presented by SUNETICS	■ Course description page 60	Lando 4201 A/B 4th Level	-	Alan Bauman, MD <a href="#">Bio page 72</a>
6:00 PM - 9:00 PM	<b>INFLAMMATION, ENERGY MEDICINE, ONDAMED(R) and ITS SIGNIFICANT ROLE IN THE ANTIAGING PRACTICE*</b> Presented by ONDAMED	■ Course description page 60	Lando 4203 4th Level	-	Wolf-Dieter Kessler, MD <a href="#">Bio page 90</a> Shari Lieberman, Ph.D. <a href="#">Bio page 96</a> James Oschman, Ph.D. <a href="#">Bio page 102</a>
6:00 PM - 9:00 PM	<b>ALLERGIES &amp; ALLERGY TESTING*</b> Presented by COLLEGE PHARMACY	■ Course description page 60	Lando 4205 4th Level	-	Camille Lieners, Ph.D. <a href="#">Bio page 96</a>
6:00 PM - 8:00 PM	<b>MED SPA MARKETING-FROM CONSULTING TO CLOSING THE SALE*</b> Presented by ASTRON CLINICA	■ Course description page 60	Delfino 4005 4th Level	-	Bryan Durocher <a href="#">Bio page 79</a>

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FRIDAY, DECEMBER 14 / GENERAL SESSION			ROOM	CREDITS	CO-CHAIR / SPEAKERS
–	<b>ABAARM ORAL EXAMINATION *</b>	■ Course description page 61	Bassano 2703 2nd Level	–	–
6:30 AM	<b>A4M CONFERENCE REGISTRATION OPENS</b>			–	–
7:00 AM – 8:00 AM	<b>EYE OPENER: MESOTHERAPY, MESOPLASTY, LIPODISOLVE, AND INJECTION LIPOLYSIS: APPLICATIONS IN AESTHETIC MEDICINE</b>	■ Course description page 61	Venetian Ballroom F	3 Hours CME Credits Available	A. Peter Salas, MD <a href="#">Bio page 110</a>
8:00 AM – 9:00 AM	<b>COMPREHENSIVE CANCER TREATMENT</b>	■ Course description page 61			Mark A. Rosenberg, MD <a href="#">Bio page 107</a>
9:00 AM – 9:30 AM	<b>BREAKING NEWS: VICTORY OVER FDA SUPPRESSION OF LEGAL PHYSICIAN USE OF HUMAN GROWTH HORMONE(HGH)</b>	■ Course description page 61			James Forsythe, MD <a href="#">Bio page 82</a>
9:30 AM – 10:00 AM	<b>THE FUTURE OF MEDICINE IS HERE</b>	■ Course description page 61			Suzanne Somers <a href="#">Bio page 114</a>
10:00 AM – 11:00 AM	<b>FORMAL PINNING CEREMONY FOR FELLOWSHIP GRADUATES*</b>	■ Course description page 61			–
11:00 AM – 1:00 PM	<b>EXHIBIT HALL BREAK &amp; LUNCH BREAK</b>		Veronese 2501 2nd Level		
<b>BREAKOUT SESSION I</b>					
1:00 PM – 1:30 PM	<b>HAIR RESTORATION</b>	■ Course description page 61	Venetian Ballroom F	3 Hours CME Credits Available	Alan Bauman, MD <a href="#">Bio page 72</a>
1:30 PM – 2:10 PM	<b>CELLULAR ENERGETICS IN CHRONIC DERMATOSES AND SKIN AGING</b>	■ Course description page 61			Prof John Ionescu, Ph.D. <a href="#">Bio page 88</a>
2:10 PM – 2:30 PM	<b>UTILIZATION OF AMINO ACID AND OTHER PROTEIN COMPOUNDS FOR PHYSICAL ENHANCEMENT</b>	■ Course description page 61			Rafael Santoja-Gomez, Pharm.D. <a href="#">Bio page 110</a>
2:30 PM – 3:00 PM	<b>BONE HEALTH- WHEN TO START ANTI AGING MEASURES</b>	■ Course description page 61			O.P.Sharma, MD
3:00 PM – 3:30 PM	<b>THE POSSIBLE ROLE OF TOPICAL ANTIOXIDANT CREAMS CONTAINING VITAMINS A, C, AND E IN PROMOTING AND PROTECTING THE HEALTH OF THE SKIN</b>	■ Course description page 61			Gordon Telford, MD <a href="#">Bio page 115</a>
3:30 PM – 4:00 PM	<b>THE LATEST TECHNOLOGY FOR MEDICAL-SPAS: LASERS, ULTRA-SOUNDS, MICRO-CURRENT...WHAT YOU NEED TO KNOW!</b>	■ Course description page 62			Manon Pilon <a href="#">Bio page 104</a>
4:00 PM	<b>CLOSE OF SESSION</b>				
<b>BREAKOUT SESSION II</b>					
1:00 PM – 4:00 PM	<b>AESTHETIC MEDICINE</b>	■ Course description page 62	Veronese 2405 2nd Level	2 Hours CME Credits Available	Milan Shah, MD <a href="#">Bio page 111</a> Brett Ribotsky, DPM <a href="#">Bio page 98</a> Sharon McQuillan, MD Jason Myers, MD
<b>BREAKOUT SESSION III</b>					
1:00 PM – 1:40 PM	<b>HGH UPDATE LATEST FINDINGS</b>	■ Course description page 62	Veronese 2403 2nd Level	2.5 Hours CME Credits Available	Mark L. Gordon, MD <a href="#">Bio page 86</a>
1:40 PM – 2:20 PM	<b>GENOMIC APPROACH TO CANCER TREATMENT</b>	■ Course description page 62			Stanislav R. Burzynski, MD, Ph.D. <a href="#">Bio page 75</a>
2:20 PM – 3:00 PM	<b>VIBRATION TRAINING FOR ACTIVE AGING*</b>	■ Course description page 62			Joseph Signorile, Ph.D.
3:00 PM – 3:30 PM	<b>THE FUSION OF AESTHETICS AND AGE MANAGEMENT</b>	■ Course description page 62			Michael W. Zacharia, MD <a href="#">Bio page 118</a>
3:30 PM – 4:00 PM	<b>CLINICAL THERAPIES TO CONTROL INFLAMMATION AND METABOLIC PERFORMANCE</b>	■ Course description page 62			Chris Meletis, ND <a href="#">Bio page 99</a>
4:00 PM – 6:00 PM	<b>EXHIBIT HALL BREAK</b>				
5:30 PM	<b>CONFERENCE REGISTRATION CLOSES</b>				
<b>EVENING WORKSHOPS</b>					
5:00 PM – 9:00 PM	<b>PROTOCOLS OF STEM CELLS, FITNESS, HORMONES AND BIOCHEMISTRY</b>	■ Course description page 64	Veronese 2403 2nd Level	4 Hours CME Credits Available	Nick Delgado, Ph.D. <a href="#">Bio page 78</a> Suzie Schuder, MD <a href="#">Bio page 111</a> Naina Sachdev, MD <a href="#">Bio page 108</a>
5:30 PM – 8:30 PM	<b>AESTHETIC MEDICINE WORKSHOPS*</b>	■ Course description page 64	Veronese 2405 2nd Level	–	Denise Baker, MD <a href="#">Bio page 72</a> Martin Braun, MD <a href="#">Bio page 74</a> Janette Daher, BS <a href="#">Bio page 76</a>
6:00 PM – 9:00 PM	<b>PROTOCOL: EMPOWER YOUR REVENUES WITH CONSUMER APPROVED WELLNESS PRODUCTS *</b> Presented by GLOBAL WELLNESS	■ Course description page 64	Lando 4203 A/B 4th Level	–	Alfred G. Moravec, Ph.D. <a href="#">Bio page 100</a>
6:00 PM – 9:00 PM	<b>ELECTROMAGNETIC FIELDS- IMPACTS AND ANTIDOTE *</b>	■ Course description page 64	Veronese 2401 2nd Level	–	Eric Braverman, MD <a href="#">Bio page 75</a>
6:00 PM – 9:00 PM	<b>REV UP YOUR BUSINESS WITH NANO TECHNOLOGY*</b> Presented by USA PERFECTOR	■ Course description page 64	Lando 4201 A/B 4th Level	–	Suzanne Levin, M.D. <a href="#">Bio page 95</a> Everett Lautin, M.D. <a href="#">Bio page 94</a> Xanya Sofra-Weiss, PH.D. <a href="#">Bio page 114</a>
6:00 PM – 9:00 PM	<b>GENETICS OF AGING AND CANCER</b> Presented by AMINOCARE	■ Course description page 64	Titian 2303 2nd Level	–	Azad Rastegar, B.A. <a href="#">Bio page 106</a> Stanislav R. Burzynski, M.D., Ph.D. <a href="#">Bio page 75</a>
6:00 PM – 9:00 PM	<b>UNDERSTANDING LEGAL TOOLS: THE KEY TO ASSET PROTECTION AND TAX REDUCTION*</b> Presented by The National Medical Foundation For Asset Protection	■ Course description page 64	Delfino 4001 4th Level	–	G.Kent Mangelson, CFP <a href="#">Bio page 98</a>
6:00 PM – 8:00 PM	<b>AGE GREATFULLY WITH METAFOLIN*</b> Presented by PHYSICIANS PROVISIO	■ Course description page 64	Delfino 4005 4th Level	–	Jonathan Forester, MD <a href="#">Bio page 80</a>
6:00 PM – 8:00 PM	<b>TARGETING CANCER CELL SPECIFIC METABOLISM; A BEST CASE SERIES ANALYSIS AND DISCUSSION*</b>	■ Course description page 64	Delfino 4003 4th Level	–	Jim LaValle R.Ph., M.S., C.C.N., N.D. <a href="#">Bio page 94</a>



# SATURDAY, DECEMBER 15, 2007

SATURDAY, DECEMBER 15 / GENERAL SESSION		ROOM	CREDITS	CO-CHAIR / SPEAKERS
6:30 AM	A4M CONFERENCE REGISTRATION OPENS		-	-
7:00 AM – 8:00 AM	EYE OPENER: THE LONGEVITY FACTOR: HOW RED WINE AND RESVERATROL CAN UNLOCK THE GENETIC SECRETS OF A LONGER AND HEALTHIER LIFE <span>■ Course description page 65</span>	Venetian Ballroom F	4 Hours CME Credits Available	Joseph C. Maroon, MD <a href="#">Bio page 98</a>
8:00 AM – 8:40 AM	NEW UPDATES IN STEM CELL RESEARCH <span>■ Course description page 65</span>			Michael Klentze, MD <a href="#">Bio page 92</a>
8:40 AM – 9:20 AM	A BREAKTHROUGH IN CANCER THERAPY VIA GLUCOSE INHIBITION <span>■ Course description page 65</span>			Maureen Pelletier, MD <a href="#">Bio page 103</a>
9:20 AM – 10:00 AM	BRAIN PRESERVATION AND FUNCTIONAL ENHANCEMENT <span>■ Course description page 65</span>			David Perlmutter, MD <a href="#">Bio page 103</a>
10:00 AM – 10:30 AM	TWO NEW ASPECTS OF ASTAXANTIN FOR HUMAN HEALTH – METABOLIC SYNDROME & EYE FATIGUE <span>■ Course description page 65</span>			Eiji Yamashita, Ph.D. <a href="#">Bio page 118</a>
10:30 AM – 11:00 AM	AN INTEGRATIVE APPROACH TO CANCER THERAPY: WHAT WORKS <span>■ Course description page 65</span>			Sheri Lieberman, Ph.D. <a href="#">Bio page 96</a>
11:00 AM – 1:00 PM	EXHIBIT HALL BREAK & LUNCH BREAK			
<b>BREAKOUT SESSION I</b>				
1:00 PM – 2:00 PM	MOST UPDATED RESEARCH IN STEM CELL – WHAT EXPERTS SAY <span>■ Course description page 65</span>	Venetian Ballroom F	3 Hours CME Credits Available	Mitchell Ghen, DO, Ph.D. <a href="#">Bio page 82</a> Denis Rodgerson <a href="#">Bio page 107</a>
2:00 PM – 2:30 PM	ENERGY MEDICINE AND LONGEVITY <span>■ Course description page 65</span>			James L. Oschman, Ph.D. <a href="#">Bio page 102</a>
2:30 PM – 3:00 PM	RESTFUL SLEEP: A KEY ANTI-AGING INITIATIVE <span>■ Course description page 65</span>			Stephen Holt, MD <a href="#">Bio page 88</a>
3:00 PM – 3:30 PM	HORMONE ESSENTIALS: WHICH SAMPLE DO I USE? <span>■ Course description page 66</span>			Patrick Hanaway, MD <a href="#">Bio page 87</a>
3:30 PM – 4:00 PM	AN EFFICIENT ANTIOXIDANT BY MOLECULAR HYDROGEN AS A NOVEL CONCEPT <span>■ Course description page 66</span>			Shigeo Ohta, Ph.D. <a href="#">Bio page 102</a>
4:00 PM	CLOSE OF SESSION			
1:00 PM – 5:00 PM	ABAARM/ ABAAHP/ ACASP WRITTEN EXAM <span>■ Course description page 66</span>	Veronese 2401 2nd Level	-	-
<b>BREAKOUT SESSION II</b>				
1:00 PM – 4:00 PM	AESTHETIC MEDICINE <span>■ Course description page 66</span>	Veronese 2405 2nd Level	2 Hours CME Credits Available	Marilyn Maria Costa, MD <a href="#">Bio page 76</a> Jim Larkey <a href="#">Bio page 94</a> Sharon McQuillan, MD <a href="#">Bio page 98</a> Jill Lezaic, DO <a href="#">Bio page 95</a>
<b>BREAKOUT SESSION III</b>				
1:00 PM – 1:30 PM	UNDERSTATING LEGAL STRUCTURES <span>■ Course description page 66</span>	Veronese 2403 2nd Level	3 Hours CME Credits Available	G. Kent Mangelson, CFP <a href="#">Bio page 98</a>
1:30 PM – 2:00 PM	IODINE: THE UNIVERSAL NUTRIENT FOR THE TOTAL BODY <span>■ Course description page 66</span>			Jorge Flechas, MD <a href="#">Bio page 80</a>
2:00 PM – 2:30 PM	THE PHYSIOLOGICAL BENEFITS OF INCREASING CELLULAR MEMBRANE PERMEABILITY RELATED TO DISEASE AND ANTI-AGING <span>■ Course description page 66</span>			Howard W. Fisher, DC <a href="#">Bio page 80</a>
3:30 PM – 4:00 PM	TREATMENT OF OSTEOARTHRITIS WITH HORIZONTAL THERAPY <span>■ Course description page 66</span>			Achim Hansjuergens, Ph.D. <a href="#">Bio page 87</a>
4:00 PM – 5:00 PM	EXHIBIT HALL BREAK			
4:00 PM	CONFERENCE REGISTRATION CLOSURES			
5:00 PM	EXHIBIT HALL CLOSURES			

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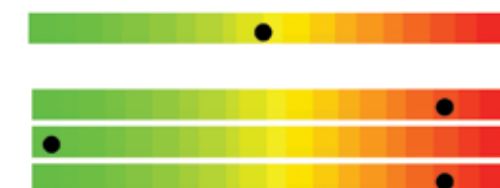
## TEST PATIENT

Date of Birth : 02/05/1988  
Sex : F  
Lab id : 1915307  
Collected : 07/19/2005

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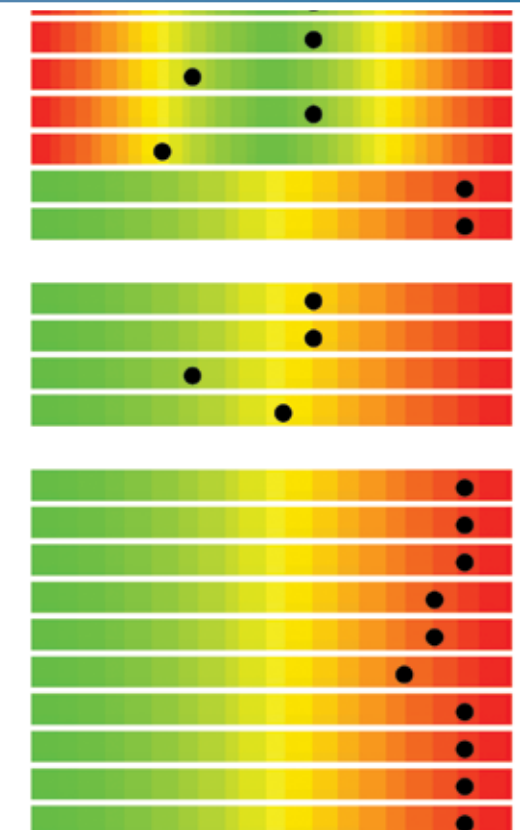
URINE, SPOT	Result	Range	
<b>ORGANIC ACIDS</b>			
Creatinine Concentration	3.1	0.0 - 4.8	mol/L
<b>Bacterial Dysbiosis Markers</b>			
Indoleacetic Acid	28.0 *h	0.0 - 9.0	mmol/mol Cr
<b>PHENYLACETIC ACID</b>	0.0	0.0 - 0.0	mmol/mol Cr
Dihydroxyphenylproionic Acid	3.8 *h	0.0 - 2.2	mmol/mol Cr



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a-KETOGLUTARIC ACID	3.2	0.5 - 16.0	mmol/mol Cr
FUMARIC ACID	3.7 *h	0.0 - 1.4	mmol/mol Cr
MALIC ACID	3.8 *h	0.0 - 2.4	mmol/mol Cr
<b>Ketone and Fatty Acid Metabolites</b>			
ADIPIC ACID	3.6	0.0 - 5.2	mmol/mol Cr
SUBERIC ACID	2.2	0.0 - 3.0	mmol/mol Cr
b-OH-b-Methylglutaric Acid	2.0	0.0 - 6.7	mmol/mol Cr
b-OH-BUTYRIC ACID	4.0	0.0 - 6.4	mmol/mol Cr
<b>Organic Acids for Cofactor Need</b>			
a-Ketoisovaleric Acid	5.2 *h	0.0 - 2.0	mmol/mol Cr
a-Ketoisocaproic Acid	3.3 *h	0.0 - 2.0	mmol/mol Cr
a-Keto-b-Methylvaleric Acid	5.8 *h	0.0 - 2.0	mmol/mol Cr
KYNURENIC ACID	12.5 *h	0.0 - 10.0	mmol/mol Cr
Formiminoglutamic Acid	10.8 *h	0.0 - 9.0	mmol/mol Cr
3-OH-Propionic Acid	31.5 *h	0.0 - 27.5	mmol/mol Cr
METHYLMALONIC ACID	27.0 *h	0.0 - 19.0	mmol/mol Cr
2-OH-Phenylacetic Acid	3.9 *h	0.0 - 1.2	mmol/mol Cr
4-OH-Phenylpyruvic Acid	34.5 *h	0.0 - 24.7	mmol/mol Cr
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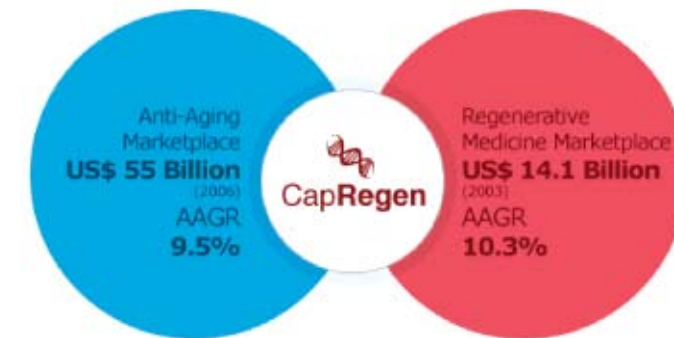
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Observes Dr. Ronald Klatz "CapRegen invests in some of the most promising medical technologies in the anti-aging medical marketplace. In doing so, CapRegen creates value by seeding early-concept technologies with a near-term commercial viability."

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# INTEGRATING ANTI-AGING INITIATIVES: Medical Procedure Recovery

Stephen Holt, MD, LLD (Hon.), ChB, PhD, ND, FRCP(C), MRCP(UK), FACP, FACG, FACN, FACAM, OSJ, Distinguished Professor of  
Medicine, NYCPM, Harlem, NY, Scientific Advisor to Natural Clinician LLC

## INTRODUCTION

From inception, I have witnessed the growth of the American Academy of Anti-Aging Medicine (A4M), the world's premier anti-aging medical society, due to the meritorious efforts of Dr. Robert Goldman, A4M Chairman, and Dr. Ronald Klatz, A4M President. It is gratifying to see the emergence of a multi-disciplinary scientific forum with international influence. Recuperative medicine has evolved with advanced preventive medicine and innovative surgery to define the new science of longevity. Anti-aging medicine has attracted many medical disciplines and there has been much recent

integration of esthetic medical procedures that can produce youthful appearances.

The philosophy of the anti-aging movement has focused on gentle and more natural ways to engage in recuperative medicine, using lifestyle change, nutrition and remedies of natural origin. Against this background, one sees new advances in the integration of anti-aging initiatives, such as the combined use of cosmetic surgical procedures with gentle remedies of natural origin. Anti-aging medicine has witnessed major expansion in the practice of plastic surgery, aesthetic surgery and topical laser therapy. These common procedures produce many cases of modest iatrogenic trauma which may be managed by remedies of natural origin.

The objective of this article is to review the evidence-base that exists for the application of homeopathic remedies, dietary supplements or natural topical agents in

clinical procedure or recovery from modest trauma, iatrogenic or otherwise.

## NUTRACEUTICAL MANAGEMENT OF TRAUMA

The use of herbs, botanicals, nutrients, topical natural agents or homeopathic remedies to support wound healing or trauma recovery has emerged as a very important medical intervention in integrative medicine. Many nutrients are reported to have specific activity in the healing of soft tissue wounds. Malnutrition has been known to result in major impairment in wound healing and associated tissue changes that result in swelling or bruising.<sup>1</sup> The correction of nutritional deficiency in individuals with significant degrees of malnutrition is known to accelerate wound healing.<sup>2,3</sup>

It is not cost effective to investigate the nutritional status of patients undergoing aesthetic procedures by using complex, laboratory investigations. It would seem logical and justifiable in the presence of any suspicion of suboptimal nutrition, to recommend a reasonably intensive and balanced nutritional supplement program prior to any form of elective surgery – at least in the short term. Dietary corrections combined with nutrient supplementation prior to elective surgery may assist in expediting the achievement of good nutritional status.

Claims concerning the benefits of some nutritional supplements in improved wound and soft tissue healings are supported by several controlled clinical observations.<sup>4-7</sup> A number of specific nutrients have been defined to play a beneficial role in wound healing in both animal and human experimental studies.<sup>8</sup> Specific

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nutrients with these properties include vitamins A, C and E, pantothenic acid, thiamine and minerals including zinc, copper, manganese and others.<sup>8</sup> Various combinations of specific nutrients have been utilized to study wound healing in animals or humans with variable outcome, but it is notable that a deficiency of essential fatty acids may retard wound healing.<sup>9</sup>

The use of enteric coated fish oil supplements to provide extra nutritional support with essential omega 3 fatty acids prior to elective surgical procedures has become a focus of recent interest. Nutritionally orientated physicians are increasingly using fish oil in enteric coated format to prepare individuals for cosmetic surgical intervention, because many such individuals may have Metabolic Syndrome X.<sup>10</sup> Metabolic Syndrome X is most often associated with an overweight status and insulin resistance.<sup>10</sup> Fish oil (EPA) contains the active omega 3 fatty acid, eicosapentanoic acid (EPA), which has desirable anti-inflammatory and insulin sensitizing properties.

Common herbs, botanicals or their derivatives with documented, but variable benefits on wound healing include Bromelain<sup>11</sup>, Papain (*Carica papaya*)<sup>12</sup>, Centella asiatica (*Gotu Kola*)<sup>13</sup>, Aloe Vera (most often used topically)<sup>14</sup>, Chamomile (*Matricaria chamomilla*, most often used topically)<sup>15</sup>, mixed species of Echinacea and Procyanidolic Oligomers (OPCs or PCOs).<sup>16,17</sup> The importance of the use of selected enzymes in wound healing is apparent in studies that show accelerated or enhanced healing functions following surgery or reduction in inflammatory responses to trauma or surgical interventions.<sup>18,19</sup> It is believed that the enzymes, referred to for use in trauma, have beneficial systemic effects, not merely digestive-enhancing effects.<sup>18-24</sup>

**CASCADES OF HEALING AND NUTRITION**

The complexity of the physiological cascade of events involved in soft tissue healing has led to the proposal that multiple substances can be formulated together to provide a more effective, synergistic way of achieving desired outcomes. Pivotal, well controlled studies of combined nutrients and dietary supplements that have shown

benefit in several measured parameters of wound healing are documented in medical literature.<sup>4,8</sup>

The variable combination of proteolytic enzymes, calcium and antioxidants have proven quite valuable in soft tissue healing in clinical trials.<sup>4</sup> Preferred antioxidant incorporations in dietary supplements include vitamin C and vitamin C helpers such as Rutin and OPCs in grape seed or other fruit extracts.<sup>4,8</sup> In a randomized, crossover, placebo-controlled trial, such combinations have proven valuable in accelerating soft tissue wound healing.<sup>4</sup> In fact, recovery time with these kinds of supplement regimens, compared with placebo, may result in accelerated healing by a factor of approximately 17%, with full healing in about two weeks compared with placebo. (Medioplasticsurgery.org.)

**ARNICA MONTANA** (*Leopard's Bane, Mountain Snuff, Mountain Tobacco, Wolf's Bane, Wolfbane*)

Arnica montana is an endangered flowering herb found in elevated regions of Europe and Asia. In ethno-botanical literature, Arnica has been used most often in tinctures, pills and topical delivery systems to relieve traumatic injuries, pain, bruising, sore muscles and lacerations. Because of known toxicity, Arnica is not recommended to be taken as a dietary supplement in whole or extracted form.<sup>25</sup>

The toxicity of Arnica montana used in whole or extract form in oral agents has included reports of heart damage, irritation of oral mucous membranes, upper gastrointestinal irritation and sudden increases in blood pressure.<sup>25-27</sup> These adverse effects have not been found or

described or observed with the use of homeopathic Arnica preparations.<sup>27</sup> The irritation of mucous membranes induced by whole Arnica taken orally may be due to its presence of several sesquiterpene lactones.<sup>25</sup>

German Commission E recommendations for the use of Arnica include only topical application or only its use in homeopathic remedies.<sup>27</sup> While few reported deaths have been related to the use of whole Arnica, one active component of whole or extracted forms of this plant (helenalin) can interact with many body enzyme systems in a manner that creates risks that exceed possible benefits.<sup>25</sup>

Topical Arnica montana preparations are advised to be used only when less than 15% of Arnica oil or less than 25% of Arnica tincture is present. It is reported that higher concentrations lead to skin irritation, especially when used for prolonged periods of time. Large amounts of Arnica taken by mouth in whole form may cause death and the use of Arnica on "raw skin" or open wounds may cause blistering and scarring, with or without the development of systemic toxicity and allergic dermatitis. There are no described drug interactions between Arnica montana in topical or oral forms. Homeopathic Arnica does not appear to alter various tests of blood coagulation in healthy volunteers (noted at www.herbmed.org). There has been much confusion about the potential toxicity of Arnica Montana and I stress that

continued on next page



homeopathic preparations of Arnica montana are considered to be quite safe and variably effective when taken by mouth. Information available about the toxicity of Arnica montana is summarized at [www.drugdigest.org](http://www.drugdigest.org).

While ointments, gels and other topical forms of Arnica can be used with variable effectiveness for trauma and soft tissue healing, there may be problems with the use of high concentrations of Arnica in the presence of open wounds or damaged skin. Arnica Montana belongs to the Compositae family of plants, which are notorious for producing allergic skin reactions or eczematous lesions with chronic use.

In one recent placebo-controlled trial evaluating the effects of topical Arnica on the resolution of laser-induced bruising after the treatment of telangiectasias, no real benefits were observed<sup>26</sup>, but these results may not be generalized to other circumstances where beneficial effects of topical Arnica have been described in postoperative recovery.<sup>26</sup> There has been much recent interest in the study of homeopathic forms of Arnica that can be used in oral preparations for enhancing wound healing, treatment of bruises or contusions, dislocated bones, hematomas, phlebitis, post traumatic or post surgical edema and benign musculoskeletal disorders.<sup>28,32</sup>

**HOMEOPATHIC ARNICA MONTANA**

In the September 15, 2003 edition of *The Journal of Plastic and Reconstructive Surgery*, two randomized placebo-controlled clinical trials compared Arnica Montana in a homeopathic strength of 30X with placebo and reported overall less bruising and less swelling in the postoperative period following plastic surgery. In one study of homeopathic Arnica montana examining the reduction of bruising after facelift surgery, Seeley and Maas<sup>32</sup> reported 24% more bruising following facelift surgery in the placebo group which took 50% longer to recover than the group treated with the homeopathic Arnica. The results were defined from computer-imaging programs to analyze bruising and other parameters in the postoperative period of these patients. Overall, the results were found to be statistically significant with benefits for homeopathic Arnica noted on Day 1

and Day 7 in the postoperative period.<sup>32</sup> In studies to examine the reduction of bruising and swelling following liposuction, homeopathic Arnica montana was studied in a randomized, prospective, double-blind, placebo-controlled trial. These studies reported at the American Society of Aesthetic Plastic Surgery, (ASAPS, 2002) shared that homeopathic Arnica Montana reduced bruising and swelling following liposuction surgery in female patients, in the age range of 18-45 years. The results of this study were derived from opinions of independent plastic surgeons who were asked to rank the sets of photos collected following liposuction. In these studies, there was no substantial difference in the volume of fat removed from the 29 patients who were studied<sup>33</sup>. The beneficial results of homeopathic Arnica in the reduction of bruising and swelling showed statistically significant improvement with the use of homeopathic Arnica when compared with placebo, under the conditions of this study.<sup>33</sup>

The Data Committee of the ASAPS has been reported to have reviewed the worldwide medical literature regarding the safety and efficacy of homeopathic Arnica. These committee members report the finding of studies with homeopathic Arnica that meet usual and customary standards of medical research. It is notable that the strength of Arnica that appeared to be optimal in the review of some studies by the data committee of the ASAPS was a homeopathic strength of 30X.

**BROMELAIN: A KEY APPROACH TO ACCELERATED HEALING**

A natural mainstay for assisting in soft tissue healing, bruising and swelling is the use of proteolytic enzymes, such as bromelain and papain.<sup>4,8,11,12</sup> Taussig and Batkin<sup>20</sup> describe the introduction of bromelain as a valuable medicinal treatment of trauma in the mid 1950s. These authors<sup>20</sup> comment on the existence of more



than 400 scientific papers that describe, variably, the overall benefits of the therapeutic use of this enzyme in reduction of inflammation, rehabilitation of sports injuries and prevention of soft tissue swelling and bruising following trauma or surgery. The aggregate scientific data on bromelain provide strong support for the use of bromelain in any dietary supplement or remedy of natural origin that may be used to provide nutritional support to enhance general healing.<sup>11,21-24</sup>

Bromelain deserves considerable renaissance of interest in medical practice as a very safe and effective way of managing swelling, bruising and inflammation for traumatic or post-operative soft tissue damage. While high dosages of bromelain may inhibit clotting function, few documentations of this theoretical adverse effect exist and high enzymatic activity is preferred to result in bioactivity in bromelain preparations, of the order of about 100mg of bromelain with around 2400 GDU (Gelatin Digestive Units). Pharmaceutical preparations of bromelain were made with special enteric coating many years ago, but these useful "drugs" have not remained very popular. If high enzymatic activity of bromelain is utilized, enteric coating of dietary supplements containing this enzyme may not be necessary.

**NATURAL PROTOCOL FOR CLINICAL PROCEDURE AND RECOVERY FROM MODEST TRAUMA**

Practitioners of anti-aging medicine play a major role in the expanding areas of medical spa treatments and aesthetic surgical procedures. Women's health

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clinics have converted significant amount of clinical practice space and time to medical aesthetics, including popular procedures such as Botox injections, lip puffing and eradication of facial lines by the injection of fillers or stimulants of dermal collagen production (e.g. Restolin®). Overall, the use of modestly invasive surgical or medical practices for cosmetic reasons presents a newfound need, in many clinical contexts, for the natural management of postoperative trauma induced by such procedures.

It appears cost-effective and evidence-based to provide general nutritional support, at least in the short-term, for a person prior to an elective surgical procedure, under the circumstances discussed in this article. Modern nutraceutical technology would support the use of a wide range of whole food nutrients in berries, greens, vegetable, fruit, vitamin and mineral enriched powders. These combinations of whole food powders have multi-functional micronutrients. In addition, it seems logical to consider supplementing the patient with enteric coated fish oil to provide optimal essential fatty acid ratios for good healing and other general health benefits.

The evidence base for the use of homeopathic Arnica montana in assisting soft tissue and wound healing seems to be increasing, with evidence that the dosage of homeopathic Arnica in 30X strength. Further research is required with homeopathic Arnica montana to define the extent of the portability of its benefits. While homeopathic Arnica appears to be valuable, safe and efficacious in certain circumstances, it seems quite logical that homeopathic Arnica can be combined with other specific nutritional, herbal or botanical supplements that have an evidence base for improving post procedure healing.

This review of medical literature implies that a corroborative evidence-base may support combinations of homeopathic Arnica montana with bromelain, grape seed extract (OPCs), vitamin C and vitamin C helpers such as rutin or perhaps other bioflavonoids that are found among the class of OPCs. Of course, dietary supplements or homeopathic treatments cannot be used as a substitute to diligent post-

operative care and correct patient instruction on lifestyles issues or other factors that promote healthy healing or recovery from circumstances that occur as a consequence of certain medical procedures.

In summary, the natural protocol proposed in this article to provide nutritional support for wound and soft tissue healing for minor to moderate trauma involves: Stage 1: general nutritional support to avoid the presence of isolated or general deficiency of nutrients that may inhibit healing and Stage 2: the combination of homeopathic Arnica montana with other dietary supplements that have an evidence base to support healthy healing. ♦

► **STEPHEN HOLT, MD**, Knight of the Holy Order of St. John is Chairman of the New York Department of Integrative Medicine at NYCPM, Harlem, NY, and holds the academic rank of Distinguished Professor of Medicine. He is a best-selling author and practices medicine in New York. Dr. Holt is on the advisory board of Natural Clinician LLC, Little Falls, NJ.

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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.<sup>1</sup> Worldwide, Baby Boomers number 450 million.<sup>2</sup>

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%**.<sup>3</sup>
- The anti-aging marketplace is projected to reach **\$72 billion** by 2009.<sup>3</sup>

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.***



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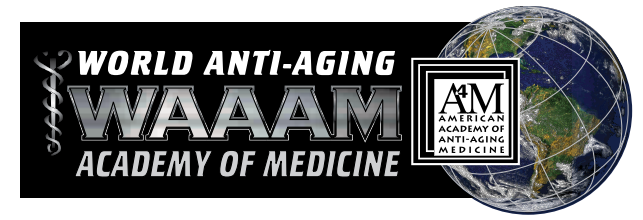


### Benefits of A4M/WCCA Facility Accreditation:

- ✓ Prevail amongst generic anti-aging 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](http://www.worldhealth.net), the Internet's leading anti-aging portal
- ✓ 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.



## THE A4M/WCCA ANTI-AGING CLINIC / MEDICAL SPA ACCREDITATION PROGRAM

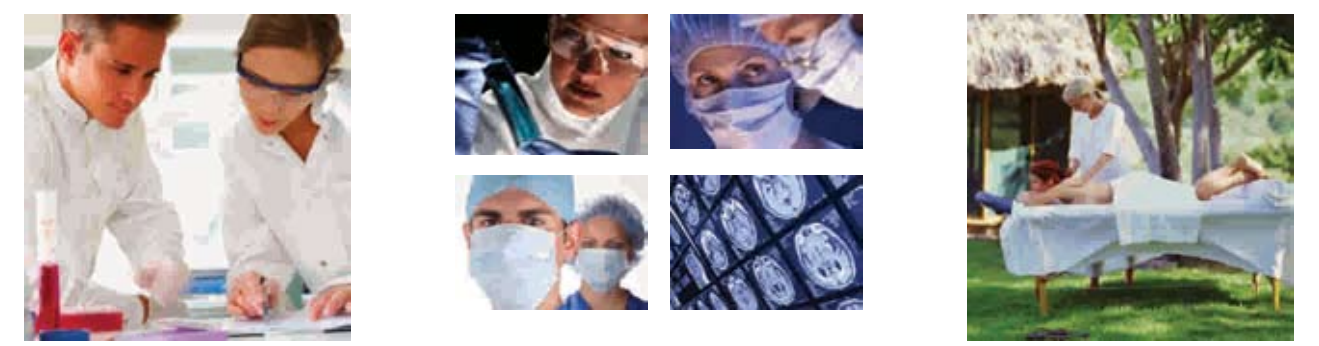


### Enroll your facility in the A4M/WCCA Anti-Aging Clinic / Medical Spa Accreditation Program

Accreditation of anti-aging medical clinics and medical spas serves two primary, fundamental purposes: to assure the quality of the institution and its clinical program, and to assist in the ongoing improvement of the institution or program. The A4M/WCCA Anti-Aging Clinic / Medical Spa Accreditation Program features Standards of Excellence that:

- Emphasize your facilities high level of service and safety
- Showcase a broad range of advanced diagnostics and therapeutics available at your clinic or medi-spa
- Encourage patient education and empowerment
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#### REFERENCES

<sup>1</sup> Release # 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](http://www.census.gov/Press-Release/www/releases/archives/facts_for_features_special_editions/006105.html).  
<sup>2</sup> "About Boomers," Boomers International, <http://boomersint.org/bindex.htm>.  
<sup>3</sup> Report PHM041A "Antiaging Products and Services," Business Communications Company, Inc., February 2005.

\* 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](http://www.worldhealth.net/accreditation)



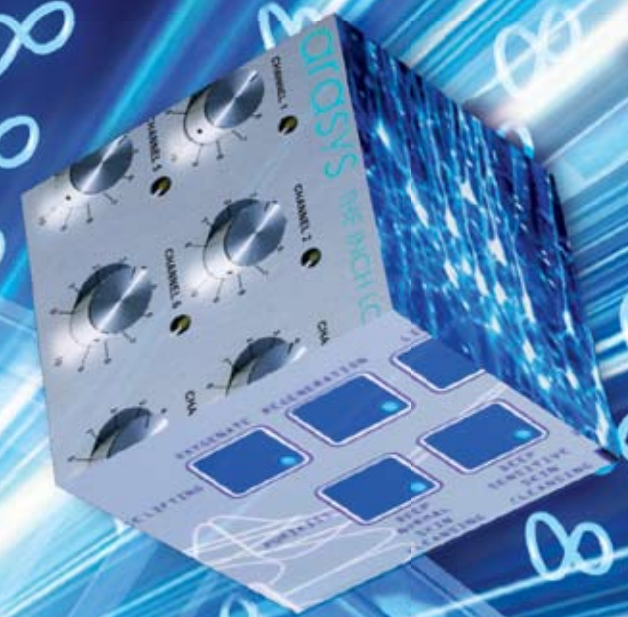
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# Dr. Ron Paul: *A New Health Care Vision*



By Tina Beychok

One of the most surprising candidates for the upcoming 2008 Presidential election is keynote speaker Congressman Ron Paul (R-Texas), who is also an OB/GYN. His strong health care message is smaller government regulation and more patient choice.

Without a doubt, health care is the biggest domestic issue facing this country today. Estimates place the current health care burden at about \$2 trillion annually, the highest in the world. Yet, at the same time, the U.S. is the only industrialized nation that does not have universal health care coverage.

In light of all this, there are no easy solutions. Paul's solution, however, is a unique one. His health care vision for America would involve less interference from government and the health care industry, in favor of more emphasis on patient freedom of choice.

Not long ago, Paul sat down with journalist Fintan Dunne of [www.mylonglife.com](http://www.mylonglife.com) to discuss his concept of the role of government, health care and the American taxpayer under a Ron Paul presidential administration.

Paul began by outlining what he felt was wrong with the current state of the health care system and what he felt needed to happen to turn it around:

I see the FDA as nothing more than a tool of the big drug companies. There's a revolving door of people who come and go to the FDA, and then they're in the drug industry.

I think the more government gets involved, the worse it gets. I can remember medicine when our government was essentially not involved, and I thought the care was very adequate. Now, care is very expensive unless people have access. Everybody is complaining about the cost. Patients are unhappy. The doctors don't like it and start dropping out of the system. Those who benefit seem to want to monopolize it, whether it's the HMOs and the PPOs, hospital management companies or the drug companies – they seem to want to squeeze out anybody who has any other options or alternatives. So I see us going in the wrong direction.

The only thing that I can see that is helpful would be allowing people to get control of their medical care, to some degree, by using health savings accounts, but not a lot of people are using these yet. We need to get control back in the hands of the patients. They should never be denied choices, they should not be restricted in what kind of medicine they want to use, and they ought to be responsible for their care.

Paul supports the Access to Medical Treatment Act (H.R. 2717), which expands the ability of Americans to access alternative medicine and new treatments. Furthermore, in response to efforts by the Food and Drug Administration (FDA) to restrict health claims by supplement manufacturers, Paul introduced the Health Freedom Protection Act (H.R. 2117). In a statement to the press, Paul elaborated upon the intent of the act:

The Health Freedom Protection Act will force the FDA to at last comply with the commands of Congress, the First Amendment, and the American people by codifying the First Amendment standards adopted by the federal courts. Specifically, the Health Freedom Protection Act stops the FDA from censoring truthful claims about the curative, mitigate, or preventative effects of dietary supple-

ments, and adopts the federal court's suggested use of disclaimers as an alternative to censorship. The Health Freedom Protection Act also stops the FDA from prohibiting the distribution of scientific articles and publications regarding the role of nutrients in protecting against disease.

In his interview with Dunne, Paul discussed further his opinion of the FDA's role in the health care process:

I see the FDA as nothing more than a tool of the big drug companies. There's a revolving door of people who come and go to the FDA, and then they're in the drug industry. I don't believe there shouldn't be any regulation. I just don't believe in government regulation.

There's nothing wrong with testing drugs and being critical. But that would happen in a free market. The whole *Good Housekeeping* seal-of-approval approach is something that exists for other products. That would happen in medicine, whether it's with a holistic approach or a conventional approach. There would be people who would analyze the information.

It's just that it's always biased when the government does it. So when the FDA gets involved, I cringe. That's what invites in the financial interest and the politicians. Now, they not only want to do that at the federal level, they want to do it at the international level through the World Trade Organization (WTO) regulations. This hurts medicine, enhances the power of government, and undermines our national sovereignty.

Certainly, one of the biggest concerns of the aging baby boomers, as well as their children, is how to pay for the spiraling health care costs. While other candidates, such as Hillary Clinton or Obama Barack, have offered universal health care as a possible solution, Paul does not see this as the answer:

Young people are starting to realize that they are receiving the brunt of this obligation. They know they

can't possibly work, save and have a good lifestyle, while at the same time taking care of these obligations. Not only is it the health care obligation of \$2 or \$3 trillion dollars, but the total obligation goes up into the estimated \$80 or \$90 trillion dollars for the next 20 or 30 years.

Paul then went on to outline his vision for that new system. As expected, it would involve a radical shift in the role government would play in the health care process.

My goals would be to have freedom of choice and get the government out of making those choices for us. I don't believe we should get permission to practice any type of medicine. There should be restraints on those who might defraud or injure patients. There is a role for government to play.

Right now, patients do not have a choice in their physician or in the type of medicine they want. If they want alternative medicine, they can do this treatment, but not the other. You can use this group, but not the other. Nobody has a perfect answer. Yet, in a free society we should get to make those choices.

The other thing that I advocate would be to take away some of the medical profession's monopoly control. Expenses are up because individuals who might not have an MD degree, but could take care of minor illnesses, are not allowed to do so. Today, patients are required to go to an MD, wait in line and pay more for the drugs they need. This pushes costs up. So, just like everything else I advocate, I want freedom of choice. I want limitation of government. Government should be a policeman, in the sense that when injury is done and people are defrauded, there is a role for government. In my idea of a society, government would be very minimal.

If you are interested in finding out more about Dr. Ron Paul, please visit [www.house.gov/paul](http://www.house.gov/paul). ♦



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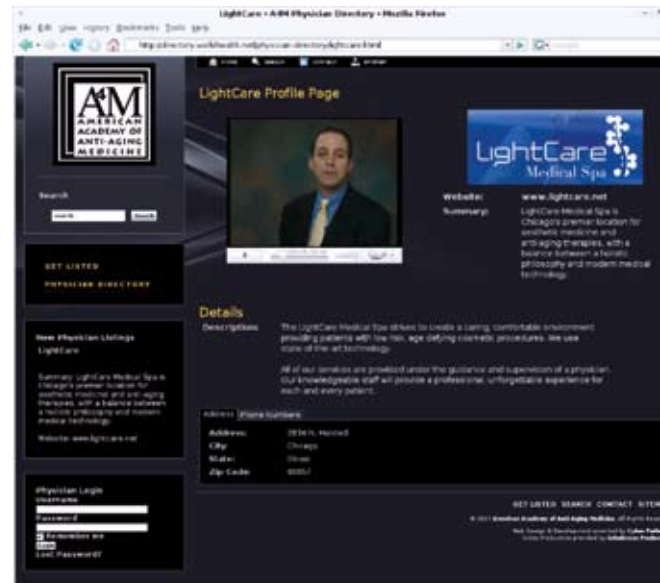
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30 million hits per month says it all! People come to [worldhealth.net](http://worldhealth.net) for everything anti-aging. As a Physician, Clinic, or Spa, you'll want to be part of the most comprehensive anti-aging Directory in the world.

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A4M Project Manager  
(847) 741-3607  
[phil.broxham@worldhealth.net](mailto:phil.broxham@worldhealth.net)

# COURSE Descriptions

## MONDAY, DECEMBER 10, 2007

### MONDAY, DECEMBER 10 / SPECIAL WORKSHOPS \*additional fee

**FELLOWSHIP MODULE I (Day 1)** / 7:15 AM – 6:00 PM / 8 Hours CME Credits Available \* Abstract page 122  
Room: Veronese 2401 2nd Level

7:15 AM - 7:30 AM	Introduction to the Fellowship / <i>Pamela Smith, MD</i> <span style="float: right;">Bio page 114</span>
7:30 AM - 9:30 AM	Hormone Replacement Therapy / <i>Eldred Taylor, MD</i>
9:30 AM	BREAK
10:00 AM - 12:00 PM	The Stress Connection / <i>Eldred Taylor, MD</i>
12:00 PM	LUNCH BREAK
1:30 PM - 2:30 PM	Adrenal Fatigue: The 21st Century Stress Syndrome <i>James Wilson, Ph.D., ND, DC</i>
2:30 PM - 3:30 PM	Adrenal Fatigue: Case Histories / <i>James Wilson, Ph.D., ND, DC</i>
3:30 PM	BREAK
4:00 PM - 6:00 PM	Understanding Thyroid / <i>James Wilson, Ph.D., ND, DC</i>
6:00 PM	Close of Session

**FELLOWSHIP MODULE II (Day 1)** / 7:15 AM – 6:00 PM / 8 Hours CME Credits Available \* Abstract page 122  
Room: Veronese 2403 2nd Level

7:15 AM - 7:30 AM	Introduction to the Fellowship / <i>Pamela Smith, MD</i> <span style="float: right;">* Abstract page 114</span>
7:30 AM - 9:00 AM	Understanding Cardio-Metabolic Risks and Natural Treatment Options- Part One / <i>Thomas Guilliams, Ph.D.</i>
9:00 AM - 9:30 AM	Understanding Cardio-Metabolic Risks and Natural Treatment Options- Part Two / <i>Thomas Guilliams, Ph.D.</i>
9:30 AM	BREAK

continued on page 46

Denotes course applicable for non-drug doctors and physicians.

**December 10-15, 2007** | Venetian Hotel, Las Vegas, NV

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\*\*Additional registration fee applies for all the above special courses. Please contact A4M registration department at 800-558-1267 for more information. \*\*\*Time, speakers, topics subject to change \*CME not available



10:00 AM - 11:00 AM	Understanding Cardio-Metabolic Risks and Natural Treatment Options-Part Two / <b>Thomas Guilliams, Ph.D.</b>	
11:00 AM - 12:00 PM	The Skinny on Metabolic Syndrome / <b>George Gillson, MD, Ph.D.</b>	
12:00 PM	LUNCH BREAK	
1:30 PM - 2:30 PM	The Skinny on Metabolic Syndrome (cont.) / <b>George Gillson, MD, Ph.D.</b>	
2:30 PM - 3:30 PM	The Use and Misuse of Sanitary Cortisol Measurements <b>George Gillson, MD, Ph.D.</b>	
3:30 PM	BREAK	
4:00 PM - 6:00 PM	Laboratory Assessment of the Anti-Aging Patient / <b>Bill Anton, BS, Ph.D.(Hon)</b>	<a href="#">Bio page 72</a>
6:00 PM	Close of Session	
<p><b>ACASP / 8:00 AM - 6:00 PM / 8 Hours CME Credits Available / Co-Chair: James Bell, Ph.D.</b> * Abstract page 126                  Room: Titian 2306 2nd Level <a href="#">Bio page 74</a></p>		
8:00 AM - 9:45 AM	Muscle Physiology for Exercise Prescription / <b>James Bell, Ph.D.</b>	* Abstract page 124 <a href="#">Bio page 74</a>
9:45 AM - 11:15 AM	Energy Metabolism, Principles for Strength Training / <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
11:15 AM	BREAK	
11:30 AM - 1:00 PM	Principles Behind Aerobic Training/Fitness Assessment and Testing <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
1:00 PM	LUNCH BREAK	
2:00 PM - 3:30 PM	Principles Behind Sports Training, Conditioning and Rehabilitation <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
3:30 PM	BREAK	
4:00 PM - 5:00 PM	Exercise Management, Safety Guidelines & Rehabilitation <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
5:00 PM - 6:00 PM	Principles of Anti-Aging Medicine (Part I) / <b>James Stoxen, DC</b>	
6:00 PM	Close of Session	

TUESDAY, DECEMBER 11 / SPECIAL WORKSHOPS *additional fee		
<p><b>FELLOWSHIP MODULE I (Day 2) / 7:30 AM - 6:00 PM / 8 Hours CME Credits Available</b> * Abstract page 126                  Room: Veronese 2401 2nd Level</p>		
7:30 AM - 9:30 AM	Testosterone Replacement Therapy / <b>Ron Rothenberg, MD</b>	<a href="#">Bio page 107</a>
9:30 AM	BREAK	
10:00 AM - 12:00 PM	A Woman's Hormonal Symphony / <b>Pamela Smith, MD</b>	<a href="#">Bio page 114</a>
12:00 PM	LUNCH BREAK (on your own)	
1:30 PM - 3:30 PM	Estrogen Metabolism / <b>Patrick Hanaway, MD</b>	<a href="#">Bio page 87</a>
3:30 PM	BREAK	
4:00 PM - 6:00 PM	Hormone Essentials: Personalizing Diagnosis and Treatment <b>Patrick Hanaway, MD</b>	* Abstract page 131 <a href="#">Bio page 87</a>
6:00 PM	Close of Session	
<p><b>FELLOWSHIP MODULE II (Day 2) / 7:30 AM - 6:00 PM / 8 Hours CME Credits Available</b>                  Room: Veronese 2403 2nd Level</p>		
7:30 AM - 9:30 AM	Fire in the Heart / <b>Stephen Sinatra, MD</b>	<a href="#">Bio page 112</a>
9:30 AM	BREAK	
10:00 AM - 12:00 PM	Metabolic Cardiology / <b>Stephen Sinatra, MD</b>	<a href="#">Bio page 112</a>
12:00 PM	LUNCH BREAK (on your own)	
1:30 PM - 3:30 PM	The Holy Grail of Cardiology / <b>Stephen Sinatra, MD</b>	<a href="#">Bio page 112</a>
3:30 PM	BREAK	
4:00 PM - 6:00 PM	Laboratory Assessment of the Anti-Aging Patient / <b>Bill Anton, BS, Ph.D. (Hon)</b>	<a href="#">Bio page 72</a>
6:00 PM	Close of Session	
<p><b>ACASP / 8:00 AM - 6:00 PM / 8 Hours CME Credits Available / Co-Chair: James Bell, Ph.D.</b> * Abstract page 126                  Room: Titian 2306 2nd Level <a href="#">Bio page 74</a></p>		
8:00 AM - 9:45 AM	Program Design & Development / <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
9:45 AM - 11:15 AM	Functional Anatomy / <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
11:15 AM	BREAK	
11:30 AM - 12:45 PM	Neurophysiology of Training / <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
12:45 PM	LUNCH BREAK	
2:00 PM - 3:45 PM	Nutrition Prescription / <b>James Bell, Ph.D.</b>	<a href="#">Bio page 74</a>
3:45 PM	BREAK	

continued on page 47

 Denotes course applicable for non-drug doctors and physicians.

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# TUESDAY, DECEMBER 11, 2007

continued from page 47

4:00 PM - 5:00 PM	Principles of Anti-Aging Medicine (Part II) / <b>Nick Delgado, Ph.D.</b>	* Abstract page 126 Bio page 78
5:00 PM - 6:00 PM	The New Perspective of Anti-Aging Medicine / <b>Nick Delgado, Ph.D.</b>	* Abstract page 127 Bio page 78
6:00 PM	Close of Session	
<p><b>THE CLINICAL APPLICATION OF INTERVENTIONAL ENDOCRINOLOGY</b> / 8:00 AM – 6:00 PM 8 Hours CME Credits Available / Speaker: <b>Mark L. Gordon, MD</b> / Room: Titian 2305 2nd Level</p>		Bio page 86
<p><b>AESTHETIC FELLOWSHIP MODULE I (Day 1)</b> / 8:00 AM – 6:00 PM / 8 Hours CME Credits Available Room: Veronese 2405 2nd Level</p>		* Abstract page 126
8:00 AM - 8:45 AM	Analysis of Facial Anatomy and the Aging Face / <b>Sharon McQuillan, MD</b>	Bio page 98
8:45 AM - 9:45 AM	Botulinum Toxin Pharmacology / <b>Sharon McQuillan, MD</b>	Bio page 98
9:45 AM	BREAK	
10:00 AM - 11:00 AM	Rebalancing the Muscles of Facial Expression of the Upper Face with Botulinum Toxin A. Softening Frown Lines and Brow Lifting with Botulinum Toxin A / <b>Denise Baker, MD</b>	Bio page 72
11:00 AM - 11:30 AM	Creating a Youthful Periocular Region with Botulinum Toxin A / <b>Denise Baker, MD</b>	Bio page 72
11:30 AM - 12:00 PM	Perioral Muscle Rebalancing with Botulinum Toxin A / <b>Denise Baker, MD</b>	Bio page 72
12:00 PM	LUNCH BREAK	
1:30 PM - 2:00 PM	Treating Platysmal Banding with Botulinum Toxin A / <b>Sharon McQuillan, MD</b>	Bio page 98
2:00 PM - 2:30 PM	Botulinum Toxin A in the Treatment of Hyperhidrosis / <b>Sharon McQuillan, MD</b>	Bio page 98
2:30 PM	BREAK	
2:45 PM - 4:15 PM	Botulinum Toxin A Expert Injection Demonstrations: Upper Face, Lower Face, Neck, Hyperhidrosis / <b>Sharon McQuillan, MD / Denise Baker, MD</b>	Bio page 98 Bio page 72
4:15 PM - 5:30 PM	Botulinum Toxin A Complication Management / <b>Sharon McQuillan, MD</b>	Bio page 98
5:30 PM - 6:00 PM	The Successful Botox Practice / <b>Janette Daher, BS</b>	Bio page 76
6:00 PM	Close of Session	

**ABAARM ORAL EXAM BOARD REVIEW COURSE\*** / 6:00 PM – 9:00 PM / 8 Hours CME Credits Available  
Speaker: **Pamela Smith, MD.** / Room: Delfino 4001 A/B 4th Level Bio page 114

 Denotes course applicable for non-drug doctors and physicians.

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# WEDNESDAY, DECEMBER 12, 2007

WEDNESDAY, DECEMBER 12 / SPECIAL WORKSHOPS *additional fee	
▶ <b>ABAARM ORAL EXAMINATION*</b> / Room: Lando 4201 4th Level	
▶ <b>MASTER SERIES SEMINAR – AGING ENDOCRINOLOGY FOR MEN</b> / 8:30 AM – 6:00 PM * Abstract page 136 8 Hours CME Credits Available / <b>Eugene Shippen, MD</b> / <b>Ronald Wheeler, MD</b> / Room: Titian 2305 2nd Level <a href="#">Bio page 112</a>	
8:30 AM - 10:00 AM	Endocrine Changes in Aging Men
10:00 AM	BREAK
10:15 AM - 12:00 PM	Diagnosis & Treatment for Endocrine Deficiencies
12:00 PM	LUNCH BREAK
1:00 PM - 2:00 PM	Vitamin D, an Anti-Aging Hormone?
2:00 PM - 2:30 PM	Prostatitis
2:30 PM - 3:00 PM	Is it Necessary to Cure Prostate Cancer when it is Possible?
3:00 PM	BREAK
3:15 PM - 5:30 PM	Testosterone Supplementation; MRI-Spectroscopy; High Intensity Focused Ultrasound
5:30 PM - 6:00 PM	Summary of Endocrine System: Changes and Treatments
6:00 PM	Close of Session
▶ <b>FELLOWSHIP MODULE I (Day 3)</b> / 7:30 AM – 6:00 PM / 8 Hours CME Credits Available * Abstract page 134 Room: Veronese 2401 2nd Level	
7:30 AM - 8:30 AM	Clinical Aspects of Thyroid Treatment / <b>Pamela Smith, MD</b> <a href="#">Bio page 114</a>
8:30 AM - 9:30 AM	Correlation/Validation of Saliva, Dried Blood Spot and Serum Steroid Hormone Testing / <b>David Zava, Ph.D.</b> <a href="#">Bio page 118</a>
9:30 AM	BREAK
10:00 AM - 11:00 AM	Hormone Testing in Saliva, Blood Spot & Serum (continued) / <b>David Zava, Ph.D.</b> <a href="#">Bio page 118</a>
11:00 AM - 12:00 PM	PMS and PCOS / <b>Pamela Smith, MD</b> <a href="#">Bio page 114</a>
12:00 PM	LUNCH BREAK (on your own)
1:30 PM - 2:00 PM	Stem Cells and Regenerative Medicine / <b>Ron Rothenberg, MD</b> <a href="#">Bio page 107</a>
2:00 PM - 2:30 PM	Thyroid Replacement Therapy: "Pet Peeves" / <b>Ron Rothenberg, MD</b> * Abstract page 156 <a href="#">Bio page 107</a>
2:30 PM - 3:30 PM	Breast Cancer- Progesterone vs. Synthetic Progestins / <b>David Zava, Ph.D.</b> <a href="#">Bio page 118</a>
3:30 PM	BREAK
4:00 PM - 5:00 PM	Compounding Thyroid Replacement / <b>Michael Collins, R.Ph.</b>
5:00 PM - 6:00 PM	Dosage Form Consideration in BHRT / <b>Michael Collins, R.Ph.</b>
6:00 PM	Close of Session
▶ <b>*FELLOWSHIP MODULE II (Day 3)</b> / 7:30 AM – 6:00 PM / 8 Hours CME Credits Available Room: Veronese 2403 2nd Level	
7:30 AM - 9:30 AM	The Role of Vascular Biology, Nutrition and Nutraceuticals; Hypertension and Arteriosclerosis / <b>Mark Houston, MD</b>
9:30 AM	BREAK
10:00 AM - 12:00 PM	Continued Treatment of Hypertension / <b>Mark Houston, MD</b>

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**15th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies**  
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# WEDNESDAY, DECEMBER 12, 2007

12:00 PM	LUNCH BREAK (on your own)
1:30 PM - 3:30 PM	Metabolic Syndrome and Insulin Resistance / <b>Mark Houston, MD</b>
3:30 PM	BREAK
4:00 PM - 6:00 PM	Dyslipidemia / <b>Mark Houston, MD</b>
6:00 PM	Close of Session
▶ <b>**AESTHETIC FELLOWSHIP MODULE I (Day 2)</b> / 8:00 AM – 6:00 PM / 8 Hours CME Credits Available Room: Veronese 2405 2nd Level	
8:00 AM - 8:30 AM	Understanding and Developing Aesthetic Treatment Plans / <b>Sharon McQuillan, MD</b> <a href="#">Bio page 98</a>
8:30 AM - 9:00 AM	Using Collagen for Facial Aesthetic Enhancement / <b>Sharon McQuillan, MD</b> <a href="#">Bio page 98</a>
9:00 AM - 9:30 AM	Using Hyaluronians for Facial Aesthetic Enhancement / <b>Sharon McQuillan, MD</b> <a href="#">Bio page 98</a>
9:30 AM - 10:00 AM	Facial Sculpting with Calcium Hydroxylapatite / <b>Michael Zacharia, MD</b> <a href="#">Bio page 118</a>
10:00 AM	BREAK
10:15 AM - 10:45 AM	Facial Sculpting with Poly-L-Lactic Acid / <b>Denise Baker, MD</b> <a href="#">Bio page 72</a>
10:45 AM - 11:15 AM	Volume Restoration of the Lower Face Using Facial Filler / <b>Denise Baker, MD</b> <a href="#">Bio page 72</a>
11:15 AM - 11:45 AM	Volume restoration and Definition of the Lips Using Facial Filler / <b>Denise Baker, MD</b> <a href="#">Bio page 72</a>
11:45 AM	LUNCH BREAK
1:15 PM - 1:45 PM	Advanced Volume Restoration of the Aging Face / <b>Michael Zacharia, MD</b> <a href="#">Bio page 118</a>
1:45 PM - 2:15 PM	Effective Anesthesia for Facial Filler Procedures / <b>Sharon McQuillan, MD</b> <a href="#">Bio page 98</a>
2:15 PM	BREAK
2:30 PM - 4:30 PM	Facial Filler Expert Injection Demonstrations: Nasolabial & Melomental Fold Correction; Lip Augmentation; Volume Restoration; Tear-Through Region / <b>Sharon McQuillan, MD</b> / <b>Denise Baker, MD</b> / <b>Michael Zacharia, MD</b> <a href="#">Bio page 99</a> <a href="#">Bio page 72</a> <a href="#">Bio page 118</a>
4:30 PM - 5:30 PM	Avoiding Complications with Facial Fillers / <b>Sharon McQuillan, MD</b> <a href="#">Bio page 98</a>
5:30 PM - 6:00 PM	Creating a Successful Filler Practice / <b>Janette Daher, BS</b> <a href="#">Bio page 76</a>
6:00 PM	Session Closes

## PRE CONFERENCE

▶ <b>WORKSHOP #1 ENDOCRINOLOGY</b> / 7:30 AM – 6:00 PM / 8 Hours CME Credits Available * Abstract page 127 Co-Chair: <b>Ron Rothenberg, MD</b> / Room: Venetian Ballroom F <a href="#">Bio page 107</a>	
7:30 AM - 8:30 AM	Introduction to Treating Adult Hormone Deficiency / <b>Thierry Hertoghe, MD</b> * Abstract page 127 <a href="#">Bio page 87</a>
8:30 AM - 9:30 AM	Testosterone: For Men and Women and Sexual Health / <b>Thierry Hertoghe, MD</b> * Abstract page 128 <a href="#">Bio page 87</a>
9:30 AM	BREAK
10:00 AM - 10:45 AM	Thyroid Hormone / <b>Ron Rothenberg, MD</b> * Abstract page 155 <a href="#">Bio page 107</a>
10:45 AM - 11:30 AM	Adult Growth Hormone Deficiencies Treatments / <b>Ron Rothenberg, MD</b> <a href="#">Bio page 107</a>
11:30 AM	LUNCH BREAK

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# WEDNESDAY, DECEMBER 12, 2007

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1:00 PM - 2:00 PM	Female Hormone Replacement / <b>Thierry Hertoghe, MD</b>	* Abstract page 154 Bio page 87
2:00 PM - 2:30 PM	The Nutritional Aspects of Hormonal Therapy / <b>Pamela Smith, MD</b>	* Abstract page 162 Bio page 114
2:30 PM - 3:00 PM	Hormones and "A New Look at Osteoporosis" / <b>Pamela Smith, MD</b>	* Abstract page 162 Bio page 114
3:00 PM	BREAK	
3:30 PM - 4:15 PM	Compounds & The Laws in Adult Hormone Deficiency* / <b>John Grasela, R.Ph.</b>	* Abstract page 166 Bio page 86
4:15 PM - 5:00 PM	Weight loss: "The Answers" / <b>Pamela Smith, MD</b>	* Abstract page 162 Bio page 114
5:00 PM - 6:00 PM	The Nuts and Bolts of Anti-Aging Medicine. "How to Prescribe" Hormones for all Bio-Identical Hormones that are Used in a Hormone Replacement Practice. / <b>Ron Rothenberg, MD.</b>	* Abstract page 174 Bio page 107
6:00 PM	Session Closes	

## PRE CONFERENCE

**WORKSHOP #2 HORMONE ESSENTIALS** / 8:00 AM – 5:00 PM / 6.5 Hours CME Credits Available  
**Patrick Hanaway, MD** / Room: Delfino 4001 4th Level

8:00 AM - 8:30 AM	Introduction / <b>Patrick Hanaway, MD</b>	Bio page 87
8:30 AM - 9:00 AM	Physiology of Hormones / <b>Pamela Smith, MD</b>	Bio page 114
10:00 AM	BREAK	
10:30 AM - 12:00 PM	Stress & Steroid Synthesis / <b>Patrick Hanaway, MD</b>	Bio page 87
12:00 PM	LUNCH BREAK	
1:30 PM - 3:30 PM	The Symphony of Hormones / <b>Jyotsna Sahni, MD</b>	Bio page 108
3:00 PM	BREAK	
3:30 PM - 5:00 PM	The Whole is Greater than the Sum of the Parts: Case Studies: Perimenopausal Women, Andropause, Breast Cancer / <b>Alicia Stanton, MD</b>	Bio page 114
5:00 PM	Close of Session	

**WORKSHOP #3A UNDERSTANDING PHOTOACOUSTIC TECHNOLOGY FOR ANTI-AGING AND SKIN REJUVENATION PROCEDURES** / 9:00 AM – 12:00 PM / 3 Hours CME Credits Available  
Co-Chair & Speaker: **Bruce M. Saal, MD** / Room: Delfino 4003 4th Level

**WORKSHOP #3B BRAIN HEALTH ASSESSMENT- THE PATH TO LIFE EXTENSION** / 1:00 PM – 5:00 PM  
4 Hours CME Credits Available / Co-Chair & Speaker: **Eric Braverman, MD** / Room: Delfino 4003 4th Level

**WORKSHOP #4 INTERVENTIONS TO PREVENT THE MID LIFE DISEASE COMPLEX** / 8:30 AM – 6:00 PM  
8 Hours CME Credits Available / Room: Lando 4205 4th Level / **David Zava, Ph.D.**

8:30 AM - 9:00 AM	Prolotherapy and Platelet Rich Plasma for Joints and Ligaments <b>Harry Adelson, ND</b>	* Abstract page 134 Bio page 71
9:00 AM - 9:30 AM	Advancement in Diagnosis of Irritable Bowel Syndrome / <b>Claus Muss, MD</b>	* Abstract page 139 Bio page 100
9:30 AM - 10:00 AM	Phosphatidylcholine for Localized Fat The Brazilian Experience <b>Wilmar J. Accursio, MD</b>	Bio page 71

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# WEDNESDAY, DECEMBER 12, 2007

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10:00 AM - 10:30 AM	Validity of Saliva Testing for Sex-Steroid Hormones / <b>David T. Zava, Ph.D</b>	* Abstract page 134 Bio page 118
10:30 AM - 11:00 AM	Effects of Low Frequency Pulse Magnetic Resonance Cell Rejuvenation on Anti-Aging / <b>Nancy DeJesus, MD</b>	* Abstract page 146 Bio page 76
11:00 AM - 11:30 AM	The Role of Hormonorestorative Therapy in Treatment of Major Illnesses / <b>Sergey A. Dzugan, MD, Ph.D.</b>	* Abstract page 156 Bio page 79
11:30 AM - 12:00 PM	Saliva vs. Serum Hormone Testing - Accuracy, Pitfalls & Clinical Data / <b>Paul L. Tai, DPM</b>	* Abstract page 146 Bio page 115
12:00 PM	LUNCH BREAK	
1:00 PM - 1:30 PM	DiaPat - a New Cutting Edge Urine Test for Earliest Diagnosis* / <b>Friedrich R. Douwes, MD</b>	* Abstract page 154 Bio page 78
1:30 PM - 2:00 PM	Reversing Diabetes in Men / <b>Edward M. Lichten, MD</b>	* Abstract page 142 Bio page 96
2:00 PM - 2:30 PM	Care before Conception - The Logical Starting Place for Optimally Effective Anti-Aging Medicine / <b>Janette Roberts, B.Pharm.</b>	* Abstract page 158 Bio page 107
2:30 PM - 3:00 PM	Anti-Diabetes Potentials of Dietary and Herbal Supplements & the Mechanisms / <b>Ferre Akbarpour, MD</b>	* Abstract page 159 Bio page 71
3:00 PM - 3:30 PM	Arterial Scurvy: Preventing and Reversing Atherosclerosis / <b>Thomas E. Levy, MD</b>	* Abstract page 162 Bio page 96
3:30 PM - 4:00 PM	The Effects and Wonders of Stabilized Procaine / <b>Guy Ferru, MD</b>	* Abstract page 163 Bio page 80
4:00 PM - 4:30 PM	The Potential for Controlling Microbial Diseases / <b>Robert Bradford, Ph.D.</b>	* Abstract page 168 Bio page 74
4:30 PM - 5:00 PM	Historic and Current Trends in Complementary, Alternative and Natural Medicine / <b>Marc S. Micozzi, MD, Ph.D.</b>	* Abstract page 172
5:00 PM - 5:30 PM	Natural Treatments for Digestive Issues / <b>Mayer Eisenstein, MD</b>	* Abstract page 143 Bio page 79
6:00 PM	Close of Session	
<b>WORKSHOP #5A METABOLISM, NUTRITION, OBESITY, SPORTS MEDICINE / 8:30 AM - 12:00 PM</b> 3.5 Hours CME Credits Available / Room: Venetian Ballroom G / <b>James Bell, Ph.D.</b>		Bio page 74
8:30 AM - 9:00 AM	Methyltetrahydrofolate: Metabolic and Clinical Significance in Aging / <b>Jonathan Forester, MD</b>	* Abstract page 172 Bio page 80
9:00 AM - 9:30 AM	Hierarchical Thermodynamics- Quality Food & Medicine / <b>Georgi Gladyshev, Ph.D.</b>	* Abstract page 138 Bio page 83
9:30 AM - 10:00 AM	Exercise Prescription for Patients with Obesity, Metabolic Syndrome, Cardiovascular and Respiratory Impairment / <b>James Bell, Ph.D.</b>	* Abstract page 140 Bio page 74
10:00 AM - 10:30 AM	Stress, Health and Aging / <b>Kenneth Counts, Ph.D.</b>	* Abstract page 142 Bio page 79
10:30 AM - 11:00 AM	Mesotherapy in Sports Medicine / <b>Janine Gaston Nhan, MD</b>	* Abstract page 144 Bio page 82

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Saizen  
Genotropin

Tonic Youth Face & Eye Creams

Mesotherapy

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HCG 10,000 Unit Vial

Bi-Estrogen  
Progesterone  
DHEA  
T3/T4

Hydrocortisone

Nandrolone Injection  
Nandrolone Cream

Testosterone Cypionate Injection  
Testosterone Gel

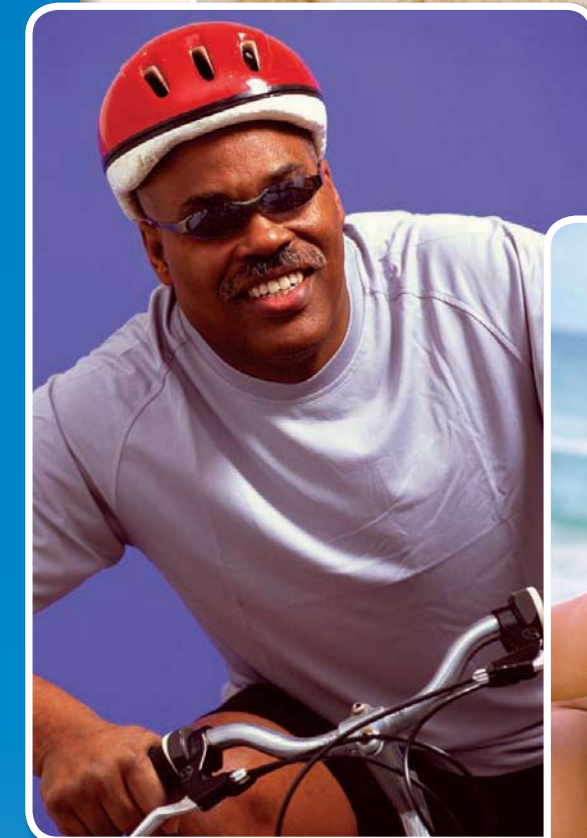
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# WEDNESDAY, DECEMBER 12, 2007

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11:00 AM - 11:30 AM	Anti-Aging Nutraceuticals / <b>Harry Preuss, MD</b>	* Abstract page 148 Bio page 104
11:30 AM - 12:00 PM	Colon Hydrotherapy and Detoxification / <b>Russel L. Kolbo, DC, ND</b>	* Abstract page 150 Bio page 94
12:00 PM	Close of Session	

## PRE CONFERENCE

**WORKSHOP #5B LASER TREATMENTS AND PHOTOAGING** / 1:00 PM – 5:30 PM  
2.5 Hours CME Credits Available / Room: Venetian Ballroom G

1:00 PM - 1:30 PM	New Minimally Invasive Laser Treatment for Prostate Disease* <b>Mahmood A. Hai, MD</b>	* Abstract page 150 Bio page 86
1:30 PM - 2:00 PM	Protection From Oxidative Damage and Inhibition of Lipid Peroxidation in Vivo in Humans / <b>Alexander Schauss, Ph.D.</b>	Bio page 110
2:00 PM - 2:30 PM	State of the Art Treatment of the Aged Skin Using Creams with 14.2% Vitamin C and Topical Melatonin / <b>Matteo Tutino, MD</b>	* Abstract page 156 Bio page 115
2:30 PM - 3:30 PM	Non-Surgical Breast Lift / <b>Virginia Stevens, MD</b>	* Abstract page 160 Bio page 115
3:30 PM - 4:00 PM	The Future of Medical Spa * / <b>Cheryl Whitman</b>	* Abstract page 140 Bio page 116
4:00 PM - 4:30 PM	Curcumin: Basis for Anti-Photoaging and Anti-Carcinogenic Therapy <b>Madalene C.Y. Heng, MD</b>	* Abstract page 166 Bio page 87
4:30 PM - 5:00 PM	Encapsulated PLGA Nanospheres for Skincare and Hair Growing Applications / <b>C.C. Huang, Ph.D.</b>	* Abstract page 169 Bio page 88
5:00 PM - 5:30 PM	Med Spa Marketing- The Doctor's Way* / <b>Bryan Durocher</b>	* Abstract page 175 Bio page 79
5:30 PM	Close of Session	

**WORKSHOP #6 STRATEGIES FOR HEALTHY AGING** / 8:00 AM – 6:00 PM / 8.5 Hours CME Credits Available Room: Delfino 4005 4th Level / **George J. Juetersonke, DO.**

8:00 AM - 8:45 AM	Heavy Metals Influence on Disease / <b>David Quig</b>	* Abstract page 128 Bio page 8106
8:45 AM - 9:30 AM	Delayed Food Sensitivities? Or Chronic Disease? / <b>Camille F. J. Lieners, Ph.D.</b>	* Abstract page 138 Bio page 96
9:30 AM - 10:15 AM	Improving Cognitive Function, Senile Dementia, Traumatic Brain Injury Recovery / <b>Parris M. Kidd, Ph.D.</b>	* Abstract page 142 Bio page 90
10:15 AM	BREAK	
10:30 AM - 11:15 AM	Nutritional Consideration for Optimizing HRT / <b>Donna White, ND</b>	* Abstract page 144 Bio page 116
11:15 AM - 12:00 PM	Dr. J's Tool Box. A Comprehensive Physician's Guide to HRT <b>George J. Juetersonke, DO.</b>	* Abstract page 148 Bio page 90
12:00 PM	LUNCH BREAK	
1:00 PM - 2:40 PM	The Pellet Implant Advantage in HRT / <b>Rebecca L. Glaser, MD</b>	* Abstract page 154 Bio page 84

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# WEDNESDAY, DECEMBER 12, 2007

2:40 PM - 3:00 PM	Adding Pellet Implant Therapy into Your Practice <b>Melanie Parsons, B.Med Sci.</b>	* Abstract page 173 Bio page 103
3:00 PM	BREAK	
3:15 PM - 4:30 PM	Low Dose Naltrexone; Latest Information on it's Use in Cancer/ HIV/ AIDS/ Auto-Immune Disease, Facial Rejuvenation/ Central Nervous System Disorders / <b>Jaquelyn. McCandless, MD</b>	* Abstract page 160 Bio page 98
4:30 PM - 5:00 PM	Facial Rejuvenation Using the Biostimulation Method / <b>Gustavo Leibaschoff, MD</b>	* Abstract page 166 Bio page 95
5:00 PM - 5:30 PM	The Latest Trends in Mature Skin Therapies / <b>Jerry Gillick, B.Sc. Pharm., R.Ph.</b>	* Abstract page 172 Bio page 82
5:30 PM - 6:00 PM	Transdermal Drug Delivery Using No-Needle Mesotherapy / <b>Alan Bunting</b>	* Abstract page 174 Bio page 75
6:00 PM	Close of Session	

## EVENING WORKSHOPS

**LABORATORY TESTING IN ANTI-AGING MEDICINE** / 6:00 PM – 9:00 PM / 4 Hours CME Credits Available Speaker: **Bill Anton, Ph.D., Roger Deutsch** / Room: Delfino 4001 4th Level

6:00 PM - 6:30 PM	Treating the Food Sensitive and Food Allergic Patient Food Sensitivities VS Food Allergies	
6:30 PM - 7:00 PM	Further Gastro-Intestinal Tests to Consider	
7:00 PM - 8:00 PM	Dysbiosis Test-Spot Urine (NEW)	
8:00 PM - 8:30 PM	Metabolic Acids	
8:30 PM - 9:00 PM	Amino Acids & Neurotransmitters Metabolites Oxidative Damage Markers, Protein, Muscle Mass, Cell Membranes & DNA	
9:00 PM	Close of Session	

**AESTHETIC MEDICINE WORKSHOPS\*** / 5:30 PM – 8:30 PM / Room: Veronese 2405 2nd Level

5:30 PM - 6:30 PM	Vibrational Resurfacing presented by VIBRADERM / <b>Jill Lezaic, DO</b>	
6:30 PM - 7:30 PM	Chirally Correct Cosmeceuticals Presented by RESULTS RX <b>Betty Lou McIntosh, MD</b>	Bio page 98
7:30 PM - 8:30 PM	20 Ways to Achieve a Successful Aesthetic Practice / <b>Janette Daher, BS</b>	* Abstract page 176 Bio page 76
8:30 PM	Close of Session	

**LIVE CONSULTATION** - "How to do a good physical examination" when diagnosing the hormonally deficient patient using members of the audience. / 6:00 PM – 7:00 PM  
Speakers: **Thierry Hertoghe, MD, Ron Rothenberg, MD** / Room: Delfino 4003 4th Level

**WORKSHOP: METABOLIC SYNDROME X** / 6:00 PM – 7:00 PM / 1 Hours CME Credits Available  
Speaker: **Stephen Holt, MD** / Room: Venetian H

**ABAARM/ ABAHP WRITTEN EXAM BOARD REVIEW COURSE\*** / 6:00 PM – 9:00 PM  
Speaker: **Pamela Smith, MD** Room: Titian 2305 2nd Level

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# THURSDAY, DECEMBER 13, 2007

## THURSDAY, DECEMBER 13 / GENERAL SESSION

▶ ABAARM ORAL EXAMINATION\* / Room: Bassano 2703 2nd Level

▶ 4 Hours CME Credits Available / Room: Venetian Ballroom F

6:30 AM	A4M Conference Registration Opens	
7:00 AM - 8:30 AM	Eye Opener: Telomeres 101: Understanding How Telomerase Activation (Ta) Combats Aging / <b>Frederick J. Vagnini, MD</b>	*Abstract page 176 Bio page 116
8:30 AM - 8:45 AM	Opening Remarks / Speakers: <b>Ronald Klatz, MD, DO, Robert Goldman, MD, PhD, DO, FAASP</b>	Bio page 91 Bio page 84
8:45 AM - 9:30 AM	How Government Ruins Your Health / <b>Ron Paul, MD</b>	Bio page 103
9:30 AM - 10:00 AM	<b>Prophylaxis Of Atherosclerosis And Well-aging In Patients With Metabolic Syndrome Patients with Metabolic Syndrome.</b> A multimodal regression analysis reveals a basis for a mechanistic explanation of nanoplaque reduction under ginkgo treatment. The atherosclerosis inhibiting effect is due to an attenuation of the risk factors oxLDL/LDL, Lp(a), and [Ca2+]o as well as to a significant increase in the vasodilator cAMP and cGMP concentration. <b>Gunter Siegel, MD, Ph.D.</b>	*Abstract page 176 Bio page 112
10:00 AM - 10:30 AM	<b>Pregnenolone: A Nervous System Protector And Memory- Enhancing Hormone For Humans Too?</b> At different places in the brain, neurosteroid concentrations vary according to environmental and behavioral circumstances, such as stress, sex recognition, or aggressiveness). Therefore NS can influence behaviour,mood, stress response and cognition. <b>Ascanio Polimeni, MD, Ph.D.</b>	*Abstract page 177 Bio page 104
10:30 AM - 11:00 AM	<b>33 Carcinogenic Factors And Cancer Prevention.</b> Cancer is not considered as a disease; in a word, it is a group of more than 200 diseases proving two common characteristics: over-excited growth of cells and the skill of invading and damaging healthy local fabrics, or distantly inside the body. <b>Joseph M. Castro Nunes, MD</b>	*Abstract page 180 Bio page 75
11:00 AM - 1:00 PM	EXHIBIT HALL BREAK & LUNCH BREAK	

## BREAKOUT SESSION I

▶ 3 Hours CME Credits Available / Room: Venetian Ballroom F

1:00 PM - 1:40 PM	<b>The Role of Aging in Integrative Medicine</b> Brain Mind Dynamics in cardiology, pulmonology, gastroenterology, muscular skeletal disorders, endocrinology, neuroendocrinology, Neuropsychoneuroendocrinology; Brain & Mind evaluations. <b>Eric Braverman, MD</b>	*Abstract page 181 Bio page 75
1:40 PM - 2:20 PM	<b>An Integrative Approach to Cancer Therapy.</b> A summary of 12 years clinical experience employing different therapies in cancer adjunctive therapy such as non-toxic chemotherapeutic agents, Angiogenesis Inhibitors, Oxygenation Therapies, Immune Therapies, Detoxification treatments, and other Biological Modulators and Homeopathic Remedies and the efficacy of these therapies to decrease the side effects of conventional treatments and thus improve patients' survival and well-being. <b>Ahmad Nasri, MD</b>	*Abstract page 182 Bio page 102
2:20 PM - 3:00 PM	<b>Bioenergetic Medicine, The Wisdom of Smart Medicine.</b> This lecture will discuss the marriage of how electrical and nutraceutical medicine will achieve cellular support that will not only rejuvenate and restore the cell but also repair it as well. <b>Stephen Sinatra, MD</b>	*Abstract page 184 Bio page 112
3:00 PM - 3:40 PM	<b>Clinical Consideration in Topical Hormone Administration.</b> The presentation will describe the pharmacokinetics unique to the topical dosage route for hormones, measurement, and correlation to symptoms, and provide clinical insights on topical hormone delivery. <b>James E. Paoletti, R.Ph.</b>	*Abstract page 184 Bio page 102
3:40 PM - 4:15 PM	<b>Salivary Hormone Testing-Do's and Don'ts.</b> Measurement of steroid concentrations. Discussion of the steroid fractions in serum and saliva (free and bound). Interferences by conjugates and binding proteins. Steroid secretion and biological CV; Influence of blood contamination and absorption problems. <b>Wolfgang Ziemann, Ph.D.</b>	*Abstract page 186 Bio page 118
4:15 PM	Close of Session	

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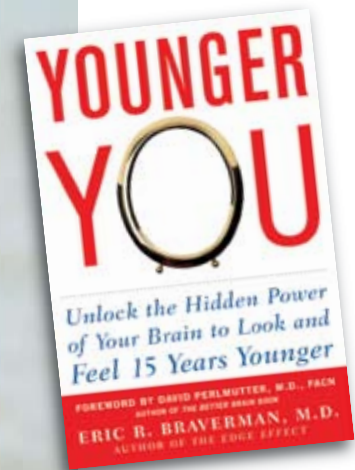
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Eric Braverman, M.D. is the best-selling author of *Younger You* and other popular titles, including *The Edge Effect*, *The Healing Nutrients Within*, *The Amazing Way to Reverse Heart Disease Naturally* and *Male Sexual Fitness*.

Dr. Braverman was recently featured on NBC's *The Today Show* (in a segment with correspondent Natalie Morales), was a special expert guest of Tyra Banks on an episode called "When will I die?", and appeared on CBN's *700 Club* where he was interviewed by Pat Robertson. Dr. Braverman discussed his expertise on brain health and longevity on the *700 Club's* special segment called *Skinny Wednesday*.

Look for upcoming publications featuring articles by and interviews with Dr. Braverman, including *O Magazine*, *Allure Magazine*, *Elle Magazine*, and a special edition of *Town & Country Weddings*.

Dr Braverman will be speaking at the A4M Anti-Aging show in Las Vegas December 12-15<sup>th</sup>, and appearing at the PATH Medical booth (#917) throughout the conference. At the booth you can sign up for brain testing (BEAM/P300), purchase books & vitamins while meeting Dr Braverman and the rest of the PATH Medical staff.



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# THURSDAY, DECEMBER 13, 2007

## BREAKOUT SESSION II

**AESTHETIC MEDICINE** / 1:00 PM – 4:00 PM / 2 Hours CME Credits Available / Room: Veronese 2405 2nd Level

1:00 PM - 1:40 PM	Fractional Resurfacing Update / <b>Sharon McQuillan, MD</b>	*Abstract page 181 Bio page 98
1:40 PM - 2:20 PM	Laser Lipolysis / <b>Gkrizalas Kostantinos, MD</b>	Bio page 94
2:20 PM - 3:00 PM	Regulatory Issues in Aesthetic Medicine / <b>Dianee Quibell, MD</b>	*Abstract page 182 Bio page 106
3:00 PM - 4:00 PM	Laser and Light Workshop Presented by SYNERON* / <b>John Shieh, MD</b>	*Abstract page 182 Bio page 112
4:00 PM	Close of Session	

## BREAKOUT SESSION III

**LABORATORY TESTING IN ANTI-AGING MEDICINE** / 1:00 PM – 4:00 PM / 3 Hours CME Credits Available / Room: Veronese 2403 2nd Level  
Speaker: **Bill Anton, Ph.D., Woochul Moon, MD, Ph.D.** / \*Abstract page 181  
Bio page 72

1:00 PM - 2:00 PM	Essential Fatty Acids, Metabolic Ratios & Inflammation Ratios	
2:00 PM - 2:30 PM	Minerals, Metals, Heavy Metals & Metal Sensitivities	
2:30 PM - 3:00 PM	Nutrigenomics & Anti-Aging Genomic Assessment	
3:00 PM - 4:00 PM	Hormones, Saliva, Urine & Serum, Panel and Options to Use	
4:00 PM	Close of Session	
4:00 PM - 6:00 PM	EXHIBIT HALL BREAK	

## EVENING WORKSHOPS

**PROTEOMICS- PROSTATE CANCER BREAKTHROUGHS** / 5:00 PM – 9:00 PM / Room: Delfino 4001 4th Level / 4 Hours CME Credits Available / Speaker: **Michael Klentze, MD, Ph.D., Christian Schneeberger, Ph.D.** / Bio page 92  
Bio page 111

**HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE USING:** Bio-Identical Hormone Replacement – Marketing - Take Shape for Life Weight Loss Program - Anti-Aging Fellowships\* / 6:00 PM – 7:00 PM / Speaker: **John Grasela, R.Ph., Pamela Smith, MD, Ron Rothenberg, MD, Patrick Savage, MD** / Room: Delfino 4003 4th level / \*Abstract page 188  
Bios pages 86, 114, 107, 110

**AESTHETIC MEDICINE WORKSHOPS \*** / 5:30 PM – 8:30 PM / Room: Veronese 2405 2nd Level

5:30 PM - 6:30 PM	Smartlipo presented by CYNOSURE / <b>Peter Klainer, MD</b>	Bio page 90
6:30 PM - 7:30 PM	How to Operate a Successful Aesthetic Laser Practice presented by PALOMAR / <b>Dianne Quibell, MD</b>	*Abstract page 188 Bio page 106
7:30 PM - 8:30 PM	Laser Resurfacing Update / <b>Denise Baker, MD</b>	Bio page 72
8:30 PM	Close of Session	


**OPTIMAL NUTRITION FOR OPTIMIZED PERFORMANCE\*** Presented by GENOVA DIAGNOSTICS / 6:00 PM – 8:00 PM / Speaker: **Dr. Richard Gerhauser, Patrick Hanaway, MD** / Room: Veronese 2403 2nd Level / Bio page 87

**LASER HAIR THERAPY: REVERSING THE SIGNS OF AGING HAIR\*** Presented by SUNETICS / 6:00 PM – 8:00 PM / **Alan Bauman, MD** / Room: Lando 4201 4th Level / Bio page 72

**INFLAMMATION, ENERGY MEDICINE, ONDAMED(R) AND ITS SIGNIFICANT ROLE IN THE ANTIAGING PRACTICE\*** Presented by ONDAMED / 6:00 PM – 9:00 PM / Speakers: **James Oschman, Ph.D., Shari Lieberman, Ph.D., Wolf-Dieter Kessler, MD** / Room: Lando 4203 4th Level / Bios page 98  
Bios page 96

**ALLERGIES & ALLERGY TESTING\*** Presented by COLLEGE PHARMACY / 6:00 PM – 9:00 PM / Speaker: **Camille Lieners, Ph.D.** / Room: Lando 4205 4th Level / Bios page 96

**MED SPA MARKETING - FROM CONSULTATION TO CLOSING THE SALE\*** Presented by ASTRON CLINICA / 6:00 PM – 8:00 PM / Speakers: **Bryan Durocher** / Room: Delfino 4005 4th Level / Bios page 79

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# FRIDAY, DECEMBER 14, 2007

## FRIDAY, DECEMBER 14 / GENERAL SESSION

**ABAARM ORAL EXAMINATION\*** / Room: Bassano 2703 2nd Level

3 Hours CME Credits Available / Room: Venetian Ballroom F


6:30 AM	A4M Conference Registration Opens	
7:00 AM - 8:00 AM	<b>EYE OPENER: Mesotherapy, Mesoplasty, Lipodissolve, and Injection Lipolysis: Applications in Aesthetic Medicine.</b> Since the introduction of Mesotherapy in the 1950's many treatments have evolved that are distinctly different, yet often confused with traditional Mesotherapy. This lecture will examine the differences between these modalities and their application in aesthetic medicine. <b>A. Peter Salas, MD</b>	*Abstract page 190 Bio page 110
8:00 AM - 9:00 AM	<b>Comprehensive Cancer Treatment.</b> This lecture will delineate approximately 15 different receptors, growth factors, and mechanisms, through which cancer sustains and promotes itself. A novel comprehensive protocol for the treatment of cancer will be explained, followed by case reports of patients with metastatic cancer who have undergone this protocol. <b>Mark A. Rosenberg, MD</b>	*Abstract page 190 Bio page 107
9:00 AM - 9:30 AM	<b>Breaking News: Victory over FDA Suppression of Legal Physician Use of Human Growth Hormone (HGH).</b> My Recent Search and Seizure and Indictment for the legal use of HGH obtained from a legal pharmacy distribution center. <b>James Forsythe, MD</b>	*Abstract page 191 Bio page 82
9:30 AM - 10:00 AM	<b>The Future of Medicine Is Here.</b> A new cutting edge medical protocol she has personally experienced. <b>Susanne Sommers</b>	Bio page 114
10:00 AM - 11:00 AM	Formal Pinning Ceremony for Fellowship Graduates* / Room: Veronese 2501 A/B 2nd Level	
11:00 AM - 1:00 PM	EXHIBIT HALL BREAK & LUNCH BREAK	

## BREAKOUT SESSION I

3 Hours CME Credits Available / Room: Venetian Ballroom F

1:00 PM - 1:30 PM	<b>Hair Restoration.</b> This lecture will give 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. <b>Alan Bauman, MD</b>	Bio page 72
1:30 PM - 2:10 PM	<b>Cellular Energetics in Chronic Dermatoses and Skin Aging.</b> The role of cellular energetics in chronic inflammatory skin diseases (psoriasis, acne, eczema) and aging; Biomarkers of the skin aging process as background for specific anti-aging treatments; Describing innovative procedures and formulas to counteract the described chronic dermatoses and wrinkle formation. <b>Prof John Ionescu, Ph.D.</b>	*Abstract page 194 Bio page 90
2:10 PM - 2:30 PM	Utilization of Amino Acid and Other Protein Compounds for Physical Enhancement / <b>Rafael Santoja-Gomez, Pharm.D.</b>	Bio page 110
2:30 PM - 3:00 PM	<b>Bone Health- When to start Anti Aging Measures</b> Focus the attention on bone health and enlarge the spectrum from preconception counseling to osteoporosis; To prevent a consensus for bone health monitoring. <b>O.P. Sharma, MD</b>	
3:00 PM - 3:30 PM	<b>The Possible Role of Topical Antioxidant Creams Containing Vitamins A, C, and E in Promoting And Protecting the Health of the Skin.</b> A literature review and scientific rationale for the topical use of multiple simultaneous antioxidant vitamins. <b>Gordon Telford, MD</b>	*Abstract page 196 Bio page 115

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\*\*\*Time, speakers, topics subject to change \*CME not available



# FRIDAY, DECEMBER 14, 2007

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3:30 PM - 4:00 PM	<p><b>The Latest Technology for Medical-Spas: Lasers, Ultrasounds, Micro-Current...What You Need to Know!</b> New Innovations and technologies will be introduced. Update your knowledge on Lasers, LED, lifting devices, electro coagulation, ultrasounds, cellulite equipments, lasers, Micro-Current. Learn the benefits and applications of each device and the new approaches that they are introducing in the industry. <i>Manon Pilon</i>.</p> <p>*Abstract page 197 Bio page 104</p>
4:00 PM	Close of Session

## BREAKOUT SESSION II

AESTHETIC MEDICINE / 1:00 PM - 4:00 PM / 2 Hours CME Credits Available / Room: Veronese 2405 2nd Level

1:00 PM - 1:40 PM	Panfacial Botulinum Toxin A Treatments / <i>Martin Braun, MD</i>	*Abstract page 198 Bio page 74
1:40 PM - 2:20 PM	Hyaluronian Filler Update / <i>Milan Shah, MD</i>	Bio page 111
2:20 PM - 2:40 PM	Calcium Hydroxylapatite Filler Update / <i>Brett Ribotsky, DPM</i>	Bio page X
2:40 PM - 3:00 PM	Combination Therapy Injectables Demonstration / <i>Sharon McQuillan</i>	Bio page 98
3:00 PM - 4:00 PM	Aesthetic Laser Treatments presented by CANDELA* / <i>Jason Myers, MD</i>	
4:00 PM	Close of Session	

## BREAKOUT SESSION III

2.5 Hours CME Credits Available / Room: Veronese 2403 2nd Level

1:00 PM - 1:40 PM	<p><b>HGH Update Latest Findings.</b> This presentation displays the new and approach to an endocrinological treatment strategy, which 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. <i>Mark L. Gordon, MD</i></p> <p>Bio page 86</p>
1:40 PM - 2:20 PM	<p><b>Genomic Approach to Cancer Treatment.</b> In this presentation will be discussed how a personalized treatment approach may improve the results of cancer therapy and will review the most important strategies that are useful in current oncology practices. <i>Stanislav R. Burzynski, MD, Ph.D.</i></p> <p>*Abstract page 194 Bio page 75</p>
2:20 PM - 3:00 PM	<p><b>Vibration Training for Active Aging.*</b> This lecture will outline the research and science behind Power Plate and how it is increasingly proving to produce health building outcomes for: cardiovascular circulation, reduction of cortisol, inhibition of pain, new bone mineral stimulation, and many more. / <i>Joseph Signorile, Ph.D.</i></p>
3:00 PM - 3:30 PM	<p><b>The Fusion of Aesthetics and Age Management.</b> As we enter a new phase of anti-aging medicine, it has become more and more obvious that our clients require a sophisticated, combined approach to augment their anti-aging medical treatments. This lecture will describe the means by which a patient can have an integrated treatment plan involving both anti-aging and aesthetic procedures in the same practice. More importantly it will describe the way we as doctors can combine the two specialties into a common practice. <i>Michael W. Zacharia, MD</i></p> <p>*Abstract page 195 Bio page 118</p>
3:30 PM - 4:00 PM	<p><b>Clinical Therapies to Control Inflammation and Metabolic Performance.</b> 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. <i>Chris Meletis, ND</i></p> <p>*Abstract page 196 Bio page 99</p>
4:00 PM	Close of Session
4:00 PM - 6:00 PM	Exhibit Hall Break
5:30 PM	Conference Registration Closes

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# FRIDAY, DECEMBER 14, 2007

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## EVENING WORKSHOPS

**PROTOCOLS OF STEM CELLS, FITNESS, HORMONES AND BIOCHEMISTRY** / 5:00 PM – 9:00 PM  
4 Hours CME Credits Available / Room: Veronese 2403 2nd Level

5:00 PM - 7:00 PM	How Stem Cells, Fitness, Diet Protocols, Hormones, and Biochemistry Are Used to Increase Metabolism / <b>Nick Delgado, Ph.D.</b>	*Abstract page 202 Bio page 78
7:00 PM - 7:30 PM	The Energy Factor: Nitrogen – A Nutraceutical Approach to Brain Function (ADD/ADHD, Addictions) / <b>Suzie Schuder, MD</b>	*Abstract page 202 Bio page 111
7:30 PM - 8:00 PM	Female Menopause and Male Andropause / <b>Naina Sachdev, MD.</b>	*Abstract page 203 Bio page 108
8:00 PM - 9:00 PM	Lifestyle to Reverse Diabetes, Heart Disease, Hypertension, Arthritis and Obesity / <b>Nick Delgado, Ph.D., Naina Sachdev, MD, Suzie Schuder, MD</b>	Bio page 78 Bio page 108 Bio page 111
9:00 PM	Close of Session	

**AESTHETIC MEDICINE WORKSHOP\*** / 5:30 PM – 8:30 PM / Room: Veronese 2405 2nd Level

5:30 PM - 6:30 PM	Successful Patient Outcomes for the Treatment of Hair, Veins, Pigment, Skin Laxity & Texture Presented by SCITON LASER / <b>Denise Baker, MD</b>	
6:30 PM - 7:30 PM	Laser 360 Degree presented by ALMA LASERS / <b>Martin Braun, MD</b>	Bio page 74
7:30 PM - 8:30 PM	ABC of Aesthetic Practice Development / <b>Janette Daher, BS</b>	*Abstract page 76 Bio page 198
8:30 PM	Close of Session	

**PROTOCOL: EMPOWER YOUR REVENUES WITH CONSUMER APPROVED WELLNESS PRODUCTS\***  
Presented by GLOBAL WELLNESS / 6:00 PM – 9:00 PM / Speaker: **Alfred G. Moravec, Ph.D.**  
Room: Lando 4203 4th Level

Bio page 100

**ELECTROMAGNETIC FIELDS- IMPACTS AND ANTIDOTE\*** / 6:00 PM – 9:00 PM  
Speaker: **Eric Braverman, MD** / Room: Veronese 2401 2nd Level

\*Abstract page 198  
Bio page 75

**REV UP YOUR PRACTICE WITH NANOTECHNOLOGY\*** Presented by USA PERFECTOR / 6:00 PM – 9:00 PM  
Speaker: **Suzanne Levine, M.D., Everett Lautin, M.D., Xanya Sofra-Weiss, Ph.D.** / Room: Lando 4201 4th Level

Bios pages 95, 95 & 114

**WORKSHOP\* GENETICS OF AGING AND CANCER** Presented by AMINOCARE / 6:00 PM – 9:00 PM  
Speaker: **Azad Rastegar, B.A., Stanislaw R. Burzynski, M.D., Ph.D.** / Room: Titian 2303 2nd Level

Bio page 75

**UNDERSTANDING LEGAL TOOLS: THE KEY TO ASSET PROTECTION AND TAX REDUCTION \***  
Presented by THE NATIONAL MEDICAL FOUNDATION FOR ASSET PROTECTION / 6:00 PM – 9:00 PM  
Speaker: **G.Kent Mangelson, CFP** / Room: Delfino 4001 4th Level

Bio page 98

**AGE GREATFULLY WITH METAFOLIN\*** Presented by PHYSICIANS PROVISIO / 6:00 PM – 8:00 PM  
Speaker: **Jonathan Forester, MD** / Room: Delfino 4005 4th Level

Bio page 80

**TARGETING CANCER CELL SPECIFIC METABOLISM; A BEST CASE SERIES ANALYSIS AND DISCUSSION\***  
6:00 PM – 8:00 PM / Speaker: **Jim LaValle R.Ph., M.S., C.C.N., N.D.** / Room: Delfino 4003 4th Level

Bio page 94

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# SATURDAY, DECEMBER 15, 2007

## SATURDAY, DECEMBER 15 / GENERAL SESSION

4 Hours CME Credits Available / Room: Venetian Ballroom F

6:30 AM	A4M Conference Registration Opens	
7:00 AM - 8:00 AM	<b>EYE OPENER: THE LONGEVITY FACTOR: How Red Wine and Resveratrol can Unlock the Genetic Secrets of A Longer and Healthier Life.</b> Speaker will discuss the discovery of natural polyphenols found in red wine and the dietary supplement – resveratrol, and explain the latest research into treatments and understand of human aging and disease prevention. <b>Joseph C. Maroon, MD</b>	*Abstract page 203 Bio page 99
8:00 AM - 8:40 AM	<b>New Updates in Stem Cell Research.</b> Stem cells have the potential to develop into many different cell types in the body; Serving as a sort of repair system for the body. Clinical studies and new recent research information. <b>Michael Klentze, MD</b>	Bio page 92
8:40 AM - 9:20 AM	<b>A Breakthrough in Cancer Therapy Via Glucose Inhibition.</b> Recent research: a unique fermented wheat germ extract (FWGE) blocks glucose uptake within cancer cells, choking off their energy supply, reducing their ability to grow and proliferate, and eventually causing cancer cell death by apoptosis without any detrimental effect to healthy cells. <b>Maureen Pelletier, MD</b>	*Abstract page 204 Bio page 103
9:20 AM - 10:00 AM	<b>Brain Preservation and Functional Enhancement.</b> Understanding of the important role of nutritional initiators of inflammation in specific neurological conditions and brain degeneration. Recognize the fundamental role of specific antioxidants in preserving and enhancing brain function. <b>David Perlmutter, MD</b>	*Abstract page 204 Bio page 103
10:00 AM - 10:30 AM	<b>Two New Aspects of Astaxanthin for Human Health – Metabolic Syndrome &amp; Eye Fatigue.</b> Two new data on natural astaxanthin from microalgae are presented. One is metabolic syndrome prevention in an animal study. Another is eye fatigue improvement in a clinical study. The results indicate that astaxanthin protects the blood and vessel from oxidative stress and enhances muscle endurance and recovery during fatigue. <b>Eiji Yamashita, Ph.D.</b>	*Abstract page 205 Bio page 118
10:30 AM - 11:00 AM	<b>An Integrative Approach to Cancer Therapy: What Works.</b> Understand the mechanism of action of specific nutraceuticals with respect to cancer; how to become proficient in the recommendation of specific nutraceuticals in the integrative treatment of certain cancers and how to review if antioxidants improve the outcome of conventional cancer treatment. <b>Sheri Lieberman, Ph.D.</b>	Bio page 96
11:00 AM - 1:00 PM	EXHIBIT HALL BREAK & LUNCH BREAK	

## BREAKOUT SESSION I

3 Hours CME Credits Available / Room: Venetian Ballroom F

1:00 PM - 2:00 PM	Most Updated research in Stem Cell – What Experts Say Room: TBA / Speaker: <b>Mitchell Ghen, DO, Ph.D., Denis Rodgerson</b>	*Abstract page 208 Bio page 82 Bio page 107
2:00 PM - 2:30 PM	<b>Energy Medicine and Longevity.</b> After much skepticism, energy medicine and the science behind it are emerging as rich and fascinating topics with major implications for anti-aging medicine. This presentation focuses on diagnostic/therapeutic approaches utilizing pulse biofeedback. <b>James L. Oschman, Ph.D.</b>	Bio page 102
2:30 PM - 3:00 PM	<b>Restful Sleep: A Key Anti-Aging Initiative.</b> This presentation will review regular sleep schedules and sleep modification programs, care with drugs, diet, alcohol, and other drugs. <b>Stephen Holt, MD</b>	*Abstract page 210 Bio page 88

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# SATURDAY, DECEMBER 15, 2007

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3:00 PM - 3:30 PM	<b>Hormone Essentials: Which Sample Do I Use?</b> This presentation will review the basic physiology of hormone synthesis and metabolism; introduce and familiarize participants with diagnostic testing; varying pharmacokinetic implications of HRT administration routes and the physiologic basis of monitoring and clinical improvement. <i>Patrick Hanaway, MD</i>	*Abstract page 211 Bio page 87
3:30 PM - 4:00 PM	<b>An Efficient Antioxidant by Molecular Hydrogen as a Novel Concept.</b> We show here that hydrogen (H <sub>2</sub> ) has great potential as an antioxidant in preventive and therapeutic applications. H <sub>2</sub> selectively reduced the hydroxyl radical, which is the most cytotoxic reactive oxygen species (ROS), and effectively protected cells, but did not react the other ROSs that possess physiological roles. <i>Shigeo Ohta, Ph.D.</i>	*Abstract page 212 Bio page 102
4:00 PM	Close of Session	

ABAARM/ ABAAHP/ ACASP Written Exam / 1:00 PM - 5:00 PM / Room: Veronese 2401 2nd Level

## BREAKOUT SESSION II

AESTHETIC MEDICINE / 1:00 PM - 4:00 PM / 2 Hours CME Credits Available / Room: Veronese 2405 2nd Level

1:00 PM - 1:30 PM	Chemical Peelings for Aging Skin-The Brazilian Experience <i>Marilusia Maria Costa, MD</i>	*Abstract page 208 Bio page 76
1:30 PM - 2:00 PM	Importance of Medical Photography / <i>Jim Larkey</i>	*Abstract page 209 Bio page 94
2:00 PM - 2:30 PM	Body Contouring Overview / <i>Sharon McQuillan, MD</i>	Bio page 90
2:30 PM - 3:00 PM	Bodysculpture / <i>Sharon McQuillan, MD</i>	Bio page 90
3:00 PM - 4:00 PM	Three-Dimensional Skin Rejuvenation Presented by CUTERA* / <i>Jill Lezaic, DO</i>	
4:00 PM	Close of Session	

## BREAKOUT SESSION III

3 Hours CME Credits Available / 1:00 PM - 4:00 PM / Room: Veronese 2403 2nd Level

1:00 PM - 1:30 PM	<b>Understating Legal Structures.</b> A Key to Professional Liability Protection: lawsuit protection and tax reduction and estate planning. <i>G. Kent Mangelson, CFP</i>	*Abstract page 205 Bio page 98
1:30 PM - 2:00 PM	<b>Iodine: The Universal Nutrient for the Total Body.</b> Will be discussed the need for iodine by all the body and not just the thyroid. We will look into what the body looks like when there is not enough iodine in different tissues. <i>Jorge Flechas, MD</i>	*Abstract page 210 Bio page 80
2:00 PM - 2:30 PM	<b>The Physiological Benefits of Increasing Cellular Membrane Permeability Related to Disease and Anti-Aging.</b> In this lecture I will demonstrate the bi-polar malleability of water and how assorted energy formats or pollutants can affect molecular structure; physiological effects of altering the structure of water and to help the physician integrate this awareness into the therapeutic anti-aging protocol and decrease dehydration effects in patients. <i>Howard W. Fisher, DC</i>	*Abstract page 210 Bio page 80
3:30 PM - 4:00 PM	<b>Treatment of Osteoarthritis with Horizontal Therapy.</b> Horizontal Therapy (HT) supports the natural processes in biological tissue, where bioelectrical and biochemical processes are simultaneously promoted. Horizontal Therapy promotes the metabolism, circulation, lymph transport, and the diffusion processes in the treated area of Osteoarthritis. <i>Achim Hansjürgens, Ph.D.</i>	Bio page 87
4:00 PM	Close of Session	
4:00 PM - 5:00 PM	Exhibit Hall Break	
4:00 PM	Conference Registration Closes	
5:00 PM	Exhibit Hall Closes	

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# FACULTY *Biographies*



**WILMAR ACCURSIO, MD**

*Endocrinologist Nutrologist  
President of Brazilian Society of Anti-aging*

Coordinator and professor of the Course of Anti-Aging Medicine of the Brazilian Society of Anti-aging and Morumbi – Anhembi University (Laureate University) General Secretary of Brazilian Society of Aesthetic Medicine Coordinator and professor of the Course of Aesthetic Medicine of the Brazilian Society of Aesthetic Medicine and Souza Marques School of Medicine (Rio de Janeiro)



**HARRY ADELSON ND,**

Dr. Harry Adelson, a diplomate of the American Academy of Pain Management (AAPM), practices naturopathic pain medicine in Salt Lake City, Utah. He has presented on prolotherapy for the AAPM, The French Society of Mesotherapy, and the Chinese Association of Anesthesiology. He has authored a chapter on prolotherapy in the seventh edition of AAPM's textbook, *Pain Management, a Guide for Clinicians*. He is the founding president of the Naturopathic Academy of Therapeutic Injection.



**FERRE AKBARPOUR, M.D.**

Board Certified "Anti-Aging Medicine" & "Integrative Holistic Medicine"; Founder "Orange County Immune Institute", where disease are approached with orthomolecular medicine; Co-Author "Longevity: An Alternative Medicine Definitive Guide"; Advisory Board Member "Journal of Longevity"; Member "American Federation for Clinical Research"; FDA Approved Investigator of "Ampligen"; and past Adjunct Clinical Research Associate Professor "Institute for Molecular Medicine".

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**► 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 LifeSource Anti-Aging Clinics in Melbourne and Sydney and has been practicing anti-aging medicine for over 10 years. As a Board Certified Diplomate of the A4M, Bill Anton has been responsible for promoting the field of anti-aging medicine in the USA, Australia, Asia and recently Europe, where he was also appointed as a foundation board member, and a board member of the International Hormone Society and Secretary of the World Society of Anti-Aging Medicine based in Rome. More recently, with the assistance of the A4M, Bill Anton and colleagues established the AustralAsian Academy of Anti-Aging Medicine (A5M). Bill Anton is also a lecturer and examiner for the European Specialization Course in Anti-Aging Medicine and the USA Anti-Aging Fellowship Program.



**► DENISE BAKER, MD**

Dr. Baker is a Board Certified Obstetrician/Gynecologist and Surgeon. Dr. Baker is an international trainer and educator in cosmetic procedures. She is the recipient of the Florida Medical Association 2007 Distinguished Physician Award. Dr. Baker is medical director of Baker Medical Arts as well as The Wellness Institute, a successful aesthetics practice in Bradenton, FL



**► 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.

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#### ► JAMES BELL, PH.D.

Dr. Jim Bell is CEO of the International Fitness Professionals Association (IFPA) and its two subsidiaries, Doctor's Fitness Centers (DFC) and The Fitness Institute of Technology (FIT). Dr. Bell is the Co-Chairman for the American College of Anti-Aging Sports Medicine Professional (ACASP), providing the latest tactics, strategies and technologies on exercise and nutrition prescription for doctors to combat the over 60 medical diseases, dysfunctions and disabilities of afflicted patients.

Dr. Bell holds 2 PhDs in Medical Fitness Specialization and Sports and Fitness Training and is currently working on an ND/PhD degree in Naturopathic Medicine.

Dr. Bell is a former NCAA Gymnast and Martial Artist and was a NCAA Gymnastics Coach while working on a Masters Degree in Engineering, Exercise Physiology and an MBA. He is a world known lecturer and author, writing and speaking around the globe on numerous subjects concerning anti-aging, fitness, health, sports nutrition, exercise physiology, sports conditioning-medicine and psychology, and holds the rare honor of twice being the lead speaker on exercise physiology and sports nutrition at the US Olympic & Pan American Coaches College.

Dr. Bell is a former US Air Force officer and fighter pilot and he also holds over 60 different certifications in numerous subjects concerning fitness, sports nutrition-conditioning-medicine-exercise and psychology.



#### ► ROBERT W. BRADFORD, PH.D.

Dr. Robert W. Bradford, after serving as an engineer in cancer research at Stanford University, left to found the Committee for Freedom of Choice in Cancer in 1972, which went on to legalize laetrile, initiating the health freedom movement that allows the liberties that we enjoy today. Dr. Bradford, an established world leader in integrative assessments, diagnostics, and therapy, founded American Biologics (a biomedical and nutritional supplement company) in 1978. Since 1978, he has been utilizing the therapeutic protocols and diagnostics developed

by the Bradford Research Institute (BRI®) for the management of degenerative and immunological diseases.

Dr. Bradford is the holder of 15 patents, three honorary doctorates and numerous international awards and citations for his innovative work and research in metabolic/nutritional/functional approaches; authored and published to date over 75 research papers and five textbooks.

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- In 1996, he co-founded Capital University of Integrative Medicine (CUIM) in Washington, D.C.

**Dr. Bradford is an educator, researcher, clinician, lecturer, and author. He is a true visionary and pioneer and has dedicated himself to the elimination of degenerative disease in our lifetime.**



#### ► MARTIN BRAUN, MD

After receiving his M.D. from the University of British Columbia (UBC) in 1984, Dr. Braun completed his core surgical training at Vancouver General Hospital. He subsequently became certified in both Family and Emergency Medicine. He worked extensively in both areas, but in response to rising demand, Dr. Braun has devoted his practice exclusively to cosmetic rejuvenation procedures at his private medical clinic in Vancouver. Dr. Braun performed the first laser hair removal in Canada in 1996, and injects more cosmetic Botox than anyone else

in Canada. He lectures widely on non-surgical cosmetic rejuvenation.



#### ► ERIC BRAVERMAN, M.D.

*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, Pennel, PA (metro-Philadelphia), and a national network of affiliated medical professionals. Dr. Braverman received his B.A. Summa Cum Laude from Brandeis University and his M.D. with honors from New York University Medical School, after which he performed post-graduate work in internal Medicine with Yale Medical School affiliate. Dr. Braverman is a recipient of the American Medical Association's Physician's Recognition Award. Dr. Braverman has published over 90 research papers presented to the medical community. Some of his lectures include topics on "Melatonin, Tryptophan and Amino Acids" given at Los Alamos National Laboratories, "The Core Neurotransmitters and Hormones and How They Affect the Aging Process" given at Brookhaven National Laboratories, and most recently he gave a lecture on P300 Evoked Response as a Predictor of Alzheimer's at Oxford University in England. Dr. Braverman is the author of five medical books, including the "PATH Wellness Manual", which is a user's guide to alternative treatment. He has appeared on CNN (Larry King Live), PBS, AHN, MSNBC, Fox News Channel and local TV stations. Dr. Braverman has been quoted in the New York Post, New York Times and the Wall Street Journal.



#### ► ALAN BUNTING

Alan Bunting is well known in the field of anti-aging medicine and has been responsible for several innovations in aesthetics including laser delivery devices for skin resurfacing, ultrasound for aesthetics and skin rejuvenation, diagnostic devices for laser eye surgery and his current area of expertise, DermaWave No-Needle Mesotherapy for body re contouring applications.



#### ► STANISLAW R. BURZYNSKI, M.D., PH.D.

*President, Burzynski Research Institute and  
Owner, Burzynski Clinic, Houston, TX*

Dr. Burzynski graduated with honors in 1967. From 1970 to 1977 he was a faculty member at Baylor College of Medicine in Houston. In 1977 he established Burzynski Research Institute. Dr. Burzynski is the discoverer of antineoplastons, author of new theory of aging, over 200 patents and 220 publications.



#### ► JOSE M. CASTRO NUNEZ, MD

Dr. Jose Castro graduated from University of Veracruz Medical School, Medical Director of Natural's Clinica & SPA in Mexico City. Dr. Castro has studied anti-aging, aesthetic and cosmetic medicine, homeopathic, homotoxicologic medicine, neural therapy and bariatric medicine. Author of the "CONOCE Y CUIDA TU PIEL". Dr. Jose Castro is secretary from the Scientific Medical College of prevention and nutrition treatment, anti-aging and aesthetic AC. In his 20 years in medicine, 10 years to dedicate exclusively to cosmetic rejuvenation procedures.





**MARILÚSIA MAIA COSTA, MD**

Private Practice, Salvador – Brazil  
Associate Professor of Dermatology – Postgraduate Course of Aesthetic Medicine – Souza Marques Technical and Educational Foundation– Medicine School – Rio de Janeiro, Brazil

Dr. Costa is a dermatologist, Brazilian Federal Medicine Council, a fellow of American Academy of Dermatology, International Society of Cosmetic Dermatology, International Society of Dermatology, American Academy of Anti-aging Medicine, Brazilian Society of Anti-Aging among other societies. She graduated from Medicine and Public Health School, Salvador-Brazil, and received her training in dermatology at Saint Izabel Hospital. She has a postgraduate title on Aesthetic Medicine from John F. Kennedy University, Buenos Aires – Argentina and she has a Diplôme International de Medecine Esthetique, from Union Internationale-Paris, France. She is general coordinator and professor of Postgraduate Course on Aesthetic Medicine. She is Director of Studies and Scientific Research Center of Brazilian Society of Aesthetic Medicine and she is a professor of Postgraduate Course of Anti-Aging – Brazilian Society of Antiaging and Anhembi Morumbi University, São Paulo, Brazil. She is a member of numerous professional organizations and is President of Brazilian Society of Aesthetic Medicine – district of Bahia. Dr. Costa has appeared on national television, is frequently interviewed by radio stations and important newspapers and magazines and lectured across her country.



**KENNETH COUNTS, PhD**

Dr. Counts is a practicing psychologist who attempts to integrate physical fitness aspects into his patient's treatment plans, when ever possible. He has studied nutrition and energy metabolism and makes recommendations to his patients in that regard. He continues to study and teach in the area of obesity prevention. He approaches physical training as a psychologist and psychotherapy as a coach, injecting large doses of humor into both. He is committed to the notion that lifestyle has significant impact on aging and the occurrence of age-related illnesses. His new book is *Rejuvenation (My Birthday Suit Doesn't Fit Me Anymore!) A Guide to Nutrition, Exercise and Attitude*. It incorporates the basic elements of developing a psychology of fitness.



**JANETTE DAHER, BS**

Janette Daher, BS has spent more than ten years working as a business development manager. Janette serves as Director of Education and Consulting Services for The Ageless Aesthetic Institute, the only level 4 ACCME accredited aesthetic training program for medical professionals. Janette lectures nationally on aesthetic practice development and has been featured in many aesthetic publications.



**NANCY DE JESUS, MD**

Dr. DeJesus is Board Certified in Family Medicine. She lectures medical, wellness, aesthetic, sports and fitness professionals on the Effects of Low Frequency Pulse Magnetic Resonance Cell Rejuvenation, and its revolutionary applications on the Anti-Aging Medical field. She completed her specialty training in New York and has practiced medicine for 14 years. She is the founder and Medical Director of Med First Wellness Center in Delray Beach FL, a state of the art medical facility specializing in Preventive Medicine, Anti-Aging therapies and Energy Medicine. Pioneer of Low Level Laser Therapy in South Florida, she is actively involved in research and development of cutting edge Energy Medicine applications on the Anti-Aging field.

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#### ► NICK DELGADO, PH.D.

Dr. Delgado graduated from the University of Southern California, with studies at Rancho Los Amigo Hospital, USC, Loma Linda University, California State Long Beach, as well as continued research with endocrinology experts. He served as Director of the Pritikin Better Health Program of the Nathan Pritikin Longevity Center. Dr. Delgado worked with some of the top experts in microscopy, certified by Phil Huckster, PhD., of Hematology, Physiologic Research Institute. Nick Delgado at 52 years of age, trained by Bob Anderson, Olympic Coach, placed his team USA #1, London 2007, World Endurance Lifting Championship. One of the World's leading experts in anti-aging, Nick has lectured to physicians and healthcare professionals at conferences on aging, wellness and longevity, including the original Anthony Robbins Mastery University. In January 2007, at the International Anti-Aging and Aesthetic Congress in South Africa, Dr. Delgado was awarded "Best Speaker". Author of 10 books, he is a major contributing author to Anti-Aging Clinical Protocols published by A4M, which includes research on stem cells (having personally received multiple treatments), decline in sexual function and anti-aging. The forerunner chapters to these unpublished books are posted as articles on the website located at: [www.ultimatemedicalresearch.com](http://www.ultimatemedicalresearch.com) see *Science Journals*.



#### ► ROGER DEUTSCH, CEO, CELL SCIENCE SYSTEMS, LTD., CORP. (USA)

Dr. Delgado graduated from the University of Southern California, with studies at Rancho Los Amigo Hospital, USC, Loma Linda University, California State Long Beach, as well as continued research with endocrinology experts. He served as Director of the Pritikin Better Health Program of the Nathan Pritikin Longevity Center. Dr. Delgado worked with some of the top experts in microscopy, certified by Phil Huckster, PhD., of Hematology, Physiologic Research Institute. Nick Delgado at 52 years of age, trained by Bob Anderson, Olympic Coach, placed his team USA #1, London 2007, World Endurance Lifting Championship. One of the World's leading experts in anti-aging, Nick has lectured to physicians and healthcare professionals at conferences on aging, wellness and longevity, including the original Anthony Robbins Mastery University. In January 2007, at the International Anti-Aging and Aesthetic Congress in South Africa, Dr. Delgado was awarded "Best Speaker". Author of 10 books, he is a major contributing author to Anti-Aging Clinical Protocols published by A4M, which includes research on stem cells (having personally received multiple treatments), decline in sexual function and anti-aging. The forerunner chapters to these unpublished books are posted as articles on the website located at: [www.ultimatemedicalresearch.com](http://www.ultimatemedicalresearch.com) see *Science Journals*.



#### ► FRIEDERICH R. DOUWES, MD

Dr. Douwes received his medical degree from Medical school (University Marburg, Heidelberg, Zurich Switzerland and Detroit Michigan, board certified in internal medicine. Dr. Douwes served as professor of Medicine, Semmelweis University, Budapest, Hungary, Post Vice-President, German Society for Oncology, Post Scientific Board Chairman, German Society for Oncology, Post Editor, German Journal of Oncology (1987-1991), President of the Society for Complementary Cancer Therapy, Secretary of the German Society for Hyperthermia

Dr. Douwes received several medical awards for research and work in Hyperthermia and Electrotherapy as cancer treatment. He is the founder of "Freundeskreis ganzheitlicher Krebstherapien", oncological self support group.



#### ► BRYAN DUROCHER

Bryan Durocher is the author of *Wakeup Live the Life You Love in Beauty*, an expert for Health Journal TV, Life and Leisure TV, and contributor to NBC South Florida Today and the founder of Durocher Enterprises. Durocher Enterprises provides coaching, consulting, global industry trends, marketing solutions, and website/e-commerce development for med spas, spa and industry professionals internationally.

Durocher Enterprises has been published in many articles and has provided business education internationally including TSA, International Beauty Show NY, Organization Mondiale Moscow, Allured's Face & Body, America's Spa Expo, ISSE, the Premiere Beauty Shows in Orlando, Columbus, Birmingham and the **International Esthetics, Cosmetics, and Spa Conference**.



#### ► SERGEY A. DZUGAN, MD, PHD

*President of Fountain Institute*

He was formerly a heart surgeon and Chief of Cardiovascular Surgery at the Donetsk Regional Medical Center in Donetsk, Ukraine. His PhD in cardiovascular surgery was received in 1990 and pertained to heart rhythm disorders. Dr. Dzukan's current primary interests are anti-aging and natural therapy for cholesterol, fatigue, migraine, fibromyalgia, behavioral and hormonal disorders.

Dr. Dzukan has suggested a new hypothesis on hypercholesterolemia and has worked out an original statin free method regarding hypercholesterolemia treatment. He has also introduced a new approach to the treatment of migraine. Dr. Dzukan was accepted (June, 30 2006) to the International Academy of Creative Endeavors (Moscow, Russia) as a Corresponding Member of the Academy for the outstanding contribution to the development of new methods of hypercholesterolemia and migraine treatment. He performed presentations multiple times at the prestigious International Congress on Anti-Aging Medicine.

Dr. Dzukan is the author of 127 publications in medical journals and these publications include surgical, oncological, academic and anti-aging topics. Also, several articles were published in Life Extension Magazine and The South African Journal of Natural Medicine. He is the author of "Migraine Cure" book and holder of 3 patents (all related to heart surgery). Dr. Dzukan is a member of the Medical Advisory Board at Life Extension Magazine.



#### ► MAYER EISENSTEIN, MD

Dr. Mayer Eisenstein is a graduate of the University of Illinois Medical School, the Medical College of Wisconsin School of Public Health, and the John Marshall Law School. In his 33 years in medicine, he and his practice have cared for over 75,000, children, parents, and grandparents. He is Board Certified by the American Board of Public Health and Preventive Medicine, and the American Board of Quality Assurance and Utilization Review Physicians. He is a member of the Illinois Bar.

He is the author of: *Give Birth at Home With The Home Birth Advantage*, *Safer Medicine*, *Don't Vaccinate Before You Educate*, *Unavoidably Dangerous - Medical Hazards of HRT* and *Unlocking Nature's Pharmacy*. Some of his many guest appearances include: "The Oprah Winfrey Show", "Hannity and Colmes", "Chicago Fox TV News - 'Immunizations - Are They Necessary?'" , CBC Newsworld Canada - "Are Mass Immunizations Necessary?". Since 1987, his weekly radio show "The Dr. Mayer Eisenstein Show", has aired in the Chicagoland area. His seminar "Saturdays with Dr. Eisenstein" covers the issues of chronic medical problems in our society: high blood pressure, high cholesterol, muscle and joint pain, and intestinal problems (Heartburn, Acid Reflux, IBS, GERD etc.). Scientific studies have shown that these conditions can often be treated with natural pharmaceuticals.





**GUY FERRU, MD**

Studies: MD, TCM 1974; Mesotherapy Practice For 30 years, practiced TCM and anti-aging therapy in USA, France, and Italy. Author: Has published numerous articles about nutrition, TCM, Bau-Biologie and rejuvenation. Is the author of a successful book "The Right Way of Living." International speaker: In several Anti Aging congresses the most recent speech and workshop were in: Mexico "IV Congreso Internacional De Medicina Antienvejecimiento"



**HOWARD W. FISHER, D.C.**

Dr. Howard Fisher is on a mission to educate and enlighten the world about the toxic factors that exist in our environment and their direct relationship to our health. His current seminar entitled "The Invisible Threat" makes both professionals and the public aware of the omnipresent threat present in our immediate environment. Dr. Fisher lectures internationally on nutrition, wellness, and immunology. He has written many articles for trade publications and is a featured guest on many radio broadcasts. In addition to authoring nine health oriented books, his research has also been published in peer-reviewed journals.

Being widely recognized for his ability to easily assimilate what many view as daunting scientific and clinical information, Dr. Fisher transforms essential knowledge that would otherwise remain inaccessible to the public into readily available life altering information. The foundation of his philosophy rests upon understanding and exposing the true nutritional and environmental deficiencies that exist in our everyday lives, and scouring the planet for the most efficient solutions to not only solving these threatening health issues, but improving the well-being and overall quality of life for everyone. His common sense approach to explaining the impact of our environmental factors to the health of the world makes it easy for his audience to make informed choices towards bettering their lives.

His ninth book, **The Invisible Threat: The Risks Associated With EMFs** is an easy to read clarion, written to inform an unsuspecting public about the devastating risks we face living in an electrical world that we cannot escape.



**JORGE D. FLECHAS, MD, MPH**

*Family Practice*

Dr Flechas earned his M.D. and his M.P.H. from Loma Linda University in California. He is a member of the American College of Nutrition. He has been active in Fibromyalgia, Iodine, and oxytocin research. He has presented at numerous scientific conferences. He is a frequent guest on radio health programs. He has been in active private medical practice as a Family Practice doctor for 27 years in Hendersonville, N.C.



**JONATHAN FORESTER, MD**

Dr. Forester obtained his master's degree in pharmacology with a thesis on brain chemistry. He trained at Medical College of Georgia, studying under Dr Alquist, the father of autonomic pharmacology. He is boarded in Family Practice and obtained a fellowship in allergy with the American Academy of Otolaryngic Allergy. He is a member of Pan American Allergy Society, received a Chelation Certificate from ACAM, and is a member of the International Lyme Disease Association (ILADS). He is adjunct Professor LSU School of medicine, Family Practice Division and has taught in three university systems. He is author of the book "Conquering Chronic Fatigue".

He practices in Pineville, La. and sees patients from over the nation. He has been interviewed by national radio and television talk shows. In January 2007 he was a consultant to the white house aid for Lyme Disease.

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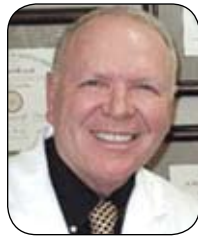
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► **JAMES W. FORSYTHE, M.D.**

Since 1986, Dr. Forsythe became interested in combining conventional and alternative medicine. He was the only oncologist in the area that would treat cancer patients who were under the care of an alternative physician. He noted that patients, who were integrating conventional treatments with alternative therapies, were doing better. They had fewer side effects from the chemotherapy and their quality of life was far superior. This convinced him that conventional medicine had made great strides with their chemotherapy drugs, but were lacking in keeping the patient's immune system stimulated. He began to study the science of alternative medicine, and in 1995 he received his homeopathy certificate.



► **JANINE GASTON NHAN, MD**

Graduated from Paris Medical School 1973

Fellow ABAAM ESAAM, Certified Mesotherapist, AFMCP Graduate in Functional Medicine, Chronobiology, Neurodegeneration, Prevention of pathological aging, Certified in Aesthetic & Laser Medicine Translator in French Textbook of Functional Medicine. Author Textbook Mesotherapy in Anti-Aging Medicine Lecturer A4M Congresses & French Mesotherapy Societies



► **JERRY GILLICK, HON. B.SC. CHEM., B.SC. PHARM., R.PH.**

Jerry Gillick received his chemistry training at Bishop's University in Quebec, Canada and his pharmacy training at the University of Toronto in Toronto, Canada. After practicing traditional pharmacy, he owned and operated a compounding and wellness pharmacy in Phoenix, AZ. Jerry's currently Director of Research and Development for College Pharmacy and Veda Life Sciences.



► **MITCHELL J. GHEN, DO, PH.D.**

Dr. Mitchell Ghen is the Chief Medical Officer for Eden Laboratories, Ltd., Bahamas. He heads the largest stem cell transplant, clinical and research team, in the world. His impressive record includes multiple publications in the field of integrative medicine along with new, cutting edge research in stem cell therapeutic applications. He is a world renowned international speaker and national radio health talk co-host. He has co-authored several textbooks as well.



► **GEORGI GLADYSHEV, PH.D.**

Professor Georgi Pavlovich Gladyshev, President and founder of the International Academy of Creative Endeavors, Chief of the Laboratory of thermodynamics and macrokinetics of non-equilibrium processes (1970-2005) and Principal Researcher (2006-) of N.N. Semenov Institute of Chemical Physics, Russian Academy of Sciences, HT-Researcher of Institute of Human Thermodynamics (USA). He graduated the Chemistry Department of the State University in Alma-Ata in 1959 and received the Degree of Candidate of Science (Ph.D.) in 1962 and a Doctorate Degree in polymer chemistry in 1966. He became Professor of Physical Chemistry in 1969 and in 1970 Chief of the Laboratory at the Institute of Chemical Physics of the USSR (Russian) Academy of Sciences in Moscow. Since 1968 he has been a visiting professor and Scientific adviser at several state universities, industrial plants, and firms. In 1989 he was elected President of the Academy of Creative Endeavors of the USSR (now - the International Academy of Creative Endeavors). In 1990 he became the head of the Institute of Ecological Biophysical Chemistry (now - the Institute of Physico-chemical Problems of Evolution of the International Academy of Creative Endeavors). He is the author of more than five hundred scientific articles, patents and ten monographs in the fields of Physical Chemistry, Life Science and Polymer Chemistry. His latest monographs include "Thermodynamics and Macrokinetics of Natural Hierarchical Processes" (Nauka, Moscow, 1988), "Ecological Biophysical Chemistry" (Nauka, Moscow, 1989), "Thermodynamic theory of the evolution of living beings" (Nova Science Pub., INC., N.Y., 1997), "Supramolecular thermodynamics is a key to understanding phenomenon of life. *What is life from a physical chemist's viewpoint*", M., 2002; Second Edition - Moscow - Izevsk, 2003). He has conducted research in the fields of polymer chemistry, physical chemistry, biology (chemical kinetics, the physico-chemical mechanism of the formation of the planetary system, the mechanism of chirality formation, the nature of ball lightning, biological evolution, aging and macrothermodynamics).

Professor Gladyshev, H.E. is a member of many associations, societies and academies: Honorary Member of the International Order of Merit - IOM; Member of IBA - Cambridge, England; Honorary Member of International Higher Education Academy of Sciences - IHEAS, Moscow; Honorary Member of Russian Higher Education Academy of Sciences; Active member - academician of International Academy of Sciences - IAS, Munich; Member (academician) of International Academy of Creative Endeavors; Member of Academy of Human Pursuit, (USSR, Russia); Member of Russian Academy of Physical (Natural) Sciences - RAEN, Moscow; Member of Academy of Book's Arts, Russia; Member (academician) of A.M. Prokhorov Engineering Science Academy of Russia; Member of Geopolitical Academy of Russia, Member of World Literary Academy, England; Member of the International Academy of Sciences, Education, Industry, & Arts (CA, the USA); Member of the New York Academy of Sciences (to 2000); Member of Engineer-Technological Academy of the Chuvash Republic; Member of the Amer. Chem. Soc., 1978; Member of the National Geographic Society, Washington, D.C.; Member of the academic Advisory council for the Laboratory of Bio-organic-phosphorus chemistry (Tsinghua university, China); International Member AAAS - USA, 1996 - 2001 and others. He is one of the Editors of the "Journal of Biological Systems" (World Scientific, An international publisher, Singapore). Member of the Advisory Board of "the Ukrainian Polymer Journal", 1991-1993; Journal "Entropy" (the USA, SWITZ to 2006), "Electronic Journal of Mathematical and Physical Sciences" (the USA) and so on. Chairman of the Board of Trustees of Journal "The Summary of Technologies" (Russia).

He is also the recipient of many honors and awards, including the Willard Gibbs Gold Medal, the International Academy of Creative Endeavors (1991); The "World Intellectual" (1993, IBC); "The Twentieth Century Award for Achievement" (1992, IBC); "Grand Ambassador of Achievement" - twenty-five years of outstanding personalities (1992, ABI); World Lifetime Achievement Award (USA -1993, 1995, 1996). He has been honored the International Order of Merit "Exellentia"(1994); Gold Ivan Pavlov's Pin of the International Academy of Science, Munich (1999); Order of Creation, International Academy of Science, Russia Department, Moscow (2000) and others. His name includes into the list of very outstanding scientists of all times.





**REBECCA L. GLASER, M.D.**

Dr Rebecca Glaser has B.A. Chemistry from University of Dayton, she graduated Medical School at University of Cincinnati in 1983 and undergone her Surgery Residency at Wright State University.

She is Board Certified in General Surgery since 1988 and a Fellow of the American College of Surgeons from 1989.

Assistant Clinical Professor of Surgery, Wright State University

Dr. Rebecca Glaser retired from surgery, April of 2004, and is currently involved with bioidentical hormone replacement therapy and its impact on healthcare. She has evaluated and treated over two thousand breast cancer patients and over fifteen hundred patients with hormone imbalances. She continues to treat patients, train physicians and lectures on 'Bioidentical Hormone Balance and Health'.

She established the website, <http://www.hormonebalance.org/> as a nonprofit, educational website for patients and health care providers (March 2005). The website has over 1200 full text, peer reviewed articles supporting the use of bioidentical hormone therapy.

Dr Glaser is working on several research projects (with ZRT laboratory) dealing with hormone levels in breast cancer patients, familial breast cancer, and the measurement and absorption of hormones. She recently completed a study on the effect of Pilate's exercises on range of motion, lymphedema and quality of life in breast cancer survivors.



**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

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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 Emeritus 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 L. Gordon integrates Anti Aging Medical theories into a program of sports rehabilitation. Using nutrition, exercise and his knowledge of supplementation he has helped a number of injured patients return to their activities in a significantly reduced time. Pre-operative programs help surgical outcome and reduce the down time for both sports and non-sports related injuries. Many natural products are available to accomplish these goals. Dr. Mark Gordon has been recognized as a leader in the area of Anti Aging Medicine and holds Associate Clinical Professorships at USC and UCLA. Dr. Gordon has recently been reappointed as Medical Director for CBS Studios, Medical Consultant to HBO and FX. In these positions he is available for consultation on areas of Preventive, Anti-Aging and Alternative Medicine. He writes articles on nutritional supplementation and hormonal replacement some of which have been published in Max Muscle and Planet Muscle. He has worked with a number of Nutraceutical companies developing unique products; Rexall Drugs, Thane International and Life Tech Resources. As a member of the State of California's board of Expert Medical Reviewers, he is recognized as the expert in Alternative and Complementary Medicine. Dr. Gordon's own involvement in Aerobic Weight Lifting and Martial Arts (holding a second degree black belt in Tae Kwan Do), has afforded him an opportunity to test many of the natural products that he has developed. His ultimate goal for his patients is to bring them back to a more youthful level of functioning; psychological, physiological and physical.



**JOHN GRASELA, R.PH.**

*Owner, University Compounding Pharmacy*

John Grasele and his brother, Joe Grasele, 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.

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



**MAHMOOD A. HAI, M.D., M.S., F.I.C.S.**

Dr. Hai is a Senior Urology Consultant at Oakwood Hospital, Chief of Urology at Annapolis Hospital and the Medical Director of Cherry Hill Medical Center. He is a Fellow of the International College of Surgeons, and a member of many urology associations. Dr Hai has used lasers in urology for nearly twenty years.



**PATRICK HANAWAY, M.D.,**

Dr. Hanaway is a board-certified family physician with his Medical Degree from Washington University and residency training at the University of New Mexico. Dr. Hanaway is President-Elect of the American Board of Holistic Medicine and co-founded Family to Family: Your Home for Whole Family Health with his wife in Asheville, NC.

He is currently the Chief Medical Officer @ Genova Diagnostics. Dr. Hanaway's interests are in the research and clinical application of nutritional biochemistry, with an emphasis on digestion, immunology, prevention and wellness.



**ACHIM HANSJÜRGENS, PH. D.**

Dr. Hansjuergens graduated from the Universities Berlin and Karlsruhe 1967. He received his Ph.D. in electrophysiology concerning Dynamic Interferential Currents (DIC) and field distribution in living tissue 1982 from Strasbourg, France. He developed the DIC, HT and suggested the medical concept Electrical Differential Treatment (EDT) in cooperation with the university hospitals Muenster, Munich and Heidelberg. He introduced these medical therapies in Europe, America and Asia.

1960-1969 student at Universities of Karlsruhe, Berlin and Heidelberg. 1967 Dipl.-Ing examination. From 1967-1990 head of the department medical research and development of Nemectron. 1968 invention of Dynamic Interferential Currents. 1982 PH.D. work at the University of Strasbourg. 1991 creation of a medical concept Electrical Differential Therapy (EDT). 1993 invention of Horizontal Therapy.



**MADALENE HENG, MD, FRACP, FACD**

"Madalene Heng, MD, FRACP, FACD is Clinical Professor of Medicine/Dermatology at UCLA School of Medicine. From 1979 to 2003, she was Chief, Division of Dermatology, UCLA San Fernando Valley Medicine Program. She is currently practicing at the Centers for Family Health, Community Memorial Hospital, Ventura, California. Dr. Heng is a reviewer for the Journal of the American Academy of Dermatology, American Journal of Geriatric Medicine, British Journal of Dermatology, Lancet, London, and International Journal of Angiology. With more than 130 scientific publications, including 71 published peer-reviewed articles on topics such as phosphorylase kinase activity and psoriasis, pathophysiology of disease, and wound healing, Dr. Heng is able to link treatment of diseases to their etiology at the basic science level. Dr. Heng is the developer of curcumin gel (Psoria-Gold)."



**THIERRY HERTOEGHE, MD**

President of the World Society of Anti-Aging Medicine (WOSAAM)  
 President of the European Academy of Quality of Life and Longevity medicine (Eaqual)  
 Scientific coordinator of the International English-speaking and national French-speaking Anti-Aging Medicine Specialization linked to the European Institute of Scientific Anti-Aging Medicine  
 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, M.D., PH.D.**

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.



► **C. C. HUANG, PH.D.**

Dr. Huang holds a Ph.D. degree in Chemical Engineering and has published about 40 articles and 8 patents. Through his involvement in Nanotechnology, he becomes specialized in Dry Powder Inhalation and Transdermal Drug Delivery Systems. He currently spearheads the development and applications of nano-cosmetic ingredients for Hosokawa Micron International Inc.



► **PROF. JOHN G. IONESCU, PHD**

*Director and Founder, Spezialklinik Neukirchen, Germany*

Prof. Ionescu is Scientific Director and founder of the Spezialklinik Neukirchen, Bio-Data and Energy Cosmetic companies, located in 93453 Neukirchen, Germany. After graduation in biochemistry and immunology at the University of Bucharest, 1976 and a scientific fellowship in Montreal, Canada, he wandered to West-Germany and established there since 1980.

He received his PhD in medical biochemistry 1983 from the University of Saarbrücken, Germany, and directed until 1985 the research programme of a dermatological clinic in Aschaffenburg. Main research areas included the atopic diseases, psoriasis, arthritis and the MCS-syndrome.

Prof. Ionescu founded 1986 in Bavaria the Spezialklinik Neukirchen for the treatment of allergic, skin and environmental diseases according to the principles of the nutritional and environmental medicine. The 160 bed facility is fully integrated in the official hospital system and the treatment fees are reimbursed by all German and Austrian health insurances.

The original diagnostic and therapeutic approaches of his cortisone-, cytostatic- and radiation-free concept have been reported in more than 170 scientific publications in Germany, Europe and USA. Current work involves the investigation of biological redox and free radical reactions in skin, environmental and cancer patients. His research results are subjects of new methods for the rapid free radical and redox potential assessment in human blood samples, new dermatological formulations for the diseased and aging skin, patented anti-cancer drugs and original integrative protocols for the treatment of MCS, CFS and chronic dermatoses like atopic eczema and psoriasis.

Prof. Ionescu is member of the European Academy for Allergology and Clinical Immunology, of the British Society for Allergy and Environmental Medicine, of the American Academy of Environmental Medicine and of the American Academy of Anti-Aging Medicine.

Since August 1998 he was nominated as Professor for Applied Laboratory Medicine and Oxidology at the Capital University of Integrative Medicine, Washington, D.C. (USA).

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#### ► GEORGE JUETERSONKE, DO

George Jueteronke, DO is in private practice in Colorado Springs, Colorado. He is currently Clinical Assistant Professor, University of North Texas Health Science Center and Adjunct Associate Professor, Midwestern University College of Health Sciences, Downers Grove IL. He is author of the book "Passing on Bypass Using External CounterPulsation".



#### ► WOLF - DIETER KESSLER, M.D.

*Dr. Kessler is the Chief Medical Advisor for Ondamed Inc. (USA) and Ondamed GmbH (Germany).*

Dr. Kessler, has been a physician for 34 years. His clinic in Northern Germany is a leading institute for treating acute and chronic diseases. He was part of the lung transplant team at Montefiore Hospital in New York performing mainly electron-microscopical research on both human and canine transplanted lungs.

He was confronted with a health problem 35 years ago after contracting a chronic infection (Lamliasis and Cocksackie B4) in India and became highly allergic to almost anything. The lack of satisfactory help in conventional medicine made him hunt for both: to advance conventional and complementary treatments. In the last 80's he went into private practice in Germany, which today employs 9 qualified nurses. The encounters with ONDAMED® have substantially influenced his therapy potential in his clinic. The ONDAMED® device has become a "hand in hammer" tool to his clinic for effective therapy results.



#### ► PARRIS M. KIDD, PHD

Dr. Parris Kidd earned his PhD in cell biology at the University of California at Berkeley. He has been working in nutritional medicine for almost a quarter century. Dr. Kidd is an internationally acclaimed expert on brain nutrients, and today he speaks on the phospholipid nutrient GlyceroPhosphoCholine or GPC



#### ► PETER KLAINER, MD, FACS

Dr. Peter Klainer graduated from Columbia University College of Physicians and Surgeons in New York City. He completed his residency in Plastic and Reconstructive Surgery at St. Louis University and Fellowship in Aesthetic Surgery in Indianapolis. Dr. Klainer is Board Certified in Plastic and General Surgery; he is also certified in the use of lasers. Dr. Klainer lectures nationally on lasers and cosmetic surgery.



#### ► RONALD KLATZ, MD, DO

Dr. Ronald Klatz, who coined the term "anti-aging medicine," is recognized as a leading authority in the new clinical science of anti-aging medicine. Since 1981, Dr. Klatz has been integral in the pioneering exploration of new therapies for the treatment and prevention of age-related degenerative diseases. He is the physician founder and President of the American Academy of Anti-Aging Medicine Inc. ("A4M"), a non-profit medical organization 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. As a world-renowned expert in anti-aging medicine, Dr. Klatz is a popular lecturer at A4M sponsored/co-supported events in anti-aging medicine. He is instrumental in the continuing development of A4M's educational website, [www.worldhealth.net](http://www.worldhealth.net), with an Internet audience exceeding 300,000 viewers, for which he serves as Medical Advisor.

In his capacity as A4M President, Dr. Klatz oversees AMA/ACCME-approved continuing medical education programs for more than 30,000 physicians, health practitioners, and scientists from 78 countries worldwide. In addition, Dr. Klatz is Professor, Department of Internal Medicine at the University of Central America Health Sciences. Dr. Klatz is Board Certified in the specialties of Family Practice, Sports Medicine, and Anti-Aging Medicine.

Dr. Klatz co-founded the National Academy of Sports Medicine, which provides medical specialty training in musculoskeletal rehabilitation, conditioning, physical fitness, and exercise to 35,000 healthcare professionals internationally. He is a founder and key patent developer for Organ Recovery Systems, biomedical research company focusing on technologies for brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation.

Dr. Klatz is the inventor, developer, or administrator of 100-plus scientific patents. In recognition of his pioneering medical breakthroughs, he was awarded the Gold Medal in Science for Brain Resuscitation Technology (1993) and the Grand Prize in Medicine for Brain Cooling Technology (1994). In addition, Dr. Klatz has been named as a Top 10 Medical Innovator in Biomedical Technology (1997) by the National Institute of Electromedical Information, and received the Ground Breaker Award in Health Care (1999) with Presidential Acknowledgment by William Jefferson Clinton from Transitional Services of New York.

The author of several nonfiction bestsellers, including *Grow Young with HGH* (HarperCollins), Dr. Klatz also has authored *Infection Protection: How to Fight the Germs That Make You Sick* (HarperCollins), *Ten Weeks to a Younger You*, *New Anti-Aging Secrets for Maximum Lifespan*, *Brain Fitness* (Doubleday), *Hormones of Youth*, *Seven Anti-Aging Secrets*, *Advances in Anti-Aging*, *Stopping the Clock*, *Death in the Locker Room/Drugs & Sports*, *The E Factor*, *The Life Extension Weight Loss Program*, and *Deprenyl—The Anti Aging Drug*. Dr. Klatz has served as a contributor, editor, reviewer and advisor to *Archives of Gerontology and Geriatrics*, *Journal of Gerontology*, *Osteopathic Annals Medical Journal*, *Patient Care Medical Journal*, *Total Health for Longevity*, and *50+ Plus magazine*. His columns on wellness and longevity have appeared in *Pioneer Press (a division of Time-Life Inc)*, *Townsend Letter for Doctors and Patients*, *Spa Management Journal*, *The Wellness Channel*, *Fitness & Longevity Digest*, *Alternative Medicine Digest*, *Nutritional Science News*, *Healing Retreats & Spas*, *Skin Inc.*, and *Longevity SA* (for which he is served as Senior Medical Editor)

Dr. Klatz has co-hosted the national Fox Network television series *Anti-Aging Update* and served as national advisor for *Physician's Radio Network*. He has appeared in interviews on CNN, USA Today TV, ABC News, NBC News, CBS News, Good Morning America, The Today Show, the Oprah Winfrey Show, Extra Daily TV News (partial list). Dr. Klatz has participated in articles appearing in the *New York Times*, *USA Today*, *Chicago Tribune*, *Newsweek*, *Harper's Bazaar*, *MacLean's [Canada]*, *Forbes Magazine*, and *Investor's Business Daily* (partial list).

Dr. Klatz is highly regarded by scientific and academic colleagues for his continuing medical education lectures on the demographics of aging and the impact of biomedical technologies on longevity. His scientific articles have been published in *Resident and Staff Physician*, *British Journal of Sports Medicine*, *Medical Times/The Journal of Family Medicine*, *Osteopathic Annals*, and *American Medical Association News* (partial list).

Dr. Klatz is a graduate of Florida Technological University. He received the Doctor of Medicine (M.D.) Degree from the Central America Health Sciences University, School of Medicine, a government-sanctioned, Ministry of Health-approved, and World Health Organization-listed medical university. Dr. Klatz received his Doctor of Osteopathic Medicine and Surgery (D.O.) degree from the College of Osteopathic Medicine and Surgery (Des Moines, Iowa).

Dr. Klatz has held several distinguished teaching or research positions, at Tufts University, the University of Oklahoma School of Osteopathic Medicine, Des Moines University School of Medicine, and the Chicago College of Osteopathic Medicine and Swinburne University (Australia).

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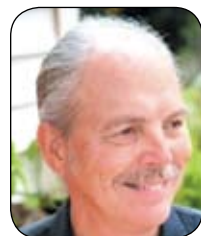
A consultant to the biotechnology industry and a respected advisor to several members of the U.S. Congress and others on Capitol Hill, Dr. Klatz devotes much of his time to research and to the development of advanced biosciences for the benefit of humanity.



► **MICHAEL KLENTZE, MD, PH.D.**

*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" Italy*

Dr. 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 member 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



► **RUSSELL L. KOLBO, D.C., ND**

Dr. Kolbo received his Doctorate of Chiropractic degree in 1969 from National Chiropractic College in Lombard, Illinois and in 1971 earned his Doctorate of Naturopathic Medicine from National College of Naturopathy in Seattle, Washington. He began his practice in Tacoma, Washington in 1970 and maintained a healthy chiropractic/naturopathic practice for over 35 years, where he specialized in cleansing, detoxification and nutritional programs.

Dr. Kolbo retired from active practice in 2000 and moved to Maui with his wife, Cherie. Together they practice colon hydrotherapy as well as train others to become colon hydrotherapists. They own and operate Living In Wellness School for Colon Hydrotherapy.

Dr. Kolbo has taught anatomy and physiology at National College of Naturopathic Medicine as well as lecturing on Colon Hydrotherapy at Bastyr University, both in Seattle, Washington. He has given guest lectures and sat on and chaired various related boards. He is currently the President of the International Association for Colon Hydrotherapy (I-ACT).



► **GKRITZALAS KOSTANTINOS, M.D**

Dr Kstantinos received his Doctorate in Medicine with Surgery specialisation at Medical University of Bologna, Italy.

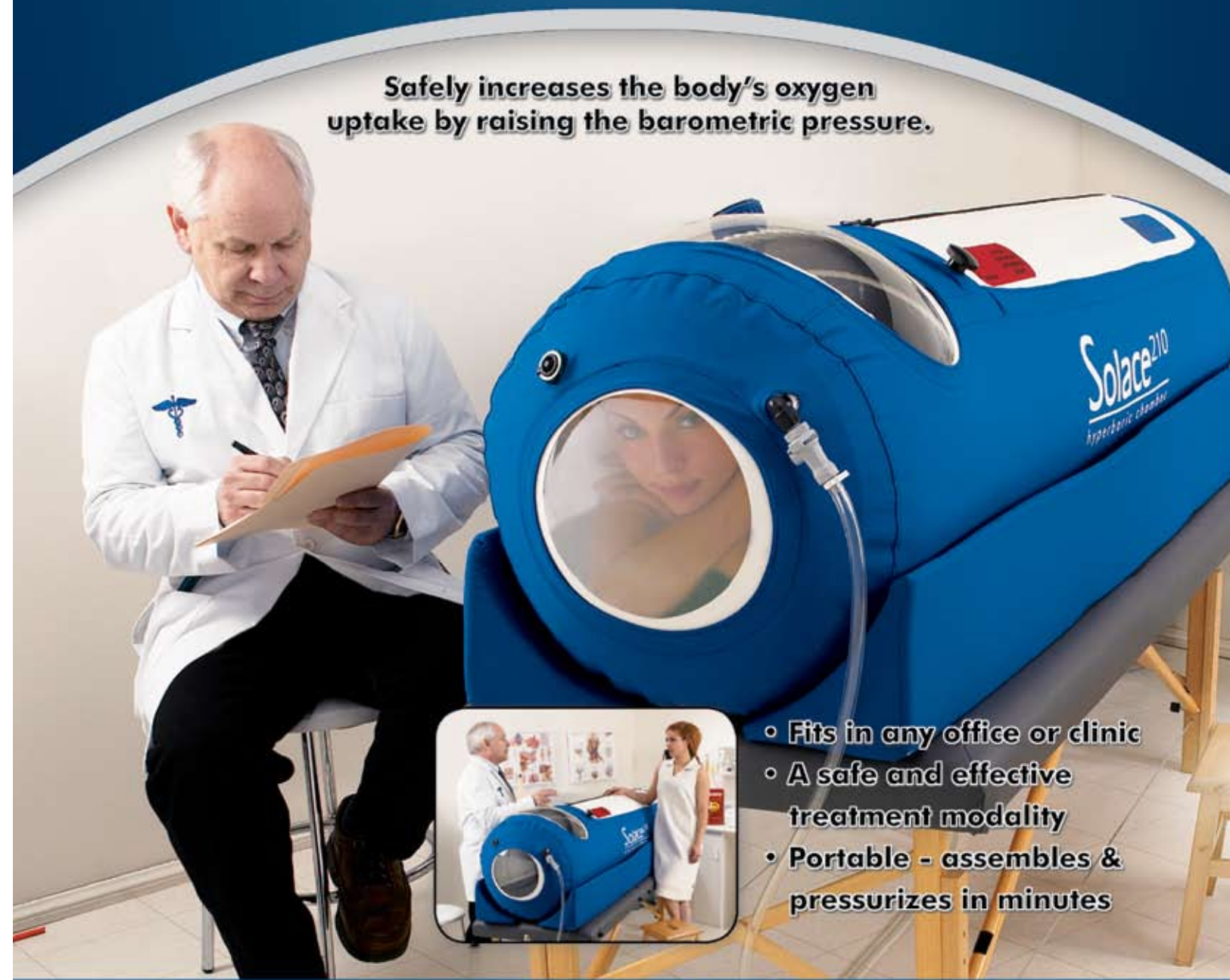
From 1997-2000 he undergone a specialisation in Dermatology – University Gianina Greece and did his Doctorship at University of Bologna ‘Thesis on Breast tumor locally advanced’ In 2002 he was specializing in Lipoaspiration (Classic method and Laser system – Deka) Under tutorship of Dott Sergio Noviello, Milano

Since 2005 he is a President of the Scientific committee of SIMOE (Italian Society of Medicine aesthetic).  
Member of the Hellenic Dermatology society  
Member of the Hellenic Dermato surgery society.  
Member of the Lipolysis net.

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**▶ JIM LARKEY, MBA**

*Director of Product Management and Marketing at Canfield Imaging Systems*

Jim Larkey, MBA is Director of Product Management and Marketing at Canfield Imaging Systems, a division of Canfield Scientific. At Canfield, he is responsible for product management for imaging systems used by medical and non-medical skin care professionals. Earlier in his career, Mr. Larkey helped pioneer digital imaging systems for telemedicine applications.

**▶ EVERETT MARC LAUTIN, M.D., FACR**

Everett Marc Lautin, M.D., FACR, is a physician with 30 years experience in the New York area, on staff at several hospitals, lending his talents to academic institutions and medical societies worldwide. He is the author of several texts and has lent his skills authoring chapters in many books. He is widely published in professional medical journals and has been quoted in *Prevention Magazine, The New York Times, The London Times, The London Evening Standard, Investors Business Daily, Avenue, Discover Magazine, and American Spa*. His letters to the editors have appeared in *The New York Times, Newsday, New York Post, and Discover Magazine*. Dr. Lautin has appeared on network news shows around the country and Fox News at Noon. He has also appeared on NBC Today Show, NBC at Sunrise, WNBC Today in New York and KOMO- TV in Seattle. Dr. Lautin consults and lectures at Medical Centers around the Greater New York area. He has lectured throughout the U.S. and Europe, and in Mexico to the Society of Plastic Surgeons and for a course for dermatologists. His books include: *The Botox Book* (the first trade book on Botox) and *You Don't Need Plastic Surgery*.

**▶ JIM LAVALLE, R.PH., M.S., C.C.N., N.D.e**

Jim LaValle is an educator, clinician, and industry consultant in the field of integrative health care. He is a licensed pharmacist (University of Cincinnati College of Pharmacy), board certified clinical nutritionist (International & American Associations of Clinical Nutritionists, IAACN), Doctor of Naturopathic Medicine (Central States College of Health Sciences), Diplomat in Homeopathic Pharmacy and Medicine (British Institute of Homeopathy) with more than 20 years clinical practice experience in the field of natural and integrative therapeutics and functional metabolism.

Jim serves as an adjunct associate professor in the college of pharmacy in the division of pharmacy practice at The University of Cincinnati and serves as a preceptor in the Department of Family Medicine, University of Cincinnati College of Medicine, and is a faculty instructor in The Clinical Nutrition program at New York State Chiropractic College and served on the scientific advisory board for the Dietary Supplement Education Alliance, and was a founding board member for the Dietary Supplement Information Bureau.

Jim is currently in clinical practice at the LaValle Metabolic Institute ([lmihealth.com](http://lmihealth.com)) a comprehensive wellness, prevention, and early detection center, which he founded. The LaValle Metabolic Institute is one of the first programs to incorporate natural therapeutics with comprehensive interdisciplinary approach including M.D.'s, Pharmacist, Dieticians, Acupuncturist, Nurses, Fitness and other allied health care professionals

**▶ GUSTAVO LEIBASCHOFF, MD**

A cosmetic surgeon from Argentina, with a specialty of OBGYN, has been dedicated to the education of both aesthetic medicine and cosmetic surgery since 1986, when he founded the first Society of Aesthetic Medicine in all America, and developed the first world course of aesthetic medicine in the Faculty of Medicine in the University of Buenos Aires.

**▶ SUZANNE MARIN LEVINE, D.P.M, PC**

Suzanne Marin Levine, D.P.M, PC, is the coauthor with Dr. Everett Lautin of *The Botox Book* and *You Don't Need Plastic Surgery*. She is **featured and quoted** in leading women's magazines on a regular basis. In a male-dominated profession where only 8 percent of podiatric surgeons are women, she has achieved notable recognition. She was voted one of "200 Top Women Doctors" by the editors of Health Magazine.

**▶ THOMAS E. LEVY, M.D., J.D.**

Dr. Levy received his bachelor of arts degree in biology from the Johns Hopkins University in 1972. He later graduated from the Tulane University School of Medicine in 1976. Continuing his training at Tulane, he specialized first in internal medicine and then in cardiology, receiving board certification in both of these disciplines. After completing his postgraduate training, Dr. Levy served as an assistant professor of medicine at Tulane Medical School for another three years.

After a private practice of adult cardiology, Dr. Levy started his research on the medical impact of dental toxicity with Dr. Hal Huggins in 1994. In 1998, he received his law degree from the University of Denver and was subsequently admitted to practice law in Colorado and the District of Columbia. Dr. Levy continues to research and write, and has especially been focusing on the medical effect of properly dosed vitamin C for over 10 years now. Dr. Levy has now authored five books: *Uninformed Consent: The Hidden Dangers in Dental Care*, co-authored with Dr. Huggins; *The Roots of Disease: Connecting Dentistry and Medicine*, co-authored with Robert Kulacz, D.D.S.; *Optimal Nutrition for Optimal Health*; *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins*; and *Stop America's #1 Killer*.

**▶ JILL LEZAIC, DO**

Dr. Lezaic, the medical director of Laser Skin Solutions, received her Doctorate from Nova Southeastern University College of Osteopathic Medicine where she graduated with honors. She is a Board Certified Family Physician who specializes in Aesthetic Medicine. Dr. Lezaic lectures nationally about cosmetic procedures throughout the United States.





▶ **EDWARD M. LICHTEN, M.D**

Edward Lichten, M.D. completed his undergraduate degree at the University of Akron graduating summa cum laude and his medical training and residency in Obstetrics and Gynecology at Ohio State University College of Medicine. In private practice, he has been involved in resident and physician training for 30 years. His medical firsts include 1) a personal computer fetal monitor (1979), 2) surgical treatment for menstrual pain (1982), hormonal control of migraine (1991), hormonal replacement for men (1994) and testosterone for improved glycemic control in diabetic men (1996). He has established new protocols that will be made available to the public for the treatment of insomnia (2006) and intravenous vitamin/mineral therapy for asthma (2007). He has lectures on four continents giving more than 100 national and international lectures, published more than 35 peer review articles, but considers his keynotes presentations to the American Academy of Anti-Aging Medicine his major accomplishment.



▶ **SHARI LIEBERMAN, PHD, CNS, FACN**

*Nutrition Scientist, Exercise Physiologist*

Dr. Lieberman earned her Ph.D. in Clinical Nutrition and Exercise Physiology from The Union Institute, Cincinnati, OH and her M.S. degree in Nutrition, Food Science and Dietetics from New York University. She is a Certified Nutrition Specialist (C.N.S.); a Fellow of the American College of Nutrition (FACN); a member of the American Academy of Anti-Aging Medicine (A4M); a former officer, present board member and chair of the exam committee for the Certification Board for Nutrition Specialists; and immediate past President of the American Association for Health Freedom. She is the recipient of the National Nutritional Foods Association 2003 Clinician of the Year Award and is in the Cambridge Who's Who Registry of Executives and Professionals. Her newest book - The Gluten Connection (Rodale 2007) and Transitions Glycemic Index Food Guide (Square 1 Publishers 2006) were just recently released. Dr. Lieberman's best-selling book The Real Vitamin & Mineral Book is now in its' 4<sup>th</sup> Edition (Avery/Penguin Putnam 2007). She is the author of The Mineral Miracle (Square 1 Publishers 2006), User's Guide To Brain-Boosting Supplements (Basic Health Publications, Inc 2004), Dare To Lose: 4 Simple Steps to a Better Body (Avery/Penguin Putnam 2003); Get Off the Menopause Roller Coaster (Avery/Penguin Putnam 2002); Maitake Mushroom and D-fraction (Woodland Publishing 2001); Maitake King of Mushrooms (Keats Publishing 1997) and All About Vitamin C (Avery Publishing Group 1999). Dr. Lieberman is the Founding Dean of New York Chiropractic College's MS Degree in Clinical Nutrition; an industry consultant; a contributing editor to the American Medical Associations' 5<sup>th</sup> Edition of Drug Evaluations; a peer reviewer for scientific publications; a published scientific researcher and a presenter at numerous scientific conferences. Dr. Lieberman is a frequent guest on television and radio and her name is often seen in magazines as an authority on nutrition. She has been in private practice as a clinical nutritionist for more than 20 years.



▶ **CAMILLE F.J. LIENERS, PH.D**

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#### ► G. KENT MANGELSON

Senior Legal Adviser

Mr. G.K. Mangelson is an expert in the area of asset protection. He has authored several publications and training manual on the subject including the "Advanced Tax and Asset Protection Training manual". As one of the nation's top asset protection advisors he has spent over 25 years helping professionals properly structure themselves for lawsuit protection, tax reduction and estate planning. Mr. Mangelson is a nationally recognized speaker. For more than two decades his seminars have trained both professionals and the general public in every state. He has lectured at scores of conventions, conferences and seminars across the country with rave reviews. His career has been credited with helping his students save millions of dollars.



#### ► JOSEPH C. MAROON, MD

Joseph C. Maroon, MD is Vice Chairman and Professor of the Department of Neurological Surgery at the University of Pittsburgh Medical Center and also the Heindl Scholar in Neurosciences. He has been the team neurosurgeon for the Pittsburgh Steelers Football Club for the past 20 years and has developed innovated programs for the management of athletes with cerebral concussions now used by the NFL, most pro sports teams and over 3,000 high schools and colleges. He is the Medical Advisor for Nordic Naturals and GNC corporations and has recently written a book called *Fish Oil: The Natural Anti-inflammatory*.



#### ► JAQUELYN McCANDLESS MD

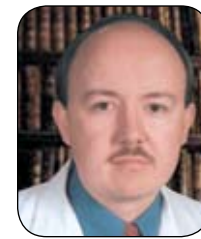
Jaquelyn McCandless MD is certified by the American Board of Psychiatry and Neurology, practicing alternative, anti-aging and autism medicine since 1980. Author of "Children with Starving Brains, A Medical Treatment Guide for Autism Spectrum Disorder," she conducts immune system research on LDN for autism and HIV+.

► **BETTY LOU MCINTOSH, RN** is a dermatologic nurse who specializes in chirally correct cosmeceuticals and chemical peels. She is a co-founder of CosMedix, a skin care company. Betty Lou lectures nationally about cosmeceuticals, skin care programs, and chemical peels.



#### ► SHARON MCQUILLAN, MD

Dr. McQuillan is a Board Certified Family Practitioner who specializes in both Aesthetic and Anti-Aging Medicine. Dr. McQuillan has over eight years experience in Aesthetics and lectures internationally on Aesthetic Medicine and is a national educator for many organizations. Dr. McQuillan founded 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. CHRIS D. MELETIS

Dr. Chris D. Meletis is an educator, international author and lecturer. He serves as the executive director for The Institute for Healthy Aging. His personal mission is "Changing America's Health One Person at a Time." He believes that when people become educated about their body; that is the moment when change begins. He has authored 14 books and over 200 national scientific articles in such journals and magazines as *Natural Health*, *Alternative and Complementary Therapies*, *Townsend Letter for Doctors and Patients*, *Life Extension* and *Natural Pharmacy*. Dr. Meletis served as Dean of Naturopathic Medicine and Chief Medical Officer for 7 years, is a master formulator and was awarded the 2003 physician of the year by the American association of Naturopathic Physicians.



#### ► MARC S. MICOZZI, MD, PHD

Marc Micozzi is a physician-anthropologist who has worked to create science-based tools for the health professions to be better informed and productively engaged in the new fields of complementary and alternative (CAM) and integrative medicine. He was the founding editor-in-chief of the first US journal in CAM, *Journal of Complementary and Alternative Medicine: Research on Paradigm, Practice and Policy* (1994) and the first review journal, *Seminars in Integrative Medicine* (2002). He organized and edited the first US textbook, *Fundamentals of Complementary & Integrative Medicine* (1996), now in a third edition (2006), with Elsevier Health Sciences. It has been translated into Spanish and Japanese. He served as series editor for Medical Guides to Complementary and Alternative Medicine with eighteen titles in print on a broad range of therapies and therapeutic systems within the scope of CAM. He has published 275 articles in the medical, scientific and technical literature.

In 1995, he returned to Philadelphia (where he had completed medical and graduate training at the University of Pennsylvania from 1974-83) to serve as Executive Director of the College of Physicians of Philadelphia. Dr. Micozzi has actively collaborated with Former US Surgeon General C. Everett Koop for over 25 years with the National Museum of Health and Medicine, the Koop Consumer Health Information Center, on his textbook and conferences, and formerly as a medical and scientific advisor to Dr. Koop Life Care Corporation, where he worked on new developments with the FDA regarding review of dietary supplements. Over the past several years Dr. Micozzi has developed his own formulations for dietary, herbal and nutritional supplements for a variety of applications and has reviewed thousands of publications on hundreds of nutritional supplements and herbal remedies, including bringing to light little known herbal remedies from the Southern African continent. He has been a frequent speaker on these topics nationally and internationally, as well as an effective spokesman with the print (*New York Times*, *Washington Post*, *Miami Herald*, *Chicago Tribune*, *Los Angeles Times*) and broadcast (*Good Morning America*, *CBS Evening News*, *CNN*, *C-SPAN*, *NPR*) media.

In 2002, he became Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policymakers, the health professions and the general public about needs and opportunities for integrative medicine. From 2003-2005, he also accepted an interim appointment as Executive Director of the Center for Integrative Medicine at Thomas Jefferson University in Philadelphia. He is an Adjunct Professor in the Department of Medicine at the University of Pennsylvania, and in the Department of Physiology and Biophysics at Georgetown University, and a faculty member for the new CAM curricula at Drexel University in Philadelphia and at University of California at Irvine. He guest lectures widely in courses that use his basic texts.



#### ► WOOCHUL MOON, MD, PH. D.

Dr. Woochul Moon was born into a big MD family and is one of 22MDs and 6 MD/professors in his family. He graduated and completed PhD on 1987 at Seoul University Medical College, Seoul, Korea. On 1985, He became a urologic specialist after passing Korean urologic board examination in the best score. He has been a faculty member of department of urology, Chung-Ang university medical college, Seoul, Korea since 1985 and become life time professor on 1995. On 1987, he received a grant from Japan Government and studied cancer biology in Jikei University Medical College, Tokyo.

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On 1991, he became an instructor in department of Pathology, Northwestern university medical college, Chicago, USA, and then he moved to MD Anderson cancer center and worked as visiting professor and involved in development of gene therapy of lung cancer. After coming back to Korea, he carried out the first large scale clinical study of human gene therapy for liver cancer from 1996 to 1999 under the grant and funds from Korean government and a number of pharmaceutical companies of Korea.

On 1999, he established his own research center for the genetic diagnosis and therapy. On 2000, he established Goodgene, Inc., in Seoul, Korea and has been working as president/CEO of Goodgene. He has received funding of more than 10 million USD from major bank and companies of Korea, Japan and Hong Kong. He has established subsidiary company of Goodgene in Japan, Hong Kong, China and USA. He invented a number of new tools for the molecular diagnosis and therapy of human diseases, including multiplex genotyping and epigenotyping DNA chip for cancer, aging related diseases, infection and esthetics, wound healing promoter, functional cosmetics, mesotherapy solution, gene drug and DNA vaccine for HPV/HIV/bird's flue and prostate cancer, many of which have been patented and approved by FDA of Korea and all over the world.

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 Hepatobiliary and Pancreatic Diseases (2003), and prize of the Korean Ministry of Science and Technology for "Advanced Technology" (2003, 2004, 2006).

Since 1985, he had published 4 edition of Urologic textbook and 1 textbook on the prostate, which became best seller among Korean urologists. He 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. He has been chosen as one of most influential 1,000 Korean on 2006. He has become a member of faculty of American Academy of Antiaging Medicine (A4M) on 2006 and is making a lecture on "Application of genomics to antiaging clinic" in A4M and antiaging medicine congress in all over the world.



**ALFRED G. MORAVEC, PH.D**

Founder & CEO of "Life-Energy Research Institute"

Alfred G. Moravec, Ph.D, founder & CEO of "Life-Energy Research Institute" conducts private, professional and corporate Seminars titled "Truth and Clarity in the Healthcare profession" to an international audience. Dr. Moravec has a unique ability to communicate business knowledge in a remarkably easy, very personal, yet powerful way. This seminar is especially for doctors and healthcare providers with the desire to substantially increase their income.

Healthcare providers can make treatment decisions completely on the basis of the needs of their patients and still enhance the financial health of their practices.



**CLAUS MUSS, MD**

Dr. Muss is an Immunologist and has specialised himself in the field of nutritional medicine. He received his medical degree from the University of Munich Medical School. He is also a graduate from the School of Biochemistry and Veterinary Medicine Berlin Germany. He was awarded an international prize for outstanding Immunological scientific research by the International Society of Immunology Hamburg, Germany in the year 2000. Dr. Muss is an international speaker and President of the International Society of Preventive Medicine,

Vienna and board member of the European Academy of Nutritional Medicine in Munich/Germany. He belongs to the scientific lecturing staff of the Department of Clinical Research and Environment at the Danube University Austria. Since 2002. He is the chief examiner, lecturer and course director of the postgraduate programs in Nutritional Medicine at the Danube University of Krems in Austria.

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► AHMAD NASRI, MD, HDy

Dr. Nasri is a Medical Doctor and General Surgeon from the Dominican Republic. He is also a certified Homeopathic Doctor and Biofeedback Therapist in Ontario, Canada. He is an experienced professional and a renowned speaker in several national and international health conferences. He has a vast knowledge in mainly Integrative cancer therapy, Chelation therapy, Women's health, and Anti aging. He is the author of several articles in different Canadian health magazines and is the Director of Nasri Integrative Medicine Health Centers in Barrie, Woodbridge and Scarborough..



► SHIGEO OHTA, PH.D.

Professor, Department of Biochemistry and Cell Biology, Institute of Development and Aging Sciences, Graduate School of Medicine, Nippon Medical School.



► JAMES L. OSCHMAN, PH.D.

Jim Oschman has published about 30 papers in leading scientific journals, and about an equal number in complementary medicine journals. He has also written two books on energy medicine, and lectures internationally on this subject. Jim's investigations of the living connective tissue matrix provide the basis for powerful anti-aging techniques.



► JAMES E. PAOLETTI, R.PH

*Director of Provider Education and Hormone Consultant for ZRT Laboratory*

Jim Paoletti, R.Ph, is Director of Provider Education and Hormone Consultant for ZRT Laboratory, Beaverton, Oregon. Jim has over 20 years experience with bio-identical hormone restoration therapy as a retail pharmacist in the mid 1980s, and a consultant for Professional Compounding Centers of America (PCCA). While at PCCA he also served as Director of Live Continuing Educational and assimilated CME approved programs for BHRT, Andropause, Endocrinology, Veterinary, Nutritional, and Pain Management programs. Jim has vast experience as an educator and lecturer on Bio-identical Restoration Therapy, is faculty for the Fellowship on Anti-aging and Functional Medicine, and has published several articles on the subject.



► MELANIE PARSONS, B.MED SCI

Melanie Parsons graduated with a B.Med Sci (Syd) in 1994 and received her M. Applied Science (Chiropractic) from Macquarie University in 1998. Melanie partnered with Dr. Rebecca Glaser in 2005 and is in charge of patient education and physician training. She lectures nationwide on 'Hormone Balance and Health' and additional wellness topics.



► RON PAUL, MD

Congressman Ron Paul of Texas enjoys a national reputation as the premier advocate for liberty in politics today. Dr. Paul is the leading spokesman in Washington for limited constitutional government, low taxes, free markets, and a return to sound monetary policies based on commodity-backed currency. He is known among both his colleagues and his constituents for his consistent voting record in the House of Representatives.



► MAUREEN PELLETIER, MD

- Director of Women's Health & Functional Medicine in Cincinnati, OH
- Tufts University School of Medicine, Boston, MA
- Fellow: American College of Obstetricians & Gynecologist
- Board Certified Obstetrician/Gynecologist
- Board Certified Clinical Nutritionist
- Clinical training in Mind-Body Medicine, Mind Body Institute, Harvard
- Published: International Journal of Integrative Medicine
- National and International Lecturer Member
- American, Ohio State & Kentucky Medical Association
- American Academy of Medical Acupuncturists
- International & American Association of Clinical Nutritionists
- Cincinnati Academy of Medicine



► DAVID PERLMUTTER, MD

Is a Board-Certified Neurologist and Fellow of the American College of Nutrition. Dr. Perlmutter has contributed extensively to the world medical literature with publications appearing in such journals as *The Journal of Neurosurgery*, *The Southern Medical Journal*, and *Archives of Neurology*. He is the author of bestselling books *The Better Brain Book* and *Raise a Smarter Child by Kindergarten*. He is recognized internationally as a leader in the field of nutritional influences in neurological disorders and has appeared on many nationally syndicated television programs including *20/20*, *The Faith Daniels Program*, *Larry King Live*, *Fox and Friends*, *The CBS Early Show*, *Week-End Today*, and *Oprah*. Dr. Perlmutter was awarded the 2002 *Linus Pauling Award* for his pioneering work in innovative approaches to neurological disorders. In addition, he received the 2002 *Denham Harmon Award* from the American College for the Advancement in Medicine for his work in advancing the understanding of free radical biochemistry in neurological diseases. In 2006 Dr. Perlmutter received the *National Nutritional Foods Association Clinician of the Year Award* for his work in preventive health care, complementary medicine, and nutrition.





**MANON PILON**

World Spa consultant, recognized educator, researcher, medical esthetician, spa owner, international Director of Education for Europe Cosmétiques/Europelab and author of *The Anti-Aging Cure: Based on your Body Type*, Manon Pilon has conducted seminars throughout the world, educating skin care specialists, estheticians, dermatologists, nurses as well as plastic surgeons and several physicians on skin health, skin disorders and their prevention. Founder of multiple day spas and a private school in Montreal, Pilon has dedicated over 20 years in the skin care industry and continues to extend her advanced, clinical and business expertise amongst skin care professionals around the world.

Over the years, Pilon has written & published several articles in recognized trade magazines and has been an invited guest on several television & radio shows. She has also led skin care conferences worldwide, notably in Paris, the USA London, Tokyo, Hong Kong, Geneva, Singapore & Sydney.

Furthermore, Pilon has been invited as Master of Ceremony at the Las Vegas International Esthetics Conference (2003) and is also invited as a guest speaker to all the largest esthetic, dermatology, esthetic medicine & anti-aging shows in North America. In 2002, Pilon was also nomination within the list of Who's Who in New York. Manon Pilon remains very active in the industry, continuously using her voice to give back to the esthetic, spa & medical community.



**ASCANIO POLIMENI MD PHD**

Ascanio Polimeni M.D., Ph D, received his medical degree(magna cum laude) from the University of Bologna(ITALY) in 1982, is Board Certified in Broncopneumology, Chronobiology,Neuro-endocrinology.

He is Medical Director of Antiaging Center of Rome and Milan, Chairman of Scientific Advisory Board of A.M.I.A.(Italian Association of Anti-Aging Medical Doctors). Member of American Academy of Anti-Aging Medicine.

He is a pioneer of antiaging medicine in Italy. His practice is dedicated to antiaging medicine, focusing on bio-identical natural hormone replacement therapy, weight and stress management, holistic and integrative medicine, brain, immunological and sexual enhancement. He is author of three best sellers books,Chronobiology,Depression, Obesity,Premenstrual Syndrome,Pregnenolone.He is medical advisor in neuroendocrinology of many italian health and wellness magazines.



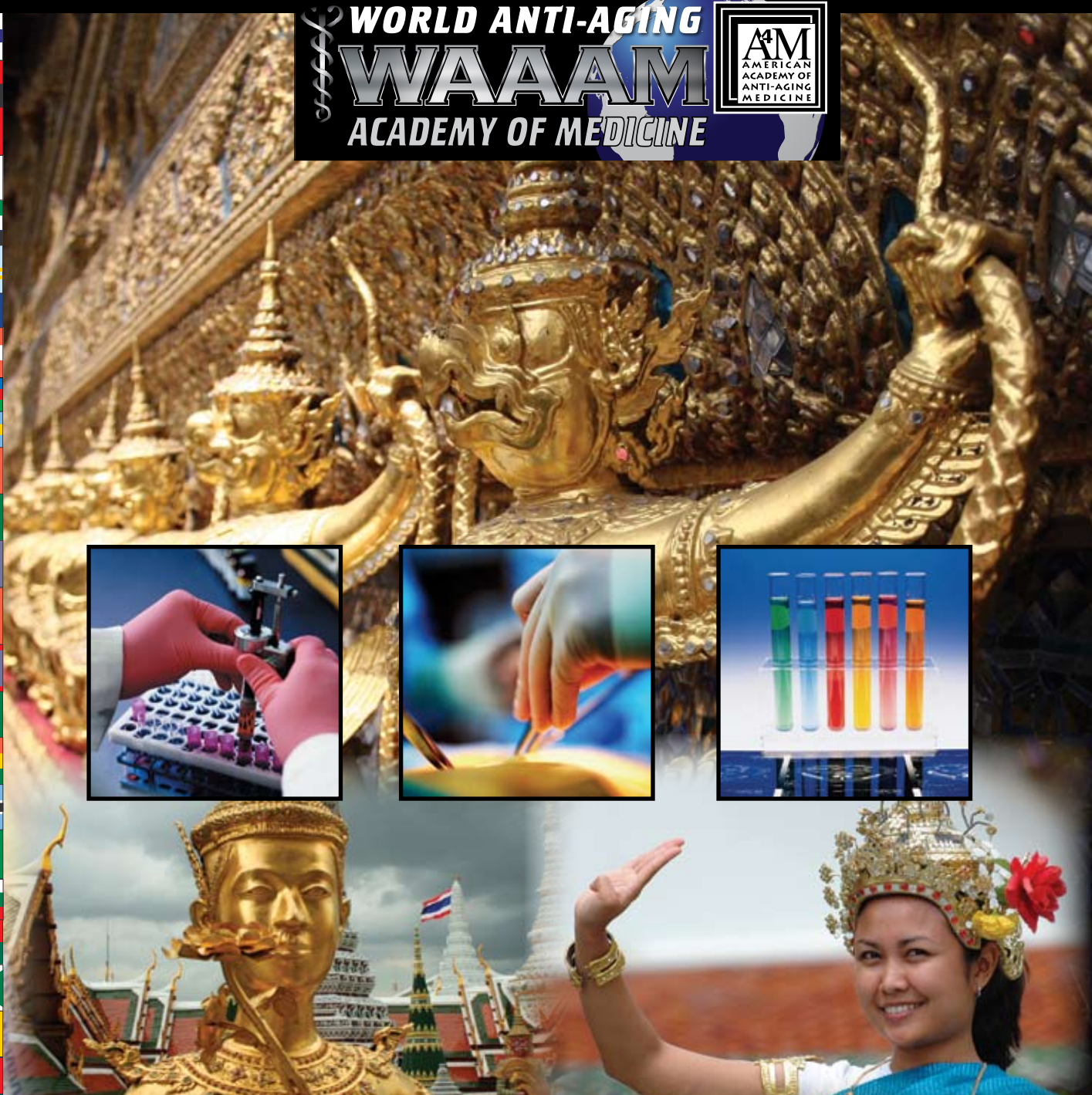
**HARRY G. PREUSS, MD, MACN, CNS**

Harry G. Preuss, MD, MACN, CNS, received his BA and MD from Cornell University, Ithaca, NY, and New York City, NY, trained for 3 years in internal medicine at Vanderbilt University Medical Center under Dr. David E. Rogers, studied for 2 years as a fellow in renal physiology at Cornell University Medical Center under Dr. Robert F. Pitts, and spent 2 years in clinical and research training in nephrology at Georgetown University Medical Center under Dr. George E. Schreiner. During his training years, he was a special research fellow of the National Institutes of Health (NIH). Following 5 years as an assistant and associate (tenured) professor of medicine at the University of Pittsburgh Medical Center where he became an established investigator of the American Heart Association, he returned to Georgetown Medical Center and is now a tenured Professor in three departments -- Physiology, Medicine, and Pathology. He subsequently performed a 6-month sabbatical in molecular biology at the NIH in the laboratories of Dr. Maurice Burg.

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# 2ND ANNUAL THAI CONFERENCE ON ANTI-AGING AND REGENERATIVE MEDICINE BANGKOK, THAILAND JUNE 27-29, 2008



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His bibliography includes over 350 medical papers and more than 200 abstracts. Dr. Preuss has written, edited or co-edited nine books and three symposia published in well-established journals. He has two recently published books: one co-authored for the lay public entitled *The Natural Fat Loss Pharmacy* (Broadway Books) and a second co-edited for the academic community entitled *Obesity: Epidemiology, Pathophysiology, and Prevention* (CRC Press). In 1976, Dr. Preuss was elected to membership in the American Society for Clinical Investigations. He is currently an advisory editor for six journals. His previous government appointments included 4 years on the Advisory Council for the National Institute on Aging, 2 years on the Advisory Council of the director of the NIH, and 2 years on the Advisory Council for the Office of Alternative Medicine of the NIH. He has been a member of many other peer research review committees for the NIH and American Heart Association and is now a member of the National Cholesterol Education Program of the NHLBI and clinical study section JH-07 of the NIH.

He is at present co-chairman of the Institutional Review Board (IRB) at Georgetown University, which reviews all clinical protocols at Georgetown University Medical Center. He is the recipient of the William B. Peck, James Lind, and Bieber Awards for his research and activities in the medical and nutrition field. Recently, he won through a vote of his peers the coveted Charles E. Ragus Award of the ACN for publishing the best research paper in their journal for the year 2006.



#### ▶ DIANNE QUIBELL, MD

Dr. Quibell is a Board Certified practicing Internist in Wellesley Hills, MA and is an Assistant Clinical Professor at Harvard Medical School. Dr. Quibell has over six years experience combining internal medicine with medical aesthetics. She has been a national educator in aesthetics since 2001. Dr. Quibell has recently been appointed to the Medical Spa Task Force of Massachusetts.



#### ▶ DR. DAVID W. QUIG

Dr. David W. Quig, Vice President, Scientific Support, Doctor's Data Inc., is an integrity-driven Nutritional Biochemist with twenty two years of research experience pertaining to nutrition, metabolism and disease. Dr. Quig is an accomplished presenter and lecturer at national and international scientific meetings and medical conferences.

#### ▶ AZAD RASTEGAR, B.A.



#### ▶ JANETTE ROBERTS, B.PARM.(HONS)

Janette Roberts has spent almost 40 years in the health care industry, 25 of those working in the area of women's reproductive health. She is a pharmacist with a postgraduate diploma in Clinical Nutrition and co-author of the international best selling series *The Natural Way to Better Babies ... Better Pregnancy ... Better Birth & Bonding ... and Better Breastfeeding*,



#### ▶ DENIS RODGERSON, PH.D.

*Director of Stem Cell Science, NeoStem, Inc.*

Dr. Rodgeron, one of the founders of NeoStem, has over 36 years experience managing large tertiary care clinical laboratories. His distinguished career has included being the Vice-Chairman and Professor of the Department of Pathology and Laboratory Medicine at the University of California Los Angeles. He received his M.S. and Ph.D. from the University of Colorado.



#### ▶ MARK ROSENBERG, MD

Dr. Rosenberg is board-certified in emergency medicine and is active in drug research. He has recently patented a drug for the treatment of obesity that will soon be entering clinical trials. Over the past three years, Dr. Rosenberg has developed and refined a novel protocol for the treatment of advanced cancer.



#### ▶ RON N. ROTHENBERG, M.D.

*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 Tothenberg, M.D., was one of the first physicians to be recognized for his expertise to become fully board certified in the specialty. Dr. Rothenberg founded the California HealthSpan Institute in Encinitas, California in 1997 with a commitment to transforming our understanding of and finding treatment for aging as a disease.

Dr. Rothenberg is dedicated to the belief that the process of aging can be slowed, stopped, or even reserved through existing medical and scientific interventions. Challenging traditional medicine's approach to treating the symptoms of aging, California HealthSpan's mission is to create a paradigm shift in the way we view medicine: treat the cause. He received his MD from Columbia University, College of Physicians and Surgeons in 1970. Dr. Rothenberg performed his residency at Los Angeles County-USC Medical Center and is also board certified in Emergency Medicine. He received academic appointment to the USC 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.





► **BRUCE SAAL, MD**

Bruce Saal, MD has been involved in the evaluation, development, testing and applications of lasers through multiple manufacturers and private industry for over 28 years. In 1984, Dr. Saal organized the first laser surgery clinic for the Stanford University Department of Dermatology. He is a charter member for the American Society Laser Surgery and Medicine and has over ten lasers in-office for a wide variety of condition treatments.



► **NAINA SACHDEV, MD**

Dr. Naina Sachdev has successfully established herself as a leader in the medical field in the Pacific Northwest. With a thriving practice that focuses on Aesthetic, Integrative and Functional Medicine, this internist and anti-aging expert serves as Medical Director for the Advanced Aesthetics and Integrative Medicine Center. A core component of her practice has been treating hormone deficient patients, where she has customized functional medical protocols for nearly 1,000 women suffering from hormonal disorders, fatigue, fibromyalgia,

adrenal fatigue and neurotransmitter imbalance. At the present time on-going studies are currently in progress at her center.

Dr. Sachdev has an unparalleled passion for her work and her patients which is evident through her involvement in research and clinical trials. It is imperative to her that she always remains abreast of current discoveries and trends in research as well as remaining hands-on with research and development in her field. Doing a fellowship at The University of Chicago in free radicals, burn injury and hyperbaric oxygen therapies for burn patients is just one example. Dr. Sachdev is currently involved in clinical trials in the field of anti-aging with other renowned experts and colleagues.

Dr. Sachdev is able to apply critical knowledge garnered through her medical degree from The University of Chicago Medical School and combine it with hands on experience from patients at her Advanced Aesthetics and Integrative Medicine Center. Among other accolades and achievements, Dr. Naina Sachdev is certified by the American College for the Advancement of Medicine (ACAM), Board Certified in Anti-Aging, and has completed a fellowship in Functional Medicine. It is this kind of commitment to research, the knowledge of functional medicine and her experience as a member of the Academy of Anti-Aging Medicine which bring life changing success to the lives of her devoted patients.



► **JYOTSNA SAHNI, MD**

Dr. Jyotsna Sahni is a Board certified internist at Canyon Ranch Health Resort in Tucson, AZ. In addition, she is Board certified in Holistic Medicine and Clinical Nutrition and has received certification from Deepak Chopra as an Ayurvedic medical consultant. She strives to educate and motivate her patients to optimal health.

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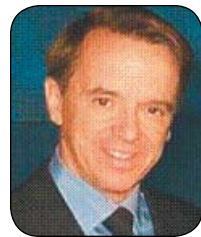


#### ▶ A. PETER SALAS, MD

Dr. Peter Salas is a triple Board certified plastic surgeon and a leading authority in the field of Mesotherapy, Mesoplasty®, Lipodissolve, and Injection Lipolysis. He was trained in Mesotherapy in Europe and incorporates Mesotherapy in his practice in New York and New Jersey.

Dr. Salas is currently president of the Aesthetic Medicine and Mesotherapy Association, president-elect of the American Board of Mesoplasty®, past-president & board examiner for the American Board of Aesthetic Mesotherapy®. He is the director of the Plastic Surgery Clinic at St. Barnabas Hospital, and director of the Section of Plastic Surgery at Surg-Elite Institute of Medicine. He is a member of the French Society of Mesotherapy (SFM) and the American College of Aesthetic Mesotherapy.

Dr. Salas has done extensive research in the field of mesotherapy and has presented some of his work at numerous national and international meetings. Since 2000, Dr. Salas has been educating North American physicians in the field of Mesotherapy, Mesoplasty®, Injection Lipolysis, and Lipodissolve. He is responsible for introducing the concept of mesotherapy to the American plastic surgery community.



#### ▶ RAFAEL SANTOJA-GOMEZ, PHARM.D.

Past President-Olympic Weightlifting Federation-Spain; President-International Federation of Body Building & Fitness.



#### ▶ PATRICK SAVAGE, MBA

- MBA, University of Florida.
- President: BodyLogicMD, the nation's leading network of physicians specializing in bioidentical hormone therapy, fitness and nutrition. Helping women and men suffering the symptoms from hormonal imbalance, menopause and andropause (2003 to present).
- Executive Director: ADT Security Services (1998-2003).
- Vice President Marketing: AT&T Universal Card Services (1990-1998).



#### ▶ ALEXANDER G. SCHAUSS, PH.D., FACN

Senior Director, Natural and Medicinal Products Division, AIBMR Life Sciences, in Puyallup, Washington. Author/co-author of 140 publications and 18 books, including the discovery of the richest antioxidant rich fruit in the world: Acai: An Extraordinary Antioxidant-Rich Pam Fruit; ranked #1 by Amazon.com among books on antioxidants and phytochemicals.



#### ▶ CHRISTIAN SCHNEEBERGER, PH.D.

Christian Schneeberger received his PhD in biochemistry from the University of Vienna and is professor of medical biochemistry at the Medical University Vienna (MUV). His research is focused on gene expression and mutation analysis. He is head of a research laboratory at the MUV and has published more than 65 publications in peer-reviewed journals.



#### ▶ SUZIE SCHUDER, M.D.

Board Certified, American Board of Psychiatry and Neurology. Diplomate of the American Board of Anti-Aging Medicine, V.P. & Founding member of WOSAAM, Member: American Society of Addiction Medicine & International Society of Psychoneuroendocrinology. Private, multidisciplinary practice in Newport Beach, CA. structured to find & treat medical, nutritional & hormonal imbalances causing emotional stress.



#### ▶ MILAN SHAH, MD

Dr. Shah received his basic science training through the University of California, Riverside where he performed at an accelerated level, beginning his training at the young age of 16. He had previously finished secondary school in only three years. At the University of California, Riverside he was enrolled in the Biomedical Science Major and later graduated with a Bachelor of Science Degree. Dr. Shah then completed medical school at the American University of the Caribbean and received his M.D. at the age 24. He completed his clerkship rotations at a variety of institutions including University of California Irvine Medical Center and UCLA.

Dr. Shah is also the operations officer of the Bakersfield Wellness Center, a 15,000 square foot institute with comprehensive plastic surgical and laser services, an all inclusive medical spa, personal training, nutrition and women's health. He is also Vice President of the Bakersfield Wellness Surgery Center. Finally he is the medical director of Beautologie Medical Aesthetics, California Central Valley's largest and most comprehensive cosmetic and laser institute.

Dr. Shah is currently starring on Cutting Edge M.D.'s™ KBFX (Fox), and is expert consultant for variety of media.



#### ▶ O. P. SHARMA, MD





▶ **JOHN SHIEH, MD**

John Shieh, MD, Board Certified Family Practitioner is the co-founder of Modern Concepts Medical Group and RejuvaMed. His specialties include non-invasive cosmetic medicine and Anti-Aging medicine. Dr. Shieh was one of the FDA investigators for the VelaSmooth treatment for cellulite. He lectures nationally in aesthetic laser procedures and is medical advisor to the TV show "Untold Stories from the ER".



▶ **EUGENE SHIPPEN, MD**

Board Certified in Family Practice with 33 years experience in actual practice. The last 15 years of practice has focused on the endocrine changes in men, particularly testosterone deficiency and methods of testosterone replacement. Member of The Endocrine Society. Faculty member of The Endocrine Society's "Second Annual Andropause Consensus Committee, 2001" and co-author of the "Guidelines for treatment of testosterone deficiency" that summarized the committee's conclusions. Author of "The testosterone Syndrome" published in 1998, M. Evans and Company. Frequent national and international speaker on the subjects of testosterone deficiency and treatment.



▶ **GÜNTER SIEGEL, M.D., PH.D**

Günter Siegel, M.D. Ph.D., is cardiovascular researcher and Director of the Department of Neurophysiology at the Charité - Universitätsmedizin Berlin, Campus Benjamin Franklin, where he has taught for more than 30 years. In 1961, he commenced his study of physics in Munich. The following year, he began his study of medicine at Ruprecht-Karl University in Heidelberg, from which he was awarded his license to practice medicine and his doctorate of medicine.

Dr. Siegel's fields of research at the Charité involve membrane physiology of cardiovascular tissues, the reaction of blood vessels to a variety of pharmacologically active substances and the development of atherosclerosis.

His most recent research has focused on the role of ginkgo extract in preventing atherosclerotic nanoplaque formation (the very earliest stages in atherosclerotic plaque development). In 2004, Dr. Siegel conducted a landmark study in cardiovascular high-risk patients indicating that ginkgo can not only reduce the formation and size of atherosclerotic building blocks of nanoplaques, but can also diminish reactive oxygen species and increase vasodilating substances in the blood of the patients. This research applying a biosensor model is also highly significant because it provides scientists with an innovative research methodology with applications for testing of new drugs to combat atherosclerosis. He has recently finished a clinical trial in patients with metabolic syndrome which again confirms the impact of ginkgo biloba in the prophylaxis of atherosclerosis and promotion of well-aging.

Dr. Siegel has been awarded numerous prestigious commendations, including the Carl Friedrich award from Ruprecht-Karl University in Heidelberg in 1969; the Max Ratschow award from the German Angiology Society in 1984; an honorary certificate by the 2<sup>nd</sup> International Congress of Pathophysiology in 1994; and the Rudolf Schönheimer Medal from the German Arteriosclerosis Society in 2004.



▶ **STEPHEN T. SINATRA, M.D., F.A.C.C., F.A.C.N., C.N.S., C.B.T.**

*Stephen T. Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S., C.B.T.*, is a board-certified cardiologist, certified bioenergetic psychotherapist, and certified as a nutrition and anti-aging specialist. He integrates psychological, nutraceutical and electroceutical therapies in the matrix of healing. He is a fellow in the American College of Cardiology and the American College of Nutrition. *Reverse Heart Disease Now* is his latest book.



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**► PAMELA SMITH, M.D., MPH**

*Director, Anti-Aging and Functional Medicine Fellowship*

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

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


**► SUZANNE SOMERS**

*Director, Anti-Aging and Functional Medicine Fellowship*

Ms. Suzanne Somers, popular television and movie actress continues as spokesperson for MCOA, Menopause Clinics of America. Since last year, MCOA has made substantial inroads gaining significantly in both territory - over 12 clinics across the nation, and number of patients - increasing to over 2400 new patients.


**► XANYA SOFRA-WEISS, PH.D**

Xanya Sofra-Weiss, Ph.D has a Research doctorate in Neurophysiology from London University and a doctorate in Clinical Psychology from the Gestalt founded New School for Social Research in New York City. She is presently the International Research Director of Arasys Perfector, Inc, a company that researches and uses nanotechnology to built artificial intelligence devices designed to resonate the intricate biochemical inter-communications as they occur at the cellular level. Dr. Sofra-Weiss is also working with Gerry Pollock, co-inventor of the Pacemaker who is presently working on advanced neuro-communication technology at Innovations, a research center, funded by the European Union. Dr. Sofra-Weiss has appeared on network news around the country and has been featured and quoted in leading women's magazines.

Dr. Sofra-Weiss is also working with Gerry Pollock, co-inventor of the Pacemaker who is presently working on advanced neuro-communication technology at Innovations, a research center, funded by the European Union. Dr. Sofra-Weiss has appeared on network news around the country and has been featured and quoted in leading women's magazines.


**► ALICIA STANTON, MD**

Alicia Stanton, MD graduated magna cum laude from the State University of NY at Buffalo School of Medicine in 1990. She became Board Certified in Ob/Gyn in 1996 and was in private practice from 1994-2005. During that time, she became Board Certified in Anti-Aging Medicine and is completing a fellowship in Functional and Anti-Aging Medicine. She currently serves as the Chief Medical Officer for BodyLogicMD, as an Associate Professor for the NY Chiropractic College in their Masters in Clinical Nutrition Program and maintains a

private practice in functional medicine in Hartford, CT.


**► VIRGINIA STEVENS, MD**

Virginia T. Stevens, M.D., F.A.A.C., has a large cosmetic medicine practice in Woodinville, WA, just outside of Seattle. Dr. Stevens has practiced medicine for 24 years, and has a background in intensive care medicine. She has practiced minimally invasive and non-invasive cosmetic medicine for the past 10 years.

Dr. Stevens has pioneered several cosmetic techniques, including body Thermage and many of the protocols now used, combination therapy with Portrait and Thermage, techniques for restoring facial symmetry to patients with post Bell's palsy nerve damage, and has now developed an effective non-surgical breast lift.

Dr. Stevens is an authority on radiofrequency tissue tightening and has performed more Thermage procedures than any doctor in the U.S. She serves as the Secretary of the Cosmetic Surgery Society of the Northwest, and is a Fellow of the American Academy of Cardiology. Dr.

Stevens appears frequently on the ABC affiliate KOMO 4 Northwest Afternoon, presenting cutting edge technology to the Puget Sound, and setting the pace for cosmetic medicine nation wide. She is an instructor to doctors for Cool Lipo laser lipolysis, Thermage radiofrequency tissue tightening, Rhytec Portrait skin regeneration, and the Non-Surgical Breastlift by Hypatia™ which she developed.

Dr. Stevens is proud to have served 11 years in the United States Navy, awarded the Navy Achievement Medal, serving as an intensivist, ER physician, and staff internist. She hails from Texas, having graduated from the University of Texas summa cum laude, and with honors from the University of Texas at Houston Medical School.

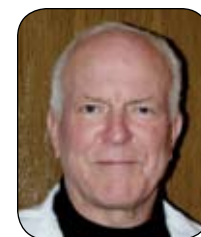

**► PAUL L. TAI, DPM**

Dr. Paul Ling Tai is a trained Podiatric medical physician and Board certified surgeon with expertise in herbal compound engineering, research and development and nine (9) U.S. Patents credited to his name. He has served under two Michigan State Governors and was recognized with a Vice Chairman's position on the Michigan Board of Podiatric Medical Licensing and as Chief Examiner for new Podiatric physicians. He also served as head of Surgical Residencies. In addition 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 has helped thousands of patients and consulted countless doctors on difficult cases all over the world, earning him the title of the "Doctor's doctor" and "Doctor of last resort". He was invited to speak at the Cancer Control Society Conference; A long time supporter, faculty member and lecturer of the American Academy of Anti-Aging Medicine (A4M), American Academy of Asia Anti Aging medicine (A5M), American Naturopathic Medical Association (ANMA), and frequent lecturer at countless other Anti Aging & Health Conferences worldwide. Dr. Tai is also one of the academic contributing authors to the Anti Aging Medical Therapeutic publications published by the A4M. His breakthrough technologies in Natural Health Supplements, Anti Aging Natural Skincare and Proprietary Bio-Hormone Liposome products have been featured in many renowned medical newsletters, television appearances, and radio health talk shows nationwide.

Dr. Tai is the author of 2 best sellers: "Cordyceps Miracles" and the latest "8 Powerful Secrets to Antiaging".


**► GORDON O. TELFORD, MD**

F.R.C.P.(C) Internal Medicine - F.R.C.P.(C) Dermatology; Fellow American Academy of Dermatology Since 1977, Dr. Gordon Telford has been a practicing dermatologist. In 1988, Dr. Telford started his research in the study of premature aging with a focus on the role of topical anti oxidant creams. He continues to work in the area of topical cream formulation and the role played by vitamins A, C and E in skin care.

continued on page 116





► **MATTEO TUTINO, M.D.**

*Plastic & Craniofacial Surgeon, University of Palermo-Italy*

A world-renowned guest speaker and expert on the importance and effects of high quality botanicals, vitamins and hormones on skin health. Dr. Tutino believed that working with, amending or surgically altering HEALTHY skin was the ultimate environment, and thusly would provide the best foundation for these enhancements. Out of necessity, the MODUS skin care system was conceived.



► **FREDERIC J. VAGNINI, M.D.**

Dr. Frederic J. Vagnini is one of the most unique physicians in today's rapidly changing medical system. He embraces both traditional and holistic theories.

Dr. Vagnini was graduated from Saint. Louis University School of Medicine where he received his Doctor of Medicine degree. He subsequently served in the United States Army as Lieutenant Colonel and entered into practice as a heart, blood vessel, and thoracic surgeon, which he continued for 20+ years, and had and continues to have a teaching appointment at Cornell where he is a Clinical Assistant Professor of Surgery. In more recent years, Dr. Vagnini has dedicated his practice to Clinical Nutrition and Preventive Medicine and the management of cardiovascular diseases, and he is presently Executive Medical Director for the Heart, Diabetes, and Weight loss Centers of New York located in Westbury Long Island and in New York City



► **DONNA WHITE, ND**

Donna is the Director of Education and Clinical Services for the Hormone Treatment Centers of America. She also serves as BHRT Director for Carolina Family Healthcare in Charlotte, NC. Additionally, she is a scientific advisor and product formulator for major supplement companies, speaks regularly at BHRT symposiums, women's conferences, and has developed CE programs for healthcare providers. Donna is the author of *The Donna White Hormone Makeover*, and numerous articles on BHRT.



► **CHERYL WHITMAN**

*CEO, Beautiful Forever - Medical Spa Consulting*

Ms. Cheryl Whitman has spent more than two decades working and consulting in the beauty and medical industry as a business owner, lecturer, TV personality and well-known writer. She has appeared numerous times on national shows, news programs and the QVC shopping channel, and has written for such major trade and consumer publications as Skin Inc., Dermo-scope, Women's Wear Daily, Bride's Day Spa, Medical Spas, Anti-Aging & Cosmetic Surgery, Spa Management and American Spa Magazine. Ms. Whitman has also advised consumers on skin care, aesthetic services, retail, make-up, and business development. Her company, Beautiful Forever Consulting, (medicalsapa-consultant.com) provides expertise to both physicians and spa and salon owners for "turn-key" start-up operations or expansion of existing aesthetic skin-care centers (space design, build-out, private label product formulation, training, staffing, management/operations, marketing and equipment selection). A Founding Board Member of the Medical Spa Society and an active member of the Day Spa Association and ISPA Member, Ms. Whitman is also a certified Allergan "Botox Cosmetic" consultant for medical practices and medi spas.



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► EIJY YAMASHITA, PH.D.

Dr. Yamashita is the Global Research & Development Manager for Fuji Chemical Industry Co., Ltd. He completed a pre-doctoral fellowship at the University of Texas Health Science Center and received his Ph.D. from the University of Tokushima. Yamashita's research experience and scientific contributions span nearly 20 years in the study of carotenoids and antioxidants.



► MICHAEL ZACHARIA, MD

President Australasian Academy of Antiageing Medicine (A5M)

Dr Michael Zacharia is an ENT/Facial Plastic Surgeon from Australia. He is the immediate Past President of The Australasian College of Cosmetic Surgery and the current President of The Australasian Academy of Antiaging Medicine. Dr Zacharia practices all forms of cosmetic medical and surgical procedures and combines the internal aspects of Antiageing with the external rejuvenation. He lectures internationally on fillers, botulinum toxin, threadlifting, surgery and the merging of Antiageing and cosmetic medicine..



► DAVID T. ZAVA, PH.D.

David T. Zava, PH.D. biochemist and research scientist, is a recognized speaker and leading expert in the field of hormonal health. He has conducted cancer research in the US and Switzerland, with a focus on hormonal control of breast cancer, and published research papers relating to the effects of estrogens and progesterone on breast cancer. Dr. Zava pioneered saliva testing as a non-invasive means for testing hormones and hormonal risk factors for breast cancer.



► WOLFGANG ZIEMANN, PH.D.

Dr. Wolfgang Ziemann is a biochemist living in the northern part of Germany. He is a well-known specialist for hormone testing in central Europe. After leaving the university in 1975 he joined a medical diagnostic lab and developed the first quantitative immunoassays for the measurement of steroids in serum using tritiated tracer and extraction with organic solvents. He has used such assays for 4 years in the medical testing lab. Then he switched to the professional industry for developing such immunoassays to be used in medical diagnostic testing labs world wide. The new assay technics used for the development of routine steroid assays have been direct methods without extraction using Iodine-125 tracers. In 1995 he started the development and the production of steroid assays for salivary testing. At the beginning these have been chemiluminescence assays, later he switched to the ELISA technology. Currently he is building up a major commercial laboratory for saliva testing in Germany. He is fully dedicated to saliva testing of steroids covering the development and production of such testkits as well as the practical use in the diagnostic laboratory for routine patient care.

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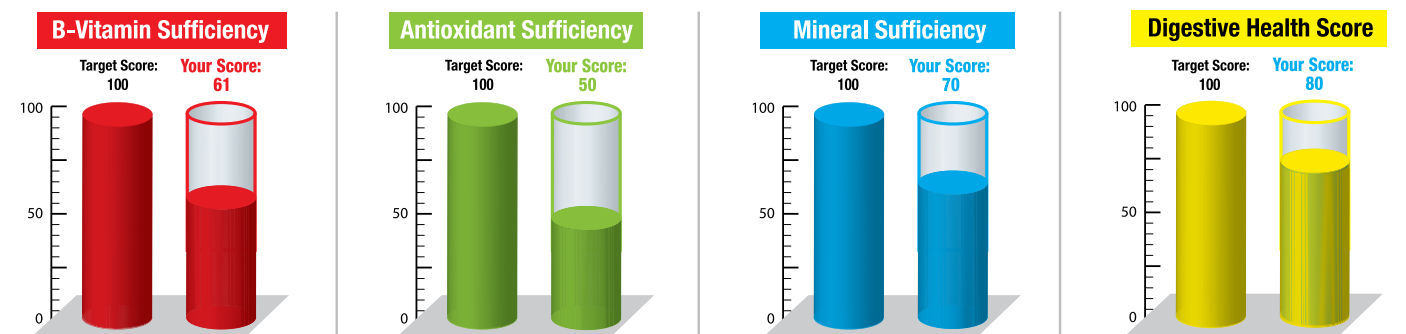
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Founder - Elan Anti-Aging & Longevity Center  
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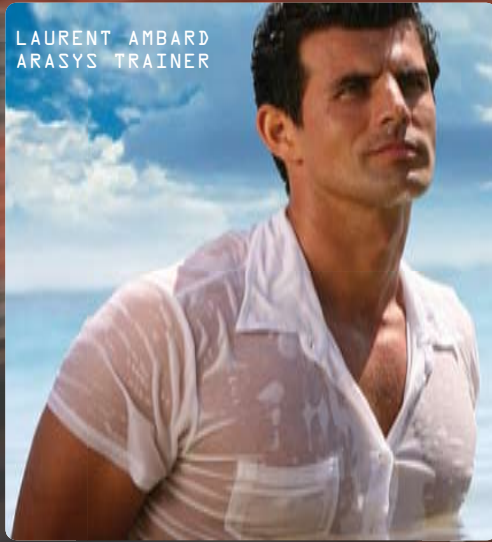
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# ABSTRACTS

MONDAY, DECEMBER 10, 2007 7:15am-6:00pm

▶ WORKSHOP: FELLOWSHIP MODULE I & II

**COURSE DESCRIPTION:**

Comprehensive new intergraded approach to anti-aging medicine, regenerative medicine, medical nutrition and advanced health care. This is presented by a world class group of internationally acclaimed experts in this new medical specialty.

This course, which will ultimately lead to a Master's Degree, will teach you the nuts and bolts of every day clinical practice.

Module I: Bi-Identical Hormone Replacement – The Basics to the most complicated patients

Module II: Hypertension, Heart Disease, Insulin Resistance and Diabetes From an Anti-Aging Perspective – New treatment modalities will surprise you.

MONDAY, DECEMBER 10, 2007 8:00am-7:00pm

▶ WORKSHOP: THE CLINICAL APPLICATION OF INTERVENTIONAL ENDOCRINOLOGY

Mark L. Gordon, MD

THIS IS A "HOW TO" COURSE SUPPORT BY 4700 PATIENT CYCLES IN 10 YEARS OF CLINICAL APPLICATION.

**TOPICS:**

Andropause - Nuances into treatment and options.

Menopause - The challenge of Female.

Somatopause - Nuances and treatment strategies.

Traumatic Head Trauma - Legal justification for treating Traumatic Brain Injuries. One Million Patients a year.

Frailty Syndrome - Known since the early 1990's and ignored. Hormone replacement for life.

The Front Office - Procedures and Protocols.

Office Intake and Chart Forms - Over \$250,000 worth of legal forms, patient medical inventories designed to provide medical justification for hormonal treatment.

Legal Issues with GH and Testosterone - Mr. Rick Collins famous documents on protecting yourself from in appropriate use of Hormones.

The Patient Handbooks, a PR Tool that works. - Custom designed handbooks for each individual patient – Males and Females

continued on page 124

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MONDAY, DECEMBER 10, 2007 8:00am-7:00pm

▶ WORKSHOP: THE AMERICAN COLLEGE OF ANTI-AGING SPORTS MEDICINE PROFESSIONALS (ACASP)

**COURSE DESCRIPTION:**

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, regarding muscular skeletal rehabilitation and training that directly integrates into primary care/ anti-aging/ Medspa/ sports medicine practice.

MONDAY and TUESDAY, DECEMBER 10,11 2007

8:00am-7:00pm

▶ WORKSHOP: THE AMERICAN COLLEGE OF ANTI-AGING SPORTS MEDICINE PROFESSIONALS (ACASP)

James Bell, Ph.D.

**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.

**MONDAY**

Muscle Physiology for Exercise Prescription: Fitness and Exercise is GREAT medicine, but you have to find the right dosage for the appropriate disease, disability, dysfunction, and patient. This session covers the fundamental concept to determine that dose.

Energy Metabolism, Principles for Strength Training: Aerobic and anaerobic metabolism are the two components of fitness that form the foundation for the other eight: strength, speed, power, agility, balance, coordination, flexibility, and body composition. This presentation explores the body's energy needs during exercise, and the basis for burning fat and building lean body issue: muscle, bone, etc.

Principle Behind Aerobic Training/ Fit Assessment and Testing: Heart disease is the number one killer in the USA. This presentation will help you to develop a system to prescribe appropriate exercise to prevent the advent of heart disease in your patient and much, much more.

Principle Behind Sport Training, Coordination, and Rehabilitation: These principles can be used on all your patients: athlete or non-athlete alike. The principles discussed here form an essential element of all anti-aging, health and longevity progress. You can use this knowledge gained here to increase the functionality and fitness of all your patients.

Exercise Management, Safety Guidelines and Rehabilitation: Having your patient begin a fitness program without teaching them how to do it correctly is like selling them an airplane and never giving a flying lesson. This session explains how to do it: SAFELY and EFFECTIVELY!

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# Did You Know That Your Eyelashes Age?



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## TUESDAY

**Program Design and Development:** Planning your WORK and WORKING your plan is a key to success. This session teaches you how to plan your patients exercise program and work it to maximize both safety and effectiveness!

**Functional Anatomy:** There is a right way to perform an exercise that maximizes the benefit of the exercise and the safety of the exercise and many, many wrong ways that can not only negate all benefit, but can lead to serious, debilitating injuries. This session will provide you the knowledge of how to do it right and avoid disappointment, injury, and pain.

**Neurophysiology of Training:** Neurophysiology is an essential element of all fitness programming, far beyond the fitness components of agility, balance, coordination. Learn how to maximize your patient's fitness program by understanding neurophysiology adaptation to exercise.

**Nutrition Prescription:** Nutrition can be more than 80% of a well designed Fitness Program. Maximize the benefits of your patients program with nutrients prescription customized for patients regardless of their biochemical dysfunction: obesity, heart disease, overweight, anti-aging, longevity, health, wellness, etc.

**GOALS & OBJECTIVES:**

- 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, DECEMBER 11, 2007

▶ **WORKSHOP: AESTHETIC FELLOWSHIP MODULE I** — Time 8:00am-5:30pm**COURSE DESCRIPTION**

Introducing NEW Fellowship course in Aesthetic Medicine. Learn all about restoration of youthful facial balance, facial fillers, life demonstrations. Increase benefits for the patients and for your practice: income increase, patients satisfaction and ...

**ACASP PRINCIPLES OF ANTI-AGING MEDICINE (PART II)**— Tuesday 4:00pm-5:45pm

*Nick Delgado, Ph.D.*

Dr. Nick Delgado and will speak about the first sign of premature aging, including gender health, sexual decline, fitness training to restore vitality and zest of life to youthful levels. This is the most scientific and practical presentation with actual case examples of how to improve the quality of life.

Dr Nick Delgado will review the studies providing practical applications how to restore full male function to youthful ability. Explore the myths and facts about DHEA, testosterone, DHT, balancing of estrogens, Growth Hormone, and cortisol of the correct delivery systems, safe dosages and correct combinations all key hormones associated with, fitness, love and desire. Tests for urine and blood to monitor progress and predict outcomes will be answered.

Dr Nick Delgado will explain the positive effects of multiple herbs and enzymes. Learn the facts of biochemistry, bio-identical hormones and how to improve physical performance. Find out how sexual healing can enhance the quality of your health and longevity.

Discover the five ways to create essential energy system under high or low oxygen demand. Learn ways to increase energy, reduce fatigue and build a positive nitrogen balance. Find out about the newest advances in hypoxia cyclic altitude training for recovery after intense training and healing.

**THE NEW PERSPECTIVE OF ANTI-AGING MEDICINE**— Tuesday 5:45pm-7:00pm

*Nick Delgado, Ph.D.*

Dr Nick Delgado will explain the most recent developments in Stem Cell discoveries for Anti Aging. The safest approach reported the medical literature for the correct selection and treatment with cord derived stem cells.

Dr Nick Delgado will show how to improve Speed and reaction of Mind and body. Watch a detailed demonstration of a revolutionary fitness system. We will give the best update about diets that work to keep you Lean N Fit and diets to avoid and why. Find out how to maintain a healthy heart with similar principals applying to good circulation and blood flow. From this complete course you will learn the proven ways to slow and reverse the aging process. Aging as associated with decline specific to biomarkers of blood, body composition, lean mass, organ function, mental ability and freedom from most degenerative diseases as manageable in anti aging medicine. Master all of the golden rules of longevity to improve the quality of your life.

**GOALS & OBJECTIVES:**

- To teach effective protocols for energy system, and longevity. To identify structures in the blood, the best treatments to improve the flow of energy and reduce multiple risk factors of patients.
- Protocols enhancing oxygen retention, body repair and lowering core temperature for rapid recovery. Learn Effective ways to increase energy, and improve ATP production at the cellular level, lifestyle factors and their influence on health at the cellular level.
- Healing protocols to achieve anti aging successful case outcomes.

## WEDNESDAY, DECEMBER 12, 2007

**INTRODUCTION TO TREATING HORMONE DEFICIENCY: THE ABC'S WITH TIPS ON HOW TO BOOST THEIR SAFETY AND EFFICACY** — Wednesday 7:30am-8:30am

*Thierry Hertoghe, MD*

With aging, the production and levels of most hormones decline in adults. The notion that this phenomenon has adverse consequences and may accelerate or even cause premature aging, becomes increasingly accepted. To keep the body healthy and tight the aged adult body, which in size and volume remains grossly as important as it was in the youthful years, requires amounts of hormones similar to the ones it had during young adulthood. The slow progressive decline in hormone levels with age should therefore be considered as an unfavourable evolution and its correction with hormone supplements to the more youthful concentrations may slow down or even partially reverse the aging processes.

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

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

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**TESTOSTERONE : FOR MEN AND WOMEN AND SEXUAL HEALTH** — Wednesday 7:30am-8:30am

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 & OBJECTIVES:**

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

**NEUROTOXIC METALS AND LONGEVITY: PRESERVATION OF THE QUALITY OF MENTAL FUNCTION**

— Wednesday 8:00am-8:45am

David W. Quig, PHD, St. Charles, IL

The primary objectives of this presentation are to increase the practitioner's knowledge about the mechanisms by which specific metals can accelerate degeneration of mental capacity during the aging process, and provide a review of published data pertaining to safe and effective metal detoxification of the nervous system. Aging of the human brain can be either one of the subtlest or one of the most devastating aspects of the aging process. Environmental pollution is a growing, global problem and we are all vulnerable to at least chronic, low level exposure to toxic metals. The central nervous system (CNS) is a primary and vulnerable site of metal toxicity. The accumulation of metals in the CNS can markedly accelerate "aging of the brain" and result in premature dementia, Parkinson's Disease, depression, sleep disturbance, and loss of memory and cognitive function. Common neurotoxic metals include mercury (Hg), lead (Pb), arsenic (As), aluminum (Al), and manganese (Mn). In general, neurotoxic metals are pro-oxidants, inhibit antioxidative processes, and disrupt neurotransmitter and ion homeostasis. Mercury and other sulfhydryl reactive metals deplete intracellular glutathione, and inhibit the synthesis and metabolism of this important inducible, protective peptide. Mercury and Pb disrupt microtubule metabolism, and Hg also inhibits astrocytic functions that protect the vulnerable neurons. Lead causes depolymerization of tRNA and disrupts the metabolism of neurotransmitters. Arsenic is associated with peripheral neuropathies and is too often overlooked in patients with "inexplicable neuralgias." Although less common, Mn accumulation is extremely destructive to dopaminergic neurons and elicits symptoms that are quite similar to those of Parkinson's disease. Aluminum accumulation is associated with Alzheimer's-like syndrome, and causes a progressive decrease in higher cortical functions, short-term memory impairment and aberrant motor function. Numerous published studies clearly indicate that in a variety of animal models, DMSA administration invokes significant reductions in the levels of Hg and Pb in the brain. Accumulation of metals in the CNS can be associated with a delayed expression of neurotoxic effects that are often not properly diagnosed until later in life, if at all. Protocols for safe and efficacious metal detoxification will be presented.

**UNDERSTANDING PHOTOACOUSTIC TECHNOLOGY FOR ANTI-AGING AND SKIN REJUVENATION PROCEDURES USING AN EO Q-SWITCHED ND:YAG LASER** — Wednesday 8:00am-12:00pm

Bruce M. Saal, M.D.

**A. Educational Objectives:**

Following this session, the attendees will be able to:

- Understand the basic scientific principles behind PhotoAcoustic technology and next-generation Q-switched engineering as showcased in an Nd:YAG laser and applied to non-ablative skin resurfacing, especially wrinkle

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reduction and acne scar treatment.

b. Understand the potential role of PhotoAcoustic technology in a broad range of aesthetic medical applications and as a valuable practice enhancement tool.

B. Course Description:

Backed by clinical studies and results, this course content focuses on the collagen rebuilding properties of the EO Q-switched laser featuring PhotoAcoustic technology, characterized by peak power and nanosecond pulse duration. The course will also highlight the newest generation Q-switched engineering featuring PhotoAcoustic Technology Pulse (PTP), a unique dispersion of energy based on principles of PhotoAcoustic action. It will teach attendees the versatility of PhotoAcoustic technology in building an aesthetic practice. Emphasis will be on clinical experience for the anti-aging market with additional insights into increasingly popular procedures, such as tattoo removal and overall skin rejuvenation.

C. References and Clinical Background:

1) **Histologic Evaluation of a Q-Switched Nd:YAG Laser in the Nonablative Treatment of Wrinkles**, Dr. Goldberg, Dr. Silapunt, *Dermatologic Surgery* 27 (8), 744-746 1999

“The Q-switched Nd:YAG laser produced morphologic changes similar to, but in a lesser degree, than those seen with both CO2 and Er:YAG laser resurfacing. Biopsy specimens showed slight fibrosis in the superficial papillary dermis with unremarkable epidermal changes.”

2) **The Use of the Frequency-Doubled Q-Switched Nd:YAG Laser in the Treatment of Small Cutaneous Vascular Lesions**, Dr. Goldberg, Dr. Marcus, *Dermatol Surg* 1996; 22: 841-844

“The EO Q-Switched Nd:YAG laser’s mechanism of action may be unlike the vascular lesion selective photothermolytic effect observed with other laser systems. The EO Q-Switched Nd:YAG laser’s pulse duration is much shorter than the thermal relaxation time of microvasculature... yet the laser produces approximately 30 million watts of power. This large amount of energy is absorbed by erythrocytes, causing a rapid expansion and resultant rupture of the vessel wall. This combination of high peak power and short pulse duration produces a photoacoustic effect, quite distinct from a selective photothermal effect. The resultant vessel rupture leads to hemorrhage, which corresponds to clinical purpura. Although differing from the intravascular coagulation observed after treatment with the flash lamp pulsed-dye laser, the result is nevertheless clearance of the vascular lesion.”

3) **Treatment of Atrophic Facial Acne Scars with the 1064-nm Q-Switched Nd:YAG Laser: Six Month Follow-up Study**, Dr. Friedman, Dr. Jih, Dr. Skover, Dr. Payonk, Dr. Kimyai-Asadi, Dr. Geronemus, *Arch Dermatol.*, 2004: 140: 1337-1341

“Treatment with the nonablative 1064 Q-Switched Nd:YAG laser results in significant quantitative improvements in skin topography of patients with mild to moderate atrophic acne scars. Continued incremental improvements were noted at 1-, 3-, and 6-month follow-up, indicating ongoing dermal collagen remodeling after the treatment.

Histologically, mild dermal fibrosis and decrease in solar elastosis with thickening of the papillary dermal collagen have been noted after treatment with the 1064 Q-Switched Nd:YAG laser. These changes are similar to but of a lesser degree than the dermal wound healing response that occurs after ablative laser treatment with the carbon dioxide laser. Since new collagen synthesis occurs, the results are expected to be long lasting, compared with short-term improvements that are seen with filler substances.

In conclusion, this study demonstrated that the 1064-nm Nd:YAG laser provides a safe and effective noninvasive treatment for mild to moderate facial acne scarring. The results are long lasting and continue well beyond the last treatment, indicating ongoing collagen remodeling after completion of the laser treatment sessions. Nonablative treatment with the 1064-nm Q-Switched Nd:YAG laser offers significant advantages to patients in terms of its minimal recovery period and minimal risk of infectious and pigmentary complications.

4) **The Q-Switched Nd: YAG Laser Effectively Treats Tattoos**, Dr. Kilmer, Dr. Lee, Dr. Grevelink, Dr. Flotte, Dr. Anderson, *Arch Dermatol.* 1993; 129:971-978

“For tattoo removal, photomechanical (also called photoacoustic) injury plays a major role, which may be greater with short pulse durations.

The Q-switched Nd:YAG laser effectively removes black tattoo ink with an excellent cosmetic outcome. Efficacy of ink removal is probably related to the longer wavelength, which allows greater dermal penetration, less interference by the surrounding melanin, and excellent absorption by black tattoo ink. It is possible that the shorter pulse duration plays an important role as well, by enhancing the photoacoustic effect on tattoo ink fragmentation...

The lack of scarring noted with Q-switched lasers, even when epidermal damage is noted, is most likely due to the lack of thermal injury to collagen. Rather than heat-induced denaturation of the adjacent collagen bundles, the surrounding dermis and epidermis may only sustain mechanical injury by fragmenting ink particles, a phenomenon that probably also leads to the tissue splatter and pinpoint bleeding noted in many cases. However, this focal mechanical trauma apparently is highly repairable, as evidenced by the absence of clinical scarring and histologic fibrosis.”

5) **Treatment of Epidermal Pigmented Lesions with the Frequency-Doubled Q-switched Nd:YAG Laser**, Dr. Kilmer, Dr. Wheeland, Dr. Goldberg, Dr. Anderson, *Arch Dermatol.* 1994: Vol 130:1514-1519

“The whitening noticed in this study... occurs by unknown mechanisms but may be due to nitrogen bubble formation, in a manner analogous to the bends after deep-sea diving. The immediate bright-white skin color after these laser pulses, which fades gradually over minutes, is entirely consistent with the formation and dissolution of microscopic residual gas bubbles due to laser-induced cavitation. These gas bubbles may be from pyrolysis (eg, carbon dioxide or carbon monoxide), nitrogen, or both. Q-switched laser pulses cause rupture and rapid expansion of melanosomes, and formation of transient gas cavities is strongly suggested by the appearance of microscopic clefts and vacuoles. Whenever cavitation occurs, dissolved gases diffuse into the transient cavity, leaving a small, residual bubble. These bubbles would reflect light, creating the whitening noted.”

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WEDNESDAY, DECEMBER 12, 2007

8:00am-5:00pm

**WORKSHOP: HORMONE ESSENTIALS: PERSONALIZING DIAGNOSIS & TREATMENT EDUCATIONAL OBJECTIVES**

*Patrick Hanaway, MD; Pamela Smith, MD, Jyotsna Sahni, MD, Alicia Stanton, MD.*

Many physicians and their female patients are facing difficult questions regarding the decision to use HRT. The current confusion surrounding HRT highlights the peril of applying a “one size fits all” approach. An individualized approach includes phenotypic and genotypic testing. The first questions that many physicians ask are:

- Should a woman entering menopause begin hormone replacement?
- Who needs it, and who doesn't?

Once the decision to begin HRT is determined, the delivery system and dosage are required. We've learned a great deal about the various delivery systems for BioIdentical HRT, as well as other hormones. Now the questions become:

- How does one determine the unique and individual needs of a patient?
- How does one personalize the treatment?

Determining the specific, individualized needs of each patient allows us to personalize our treatment. Hormonal assessments, based upon the 3-dimensional perspective of urine, serum, and saliva will help to generate the BEST answers in meeting the needs of each individual patient. Participants will be able to determine the best combination of hormonal therapies for maximum benefit and minimal risk.

In this session, we will review the different matrices (sample types) available for hormonal testing; this includes serum, saliva, and urine. He will discuss the features and benefits of each sample type in understanding the full picture of a woman's (or man's!) need for hormone replacement therapy, through menopause and andropause.

**GOALS & OBJECTIVES:**

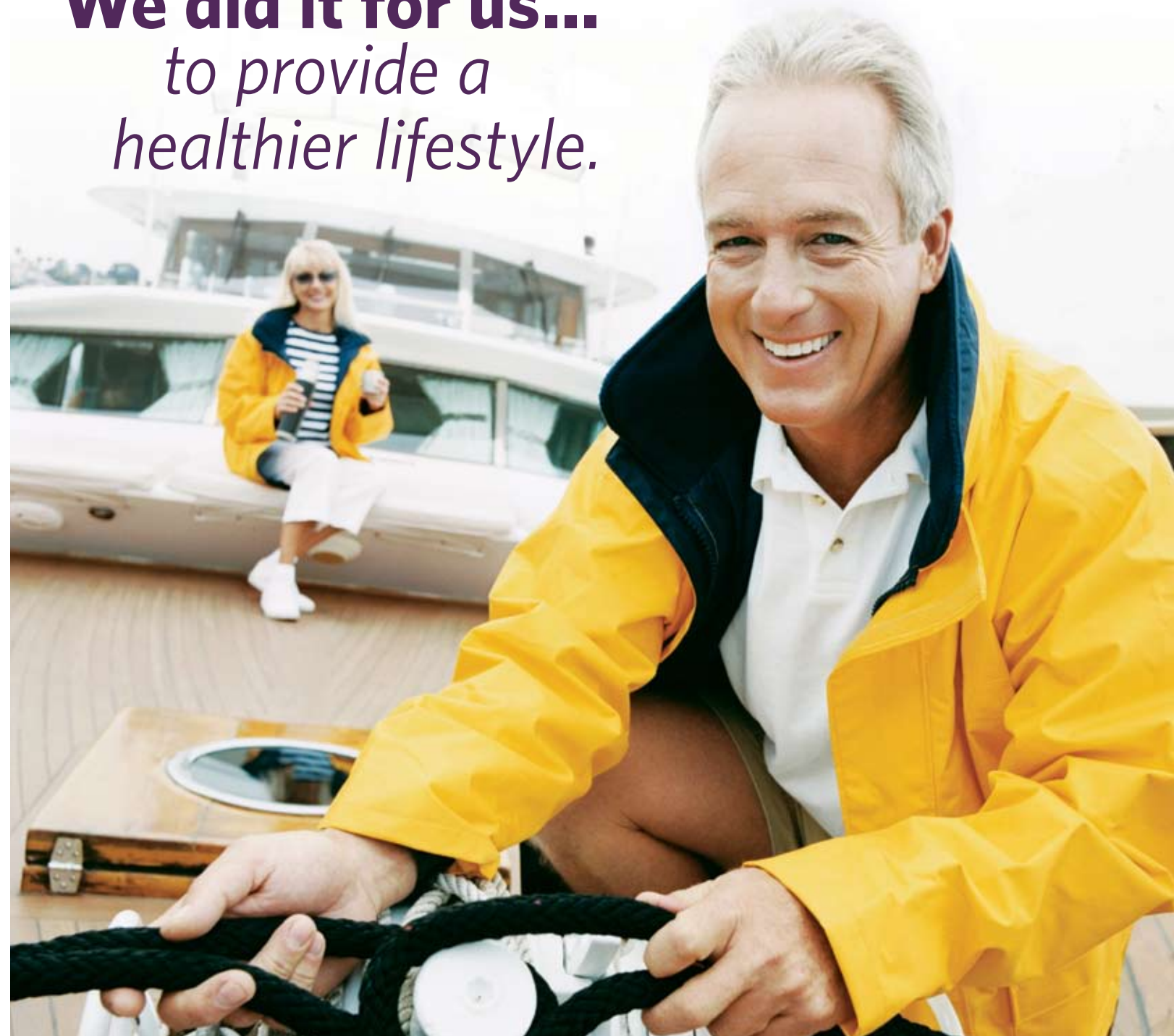
- To review the basic physiology of hormone synthesis and metabolism
- To introduce and familiarize participants with diagnostic testing that will enable them to better customize their approach to the perimenopausal and menopausal patient.
- To introduce participants to the varying pharmacokinetic implications of HRT administration routes and the physiologic basis of monitoring and clinical improvement. To review the importance of monitoring the phenotypic expression of genomic risk through evaluation of hormone levels and hormone metabolites.
- To review the potential disease risk associated with HRT in menopause such as breast cancer, thromboembolism, heart attack, stroke, and osteoporosis

**At the end of this presentation, the participants should:**

- Be familiar with the basis of steroid synthesis and the role of stress in shifting hormonal production – thus inducing symptoms.
- Understand the role of HRT, as well as nutrients, in re-balancing hormone metabolism.
- Understand how genomics testing can help individualize the decision each patient must make regarding whether to use HRT or not
- Understand the strengths and weakness of salivary, urine, and serum phenotypic monitoring of

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hormone levels and metabolites. Specific algorithms will be shared to facilitate ease of use in clinical practice.

**REFERENCES:**

- 1) Rossouw JE, Anderson GL, Prentice RL, et al. Risks and Benefits of Estrogen Plus Progesterin in Healthy Postmenopausal Women. Principal Results From the Women's Health Initiative Randomized Controlled Trial. *JAMA-Express*. 2002;288:321-333.
- 2) Fournier A, Berrino F, Riboli E, et al. Breast cancer risk in relation to different types of hormone replacement therapy in the E3N-EPIC cohort. *Int J Cancer* 2005 Apr 10;114(3):448-54.
- 3) Rosendaal FR, Vessey M, Rumley A, et al. Hormonal replacement therapy, prothrombotic mutations and the risk of venous thrombosis. *Br J Haematol* 2002; 116(4):851-854.
- 4) Rossouw JE. Hormones, genetic factors, and gender differences in cardiovascular disease. *Cardiovas Res* 2002;53:550-557.
- 5) Psaty BM, Smith NL, Lemaitre RN, et al. Hormone replacement therapy, prothrombotic mutations, and the risk of incident nonfatal myocardial infarction in postmenopausal women. *JAMA* 2001;285(7):906-913.
- 6) Herrington DM, and Klein KP. Genome and hormones: Gender differences in physiology – Invited Review: Pharmacogenetics of estrogen replacement therapy. *J Appl Physiol* 2001;91:2776-2784.
- 7) Tempfer CB, Reiner E, Hefler IA, et al. DNA microarray-based analysis of single nucleotide polymorphisms may be useful for assessing the risks and benefits of hormone therapy. *Fertility and Sterility* 2004;82(1):132-137.

**PROLOTHERAPY AND PLATELET RICH PLASMA: ANTI-AGING MEDICINE FOR JOINTS AND LIGAMENTS**

— *Wednesday 8:30am-9:00am*

*Harry Adelson, ND*

We will explore the history, mechanisms of action, indications, data, protocols, case studies and view video demonstrations of RIT/prolotherapy with and without the use of autologous platelet concentrate for the treatment of osteoarthritis, chronic low back and neck pain, and chronic sports injuries.

The World Health Organization (WHO) and the United Nations have deemed 2001-2011 as the “bone and joint decade”. Worldwide, musculoskeletal conditions are the most common causes of severe long-term pain and physical disability. Pain is the number one reason patients visit physicians as well as seek complementary and alternative medicine in the US and this trend will continue to grow as the population ages. Traditional pain management interventions, orthopedic surgeries, and many pharmacologic strategies frequently carry significant risk, are expensive, and ineffective. Regenerative injection therapy (also know as prolotherapy) is widely practiced in the USA as a treatment for musculoskeletal conditions. It is a safe and effective interventional pain technique involving the injection of local anesthetics and hypertonic, natural substances such as dextrose and glucosamine sulfate directly into the site of soft tissue musculoskeletal injury or degeneration. This is done with the goal of launching a healing cascade that actually regenerates connective tissue, restores function, and significantly reduces pain. As RIT/prolotherapy actually regenerates connective tissue, it can be considered “anti-aging medicine” for the joints and ligaments. A growing number of practioners are exploring the use of autologous platelet concentrate with RIT/prolotherapy.

**GOALS & OBJECTIVES:**

- Understand the history and proposed mechanisms of action of RIT/prolotherapy
- Get an overview of the data, hear case studies and see video demonstrations of RIT/prolotherapy
- Receive an introduction to the use of autologous platelet concentrate with RIT/prolotherapy and overview of supporting data as well as hear case studies and see video demonstrations

**CORRELATION/VALIDATION OF SALIVA, DRIED BLOOD SPOT AND SERUM STEROID HORMONE TESTING**

— *Wednesday 8:30am-9:30am*

*David Zava, Ph.D.*

**Outline of Professional Seminar**

- I. Validity of Saliva Testing for Sex-Steroid Hormones
- II. Salivary and Serum Correlation
- III. The Role of Capillary (whole) Blood Spot Testing

**Choose the most accurate method of testing pre- and post-therapy hormone levels to facilitate safe, effective dosing.**

A great deal of controversy has been raised over the validity of saliva testing for sex-steroid hormones and its comparison with conventional serum hormone tests. The literature supports the concept that sex-hormones (estradiol, progesterone, and testosterone) synthesized and released into the bloodstream by the ovaries or testes circulate in the body in both a free (bioavailable) and bound form. Only about 1-3% of the total hormone in the circulation is in the free form while the remainder is bound to hormone binding proteins such as SHBG (binds tightly to estradiol and testosterone), CBG (binds tightly to progesterone), and albumin (binds loosely to all hormones). Because of their small size (ca. 300 Mr) and lipophilic nature the unbound hormones in the bloodstream freely diffuse into tissues. As the capillary beds perfuse tissues, hormones are released by passive diffusion. Saliva provides a unique paradigm to evaluate the free fraction of hormones throughout the body because hormones that enter the salivary gland from the bloodstream rapidly equilibrate with saliva produced by the salivary gland.

Clinical and research studies demonstrate a strong correlation between salivary and serum steroid levels when the sex-hormones are produced endogenously by the gonads. Curiously, however, salivary and serum hormone levels are poorly correlated when sex-steroids are delivered through the skin (topical) or mucosa (sublingual, vaginal); salivary levels rise dramatically as much as two log orders, whereas serum levels change very little, and in some cases drop slightly. Several human clinical and animal studies have shown that topical delivery of progesterone results in little change in serum progesterone, whereas tissue and salivary levels increase dramatically in concert with tissue response to progesterone. This suggests that serum derived from venipuncture may not accurately reflect tissue uptake of progesterone, or other sex-hormones delivered topically, and may lead to overdosing if serum is used to gauge hormone delivery.

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 Shari Lieberman, Ph.D.,  
 Wednesday, December 12, from 9:30-10:00AM

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"An Integrative Approach to Cancer Therapy"  
 Dr. Ahmad Nasri,  
 Thursday, December 13, from 1:40-2:20PM

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In the development of finger-stick blood spot assays we observed and published that sex-steroid levels (estradiol, progesterone, and testosterone) derived from whole blood dried on a filter paper (blood spot) were equivalent to serum hormone levels derived from conventional venipuncture. In sharp contrast, much like saliva, we discovered that the finger-stick whole blood from individuals using topical sex-hormones had hormone levels much higher than serum venipuncture blood. For example, topical delivery of 20 mg progesterone results in luteal levels (10-30 ng/ml) of progesterone in capillary whole blood from the finger, but increases serum (venipuncture) blood only to about 1-3 ng/ml. In addition, a physiological dose of testosterone (5 mg) delivered topically results in blood spot testosterone levels seen in young males (500-1000 ng/dL), but has no effect on serum (venipuncture) testosterone levels. We hypothesize that topically delivered sex-hormones enter the blood stream, attach loosely to red blood cells and are delivered rapidly and efficiently via capillary beds into tissues. Venous blood returning to the heart (i.e. venipuncture serum) only contains hormones tightly bound to binding proteins, of which only about 2-3% is bioavailable. Thus, topical supplementation with sex-hormones allows an exceptionally efficient means to deliver hormones into tissues throughout the body, but also carries the risk of overdosing if serum from conventional venipuncture is used to monitor post-therapy hormone levels.

In summary, finger-stick capillary whole blood provides a convenient, simple, and accurate means to assess the tissue uptake of sex-hormones produced endogenously, or taken as supplements absorbed through the skin (topical) or mucosa (sublingual, vaginal).

In the presentation I will present the following evidence to support the above hypothesis:

- 1) Saliva, finger-stick capillary whole blood, and venipuncture serum sex-hormone levels are strongly correlated when the sex-hormones are produced endogenously throughout a menstrual cycle.
- 2) Following topical delivery of estradiol, progesterone, or testosterone, salivary and capillary whole blood levels rise dramatically, but serum level of these hormones change very little.

**GOALS AND OBJECTIVES:**

- Discuss the correlation between saliva, serum and blood spot testing
- Provide information about topical and sublingual steroid hormone use relative to tissue delivery
- Present data to support the suggestion that serum (venipuncture) may not accurately reflect tissue uptake of topically delivered sex-steroids
- Understand the difference between hormones that are bound and hormones that are unbound in a free (bioavailable) form
- Understand the advantages of saliva testing for measuring free fraction of hormones
- Understand the advantages of capillary (whole) blood spot testing to assess tissue uptake of endogenously produced or supplemented (topical, sublingual) sex-hormone levels
- Recognize the circumstances in which serum levels of sex-steroids do not correlate with salivary and blood spot levels

WEDNESDAY DECEMBER 12, 2007 8:30am-5:00pm

**WORKSHOP: MASTER'S SERIES SEMINAR- AGING ENDOCRINOLOGY FOR MEN: OVERVIEW, DIAGNOSIS , AND TREATMENT- A PRACTICUM FOR THE PRACTICING PHYSICIAN**

*Eugene Shippen, MD, Ronald Wheeler, MD*

The One Day Seminar will review the major endocrine changes that occur in aging men. It will provide the necessary aspects of the medical history, the physical examination, the necessary diagnostic testing procedures and the various treatments available to correct the endocrine deficiencies. It will review the interactions of hormonal deficiency with various common diseases and demonstrate the risks and benefits of various treatments. There will be an overview of the specific risks of prostate cancer, the needed screening tests that will make treatments safe through ongoing monitoring and testing.

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Additionally, new diagnostic testing available including MRI Spectroscopy and research on newest treatments for prostate cancer, prostatitis and BHP.

**GOALS & OBJECTIVES:**

- Provide up-to-date evidenced –based information scientific literature on the advances in understanding endocrine changes found with aging.
- Provide the necessary information to do a complete endocrine evaluation
- Discuss the newest treatments available and the risks and benefits of treatments
- Provide information on the newest testing and treatment for prostate problems including prostate cancer.

**DELAYED FOOD SENSITIVITIES EFFECT ON DISEASE MANAGEMENT**

— *Wednesday 8:45am-9:30am*

*Camille Lieners, PhD., Laboratoires Réunis Junglinster Luxembourg, InVitaLab Medizindiagnostik, Neuss Germany*

There is increasing evidence that chronic inflammation is the major cause of premature aging and chronic disease. Therapy usually consists of administration of anti-oxidants or anti-inflammatory drugs with poor success.

Chronic inflammation needs chronic stimulation and exposure to the antigen. Food antigens fulfil these conditions. In presence of increased gut permeability, absorption and recognition of food components by the immune system is impaired. In case of delayed immunological reactions association to a particular food is difficult. Exclusion diet is one tool, but very hard to perform and is only able to identify food that already causes strong symptoms or diseases. Food hypersensitivity can be best assessed by determination of specific IgG antibodies. Presence of IgG documents an adverse reaction of the immune system to food antigens and induces inflammatory reactions after repeated ingestion, by opsonisation of antigen, formation of circulating immune complex and complement activation. Presence of food specific IgG is not to be considered as normal response of the immune system. Regular ingestion of such food causes chronic inflammation. It is shown that exclusion of food based on IgG detection leads to significant improvement of most chronic inflammatory diseases, such as hypertension, migraine, vertigo, IBS, diarrhoea, asthma, depression, chronic fatigue, rheumatoid disorders, auto-immune diseases.

In combination with reassessment of normal gut permeability, food exclusion based on specific IgG detection is a powerful tool to reduce premature aging, prevent and improve treatment of chronic disease.

**GOALS & OBJECTIVES:**

- The importance of understanding the impact of food allergies on overall health and aging
- Is it a delayed food sensitivity or a chronic illness
- What is the preferred method for assessing delayed food sensitivities

**HIERARCHICAL THERMODYNAMICS – GENERAL THEORY OF EXISTENCE AND LIVING WORLD DEVELOPMENT: MODEL OF AGING AND ANTI-AGING QUALITY OF FOODS AND MEDICINES** — *Wednesday 9:00am-9:30am*

*Georgi P. Gladyshev, Ph.D.*

Hierarchical thermodynamics – general theory of existence and living world development: model of aging and anti-aging quality of foods and medicines

The author of this report is known for his thermodynamic theory of evolution and for his anti-aging theories of foodstuffs and medicines. His works are the first of its kind to fully-apply Gibbs’ thermodynamics to the phenomena of aging. In this report are included some author’s works and dedications in the field of quasi-equilibrium hierarchical thermodynamics of quasi-closed systems of our real world. With author’s theory, it is possible to describe the evolution and aging of biological systems using the law of temporal hierarchies and the principles of classical thermodynamics (supramolecular thermodynamics in particular) and macrokinetics. This has profound implications for pharmacology, sports physiology, geriatrics, and the ability to determine a persons’ ultimate age. The theory makes it possible to determine optimal medicine doses and physical workout loads, the effects of foods and medicines on people, and more. It provides a method for determining the aging effect of any bio-active substance or product and assigning it a GPG value so that its ultimate effect on human health and

longevity can be identified. These conclusions correspond to the well-known clinical practice. Some examples of the estimation of anti-aging quality of medicines (cancer, cardiovascular disease) and food products (oils and fats) are presented.

**GOALS & OBJECTIVES:**

- to present the foundation of thermodynamic theory of evolution and aging;
- to show that we can fully-apply Gibbs’ thermodynamic methods to the phenomena of aging;
- to discuss a method for determining the aging effect of foodstuff and bio-active substances;
- to present some examples of the estimation of anti-aging quality of medicines and food products.

**ADVANCEMENT IN DIAGNOSIS OR IRRITABLE BOWEL SYNDROME (IBS)**— *Time 9:00am-9:30am*

*Claus Muss, MD*

The current definition of IBS due to Rome criteria calls for “at least 3 months continuous or recurrent symptoms of abdominal pain. The pathogenesis of IBS has confounded physicians all over the world for almost 2 centuries.

One possible factor involved in the pathogenesis was described as an inflammatory reaction by extending the diagnosis program in this population to newly described parameters in feces and IgG4-Serology.

In our studies over 70 (71%) of our patients classified as IBS priority, suffered from food intolerance due to Type III immunological disorders (IgG4-Antibody positive reactions.) A significant elevation was proven in is this group regarding alpha-1-Antitrypsin in feces and histamine extinction in urine samples. We consider

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IgG4-Diagnosis which can be achieved on a bed side diagnosis scale by Fast Check Kit a very important tool in distinguishing our IBS patients.

**THE FUTURE OF MEDICAL SPAS— Wednesday 3:30pm-4:00pm**

Cheryl Whitman

With revenues for non-invasive aesthetic procedures and cosmeceutical skin care products expected to grow to well over \$20 billion by 2008, the message is clear. Women and men of all ages are willing to pay medically based treatments that will help them look and feel their best.

Key fundamentals and data regarding marketing trends, demographics and revenue projections are vital for adapting and improving your current spa environment to meet the growing demand for established services, as well as develop new services for emerging markets. Exceptional service standards, attention to detail and a continuously evolving and innovative plan are just part of the answer.

**GOALS & OBJECTIVES:**

- The rationale for incorporating aesthetic procedures into an existing or new practice
- Marketing, demographics and revenue projections for the most commonly performed aesthetic procedures
- Essential tools that bring your medical practice to success and turn resources into revenue

**AN INTEGRATIVE APPROACH TO CANCER THERAPY: WHAT WORKS— Saturday 10:30am-11:00am**

Shari Lieberman Ph.D.

There are numerous natural products that show promise in the treatment of cancer. However, full-scale clinical studies are cost prohibitive to “prove” to the FDA that these products fulfill their promise. It costs more than 500 million US dollars to bring a cancer drug to market – an amount that is impossible for any natural product company. Case studies, discovery of mechanism of action(s), cell line studies and animal studies provide important information for the clinical application of the product. A paper reviewing 50 studies involving 8,521 patients will dispel the myth that antioxidants (and other nutrients) interfere with chemotherapy and radiation.

**GOALS & OBJECTIVES:**

- To understand the mechanism of action of specific nutraceuticals with respect to cancer.
- To learn how to document cases studies of patients undergoing multidisciplinary treatment.
- To become proficient in the recommendation of specific nutraceuticals in the integrative treatment of certain cancers.
- To review if antioxidants improve the outcome of conventional cancer treatment.

**EXERCISE PRESCRIPTION FOR PATIENTS WITH OBESITY, METABOLIC SYNDROME, CARDIOVASCULAR AND RESPIRATORY IMPAIRMENT**

— Wednesday 9:30am-10:00am

James T. Bell, Ph.D.

Obesity and Metabolic Syndrome lead to major killers: Cardiovascular and Metabolic diseases such as heart disease, stroke and diabetes. These diseases consume a significant part of medical and health care costs and lead to premature death. Lifestyle factors such as diet, obesity and physical inactivity **MUST BE OF MAJOR CONCERN TO ANTI-AGING DOCTORS** as well as the **ENTIRE MEDICAL COMMUNITY!** Anti-aging physicians must learn to use exercise prescription as a primary modality to prevent premature aging and preventable diseases.


**GOALS & OBJECTIVES:**

- Detail primary prevention strategies and interventions utilizing exercise & nutrition prescription to avert the initial occurrence of disease (i.e., in healthy people)


continued on page 142

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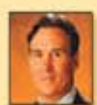



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- Detail secondary prevention strategies and interventions utilizing exercise and nutrition prescription aimed at preventing further disease progression and its associated morbidity, mortality and disability in individuals with disease
- Focus on exercise and nutrition prescription to enhance quality of life for those with known disease.
- Learn effective communications to increase patient adherence to exercise and nutrition lifestyle changes.

**IMPROVING COGNITIVE FUNCTION, SENILE DEMENTIA, TRAUMATIC BRAIN INJURY RECOVER** — Wednesday 9:30am-10:15am

Parris M. Kidd, PhD

GPC (GlyceroPhosphoCholine) is a small molecule that occurs naturally in our cells-an orthomolecule. GPC is a unique water-phase phospholipid that has displayed remarkable benefits as a dietary supplement and benign injectable nutraceutical. In 12 trials against dementias (Alzheimer's, vascular, mixed forms) GPC consistently improved memory, attention, mood, orientation, sociability, and activities of daily living. GPC outperformed acetylcarnitine, citicoline, idebenone, aniracetam, and oxiracetam in direct comparison trials. A meta-analysis concluded GPC has longer lasting benefits against dementia than the approved drug donepezil. For stroke, GPC was administered to almost 3,000 patients in 5 trials, first by injection (i.m., 30 days) then in oral form for 5 months. GPC accelerated recovery and improved neurological and other clinical measures by more than 20% in more than 80% of the patients. Adverse effects were mild and affected less than 1% of patients. The combination injectable plus oral GPC also had marked benefits for cognitive recovery following bypass surgery, as well as for traumatic brain injury (TBI). Concussions, hematomas and other TBIs respond to intramuscular GPC, and a Russian report claimed intravenous GPC (150 mg/kg/day, i.v.) brought TBI patients out of coma.

In oral form, GPC is proven to enhance attention, word recall, and working memory in young, healthy subjects. GPC improves reaction time and visual fitness in middle aged subjects. This spectacular array of benefits is consonant with its mechanistic versatility, GPC being: (1) a near-optimal dietary source of essential choline, readily crossing the blood-brain barrier; (2) a boost for mind-body integration, by supporting acetylcholine homeostasis; (3) a phospholipid cell membrane building block, energetically favored and synergistic with omega-3 DHA; (4) a rare intracellular protectant against urea buildup and other osmotic stress. GPC has proven trophic properties: in animals it speeds brain recovery following experimental damage, while upregulating receptors for nerve growth factor (NGF). Trophic properties also help account for GPC's benefits in autistic children. Considering the recent positive revelations about human brain plasticity, GPC is the single most important intervention for the damaged or dysfunctional brain.

**REVERSING DIABETES IN MEN** — Wednesday 1:30pm-2:00pm

Edward M. Lichten, MD

The worldwide problem of diabetes now affects upwards of 400 million men, women and children. A breakthrough in diabetes, specific to men, is injectable testosterone. Men with controlled, insulin-requiring diabetes typically reduces insulin requirements by upwards of 50% on testosterone. Adult men usually discontinue oral hypoglycemic agents while experiencing improved mental, physical and sexual performance. The risks, benefits and technique of pellet implantation will be reviewed.

**GOALS & OBJECTIVES:**

- Educate the physician to the role that Gender Specific Medicine, specifically Testosterone and Estrogen play in insulin resistance in men.
- Educate the physician to the use of new testing parameters to identify insulin-requiring diabetes.
- Educate the physician as to the role that injected not topical Testosterone plays in the treatment of metabolic syndrome in men.
- Review other applications of testosterone in the treatment of Diseases in men.

**A PSYCHOLOGY OF FITNESS** — Wednesday 10:00am-10:30am

Kenneth Counts, Ph.D.

Chronic, unmanaged stress has been associated with a number of physical problems. Stress is also associated, or highly correlated, with obesity and obesity is certainly associated with a number of serious difficulties including; heart disease, diabetes, and stroke. Stress and obesity are highly correlated with depression and other serious psychological difficulties. It is evident that stress is a contributor to physical difficulties and psychological difficulties alike.

Yet, psychological stress is not only associated with various physical and emotional disorders, is also correlated with biological aging and with the accelerated aging comes the onset of age related illnesses. A landmark study was presented in the proceedings of the National Academy of Sciences (2004). This strong evidence suggests that psychological stress accelerates aging at the cellular level. While many studies have demonstrated the correlation between chronic, unresolved or poorly managed stress with poor health, the exact mechanism of how stress affects our health is not clearly understood. These recent studies suggest that stress affects us at the cellular level, at our DNA.

The importance of effective stress management becomes obvious. However, too often stress management is presented in an abbreviated fashion. Stress management is often reduced into relaxation training or meditation techniques. While these skills are valuable, they, alone are not sufficient in slowing the negative effects of the stress of life. In fact, stress management encompasses a variety of arenas. These include sound nutrition, well-planned exercise, and an effective personal psychology. Self efficacy, positive self statements and the quality of relationships play an important role in really managing stress (Ornish, 1998)

**NATURAL TREATMENTS FOR DIGESTIVE ISSUES**— Wednesday 5:00pm-6:00pm

Mayer Eisenstein, MD

Probiotics, digestive enzymes, stevia, chewing sugarless gum as natural alternatives to proton pump inhibitors.

continued on page 144





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Recent scientific studies “Pneumonia Risks Rise With Nexium, Prevacid”, “Why Inhibiting Acid Production With Prilosec and Prevacid Could Make Ulcers Worse”, “Long-term Proton Pump Inhibitor Therapy and Risk of Hip Fracture” have shown that prolonged use of Proton Pump Inhibitors (PPIs) carry with them significant morbidity. The studies have defined prolonged use as greater than one year. Even though the drug manufacturers’ recommendations for this class of pharmaceuticals is that they should not be taken for more than 6-12 weeks, many physicians have prescribed them for extended periods of time (sometimes as many as 5+ years). The violation of the pharmaceutical guidelines for these drugs by physicians may bring about the same fate for Proton Pump Inhibitors as that of Vioxx®, Bextra® and Mobid®. These Cox2 inhibitors, after voluntarily being taken off the market, have generated more than 27,000 lawsuits alleging that they were the cause of heart attack and strokes.

Scientific studies and medical case histories have shown that a large percentage of patients suffering from acid reflux have found relief with a variety of alternative methods such as: probiotics, digestive enzymes, stevia, chewing sugarless gum and more. With 70,000,000 people suffering everyday from some form of digestive issue: heartburn, acid reflux, GERD, IBS, indigestion constipation, diarrhea, abdominal pain, etc., as physicians we have an obligation to implement safer treatment plans. We must remember the oath that we took and follow the teachings of Hippocrates “Primum Non Nocere” Above All Do No Harm.

**GOALS & OBJECTIVES:**

- Inform physicians of the serious side effects of Proton Pump Inhibitors (PPI).
- Inform physicians of natural treatments for digestive issues.
- Implement protocol for lowering of prescription drug usage for digestive issues.

**MESOTHERAPY IN SPORTS MEDICINE** — Wednesday 10:30am-11:00am

Janine Gaston Nhan, MD

Most French athletes are treated by Mesotherapy.

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Intake of nutritional supplements by athletes does not mean that their tissues get optimal levels of these nutrients

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Significant oxidative stress, intracellular GSH depletion can lead to overtraining syndrome in athletes with altered physiological, immunological and psychological functions resulting in fatigue and underperformance

To ensure and protect tissue integrity, guarantee cellular energy production and mitochondrial function, we develop a specific glutathione protocol in Sports Mesotherapy

Functional Mesotherapy will aim to replenish intracellular GSH & prevent muscle weakness and restore immunity

Our protocols do not include drugs on the IOC doping list

Mesotherapy is an efficient medical technique for pain control and energy production for sports amateurs, athletes and the aging aching population

**GOALS & OBJECTIVES:**

- to inform about the use of Mesotherapy for Pain Management
- to inform about the advantages of Mesotherapy over NSAID & corticoids use

continued on page 146

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- to inform about the interest of Mesotherapy for treatment of Sports related pathologies and overtraining of athletes
- to encourage attendees to learn Mesotherapy to alleviate many age-related disorders (from pain to neuro-sensory loss ,immunity enhancement ,sexual dysfunction

**ESSENTIAL NUTRITIONAL CONSIDERATIONS FOR OPTIMIZING HORMONE THERAPY** — Wednesday 10:30am-11:15am

Donna White, ND

Nutritional supplements are essential to address conditions and symptoms associated with sex hormone imbalance. Learn strategic protocols to use in conjunction with bio-identical hormone replacement for improved patient outcomes and increased patient satisfaction.

**GOALS & OBJECTIVES:**

Discuss current supplement and scientific research on managing common symptoms and conditions associated with hormone imbalance. Present supplement treatment protocols and dietary changes that can be used to enhance the success of BHRT for specific symptoms and conditions

The typical patients with hormone imbalance including; PMS, Peri-menopausal, Menopausal, Post-menopausal, and Andropause patients, usually present with various symptoms or conditions that can be addressed by adding specific supplements and dietary changes in conjunction with Bio-identical Hormone Replacement Therapy. Combining therapies can improve patient outcomes and increase patient satisfaction. Current supporting research will be reviewed and reference documents will be provided along with clinical pearls. Specific treatment protocols will be reviewed for: Bone Building, Cortisol Balance, Menorrhagia, Dysmenorrhea, Fibrocystic Breast Disease, PMS Symptoms, Vasomotor Symptoms, Food Cravings, Prostate Enlargement, Low Libido and Erectile Dysfunction, Elevated Androgens in Women, Acne, Estrogen Metabolism and Estrogen Dominance, Sleep Disturbances, Anxiety and Depression, PCOS, and Headaches/Migraines. Patient educational handouts on supplements will be provided. With increased use of supplements by patients and now recommended by healthcare providers, drug and supplement interactions need to be considered for patient safety. A review of the top ten drug and supplement interactions will be discussed.

**EFFECTS OF LOW FREQUENCY PULSE MAGNETIC RESONANCE CELL REJUVENATION ON ANTI-AGING** — Wednesday 10:30am-11:00am

Nancy DeJesus, MD

Electromagnetic interaction refers to the mutual influence of magnetic fields and electric current. This means that a magnetic field can be produced by an electric current flowing in a coil (the principle of therapeutic devices) but also that magnetic fields can induce a current in a conductor like the human body. Under suitable conditions, magnetic fields can influence the ionic current on the cell membrane.

A mathematically complex model of the division of the main signal into pulse packets enables a bundle of therapeutically effective frequencies to be delivered effectively; this can be modified according to the time of day, emphasizing the tonifying or activation frequency components in the morning and the sedating and calming components in the evenings

Control of the supply and removal of substances into and out of the cell can be optimized by the use of Low Frequency Magnetic Resonance of the right intensity, pulse and frequency, which in essence allows the metabolism of each individual cell, organ and system to be optimized as well

**GOALS & OBJECTIVES:**

- Enhance the participant's knowledge regarding the use of magnetic therapy for anti-aging treatments
- Participants will learn how Low Frequency Pulse Magnetic Resonance Cell Rejuvenation actually affects the human body down to the cellular level
- Magnetic Resonance Cell Rejuvenation can be included in the anti-aging arsenal of treatments and can be used alone or as a complement to other treatments

- Participants will gain a broadened understanding of the complexities of this technology and its practical application

**SALIVA VS. SERUM HORMONE TESTING- ACCURACY, PITFALLS & CLINICAL DATA** — Wednesday 11:30am-12:00pm

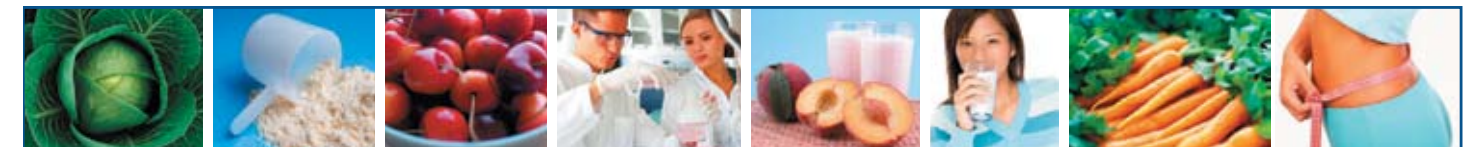
Paul Ling Tai, DPM

Hormone deficiencies affect 50 million women and 40 million men in USA alone. As we age, the endocrine glands produce fewer hormones and become weak and fragile. This presentation gives an overview of the Anti Aging technologies and Bio-Hormone Testing to help the aging population.

- Serum Hormone Testing – Pros & Cons
- Saliva Hormone Testing – Pros & Cons
- Transport of Steroids from Blood to Saliva. *Vining, R.F. & McGinley, R.A., Proceedings of the ninth Tenovus workshop. (p. 56-63). Alpha Omega Publishing Ltd., Cardiff.*
- Salivary & Plasma "Bound" & "Free" Hormones in Men & Women. *Firyal S. Khan-Dawood, Ph.D., Jung K. Choe, M.D., and M. Yusoff Dawood, M.D., Chicago, Illinois. AM. J. Obstet. Gynecol. 148:441, 1984. AM. J. Obstet. Gynecol. 148:441, 1984*
- Clinical Data of "Same Time" Plasma & Salivary Hormone Assays.
- Clinical Data correlation of low level Hormone Immunoassays and Gas Chromatography/Mass Spectrometry in Men, Women, and Children. *Joelle Taieb, Bruno Mathian, Francoise Millot, Marie-Claude Patricot, Elisabeth Mathieu, Nicole Queyrel, Isabelle Lacroix, Claude Somma-Delpero, and Philippe Boudou. Endocrinology and Metabolism. Clin. Chemistry 49:8, 1381-95, 2003*

**Common Mistakes in Saliva Hormone Testing:**

continued on page 148



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—Ron Rothenberg, MD,  
Founder, California Health Span Institute

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\*\*\*Derived from herds not given growth hormones



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- Long & Short term Hormone Fluctuations
- Single vs. Multiple Collection Samples
- Clinical Data on Free DHEA, Testosterone, Progesterone, Cortisol & Estrogen.
- Vermeulen et al. 1999. A critical evaluation of simple methods for the estimation of free testosterone in serum. J Clin Endocrinol Metab. 84:3666-3672
- Food Contamination in Saliva Hormone Testing
- Blood Contamination in Saliva Hormone Testing
- Sample container material affects Saliva Hormone Testing

**IN SUMMARY:**

- Take multiple saliva samples
- 5 samples every 3 hours throughout the day
- Avoid food contamination
- Discard samples with blood contamination
- Do not use cotton salivettes
- Insist on containers made with glass, polypropylene or polystyrene

**ANTI-AGING NUTRACEUTICALS— Wednesday 11:00am-11:30am**

Harry Preuss, MD

Avoiding perturbations in many metabolic-endocrine systems that occur in aging may play a prominent role in extending healthful life span. For example, we previously hypothesized that preventing insulin resistance by means other than caloric restriction might prolong healthful lifespan in a more acceptable manner. Accordingly, we examined various effects of niacin-bound chromium (NBC) (n=12) compared to control (n=10) over the lifespan of Zucker rats that have a proclivity toward developing metabolic syndrome. At six months, hematology and blood chemistries were analyzed. No abnormalities were noted in hematology. In the treatment group, circulating glucose levels were significantly lower. Systolic blood pressures (SBP) were consistently lower in the NBC group after 10 weeks. The first control rat died at 8 months followed by two more deaths at 9 and 10 months. The first deaths in the NBC group occurred in the tenth month. After all control rats had died, four in the NBC group continued to live at least a month beyond. The NBC group compared to control showed increased average life span by 19.1%, median life span by 12.2%, 30<sup>th</sup> percentile survival by 19.6% and maximum life span by 22%. Further work revealed that NBC also affected the renin-angiotensin system (RAS). Decreases in blood pressure, circulating angiotensin 2 levels (A2), and in the circulating converting enzyme activity and lesser response to losartan challenge indicate a lower activity of the RAS. With recent reports concerning the adverse role of circulating A2 on cardiovascular health, this may be another factor in the increased longevity emanating from NBC intake. Additional work has also shown the ability of astaxanthin and allium ursinum (wild garlic) to affect RAS favorably. We conclude that NBC can increase life span without caloric restriction. There was no evidence of blood dyscrasias or renal and liver perturbations from NBC over the life span of the Zucker rats. NBC and other safe natural supplements may influence healthful life span via their ability to prevent age-related changes in various metabolic-endocrine systems such as glucose-insulin and RAS.

**GOALS & OBJECTIVES:**

- To discuss the possibility that safe nutraceuticals have the potential to increase life span.
- To present the data obtained from studies using trivalent chromium that indicate that nutraceuticals may increase life span.
- To describe mechanism through which the nutraceuticals might increase life span.

**IMPLEMENTING HRT INTO THE AGE MANAGEMENT PRACTICE UTILIZING DR. J'S TOOLBOX — Wednesday 11:15am-12:00pm**

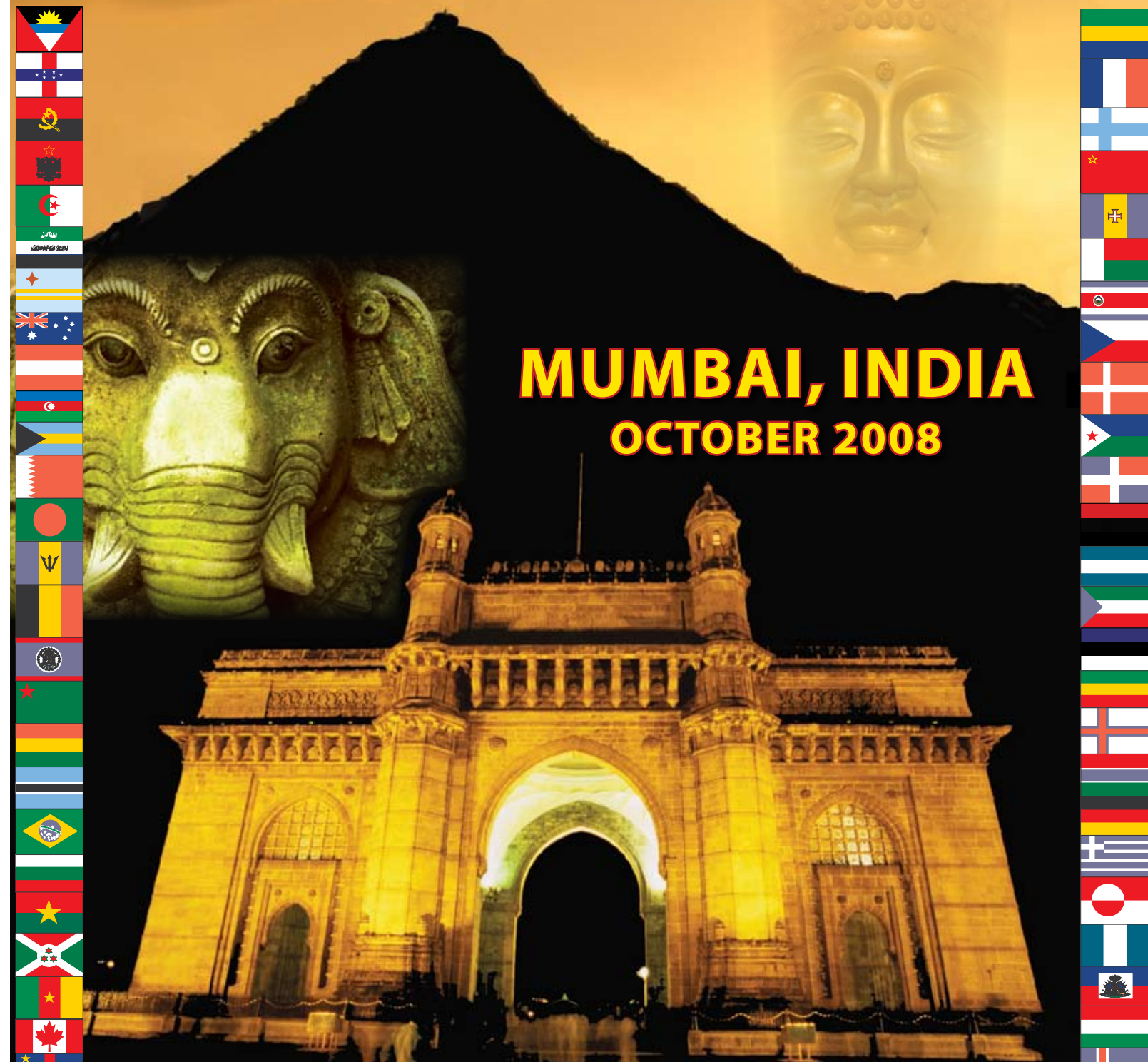
George Jueteronke, DO

The Toolbox is a collection of handouts all in one binder. Gives you the forms and formulas you need for more efficient, productive and safe practice. The handouts are ready to use right out of the toolbox on Monday morning. A variety of topics are covered.

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- From appeal letters to venous thrombosis.
- From diagnosis codes to how to prevent errors when writing compounded prescriptions.
- From fax forms to thrombosis risk assessment
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- Should you do private contracting with Medicare? How do you do it? No need to reinvent the forms, we have them.
- Should you have your hormone therapy patients sign an informed consent? What about an informed refusal?
- Save your patients money; use the calculator to arrive at the free testosterone level.
- Need a quick way to document /screen for depression? And more.

**COLON HYDROTHERAPY AND DETOXIFICATION** — *Wednesday 11:30am-12:00pm*  
*Rusell L. Kolbo, DC, ND*

Will be giving a very brief introduction to colon hydrotherapy including the history, contraindications, FDA guidelines and classifications of colon hydrotherapy devices. There will also be several studies that show the efficacy of colon hydrotherapy as well as several clinical case studies.

The balance of the presentation will discuss the use of colonics in detoxification/cleansing programs during which I will give protocols for various detoxification programs.

**GOALS & OBJECTIVES:**

- Introduction of colon hydrotherapy and its value in anti-aging medicine
- How colon hydrotherapy can play a vital role in detoxification/ cleansing programs
- The audience will leave with a better understanding of the use of colonics and how to incorporate them into an anti-aging practice.

**GOALS & OBJECTIVES:**

- Introduction of colon hydrotherapy and its value in anti-aging medicine
- How colon hydrotherapy can play a vital role in detoxification/ cleansing programs
- The audience will leave with a better understanding of the use of colonics and how to incorporate them into an anti-aging practice.

**NEW MINIMALLY INVASIVE LASER TREATMENT FOR PROSTATE DISEASE** — *Wednesday 1:00pm-1:30pm*  
*Mahmood A. Hai, MD*

Transurethral Resection of the Prostate (TURP) has in the past been referred to as ‘the gold standard’ for treatment of obstructive BPH because of its exceptional affect on obstructive symptoms of BPH and speed of procedure; however, it is a procedure associated with significant limitations and risks. Over the last two decades, laser technology for the treatment of Benign Prostatic Hyperplasia (BPH) has undergone an evolution from theory to practical application. Recent generations of laser treatments now enable similar symptom improvements while providing advantages in morbidity associated with TURP.<sup>1</sup>

A significant step forward was made with the discovery of the KTP laser. The KTP laser works by selectively delivering energy to hemoglobin which consequently results in vaporizing thermal energy.<sup>2</sup> Recent studies<sup>3</sup> have confirmed that KTP (potassium titanyl phosphate) laser resection of the prostate – otherwise known as photoselective vaporization of the prostate (PVP) – provides equivalent or superior clinical outcomes, lesser morbidity and lower overall economic burden when compared to TURP. It also provides a means of treating BPH in patients with co-morbidities that precluded TURP in the past.<sup>4,5,6,7,8,9</sup> Furthermore, a comparison of common BPH treatments using typical diagnostic tests, such as AUA symptom score, IPSS and maximum flow rate (Qmax), shows remarkable superiority of PVP over other procedures.<sup>10</sup>

Initial research of a 60 watt KTP laser showed significant improvement in symptom and urologic measures immediately and at 2 and 5 years.<sup>11,12</sup> Subsequently an 80W laser was created to address slow procedure times.

Data on this system are similar to the earlier results at early and longer term time points.<sup>13,14,15,16</sup> Further development led to the release of a 120W KTP laser. Initial outcomes in 64 patients at our site show shorter operative time, decreased irritative bladder symptoms of frequency and urgency and less hematuria.<sup>17</sup> Long term evaluations are still needed to verify consistency of long term outcomes with this higher power system.

PVP has demonstrated improvements over TURP with respect to morbidity and has well established short and long term symptomatic and urodynamic improvements consistent with TURP. KTP has evolved into a viable treatment that should affect our approach in the management of the obstructive BPH.

**ENDNOTES:**

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**PHOSPHATIDYLCHOLINE FOR LOCALIZED FAT - THE BRAZILIAN EXPERIENCE** — *Wednesday 9:30am-10:00am*

*Wilmar Jorge Accursio MD, Professor*

Since the nineties Phosphatidylcholine injections (Lipostabil™) are a popular technique to treat localized fat accumulation. Its formula is composed primarily of phosphatidylcholine and sodium deoxycholate, a bile salt used to solubilize the natural phospholipid in water. The mechanism through which this formulation causes localized fat reduction is now determined. Rotunda, showed that phosphatidylcholine and deoxycholate used in subcutaneous injections for fat dissolution works primarily as detergents causing nonspecific lysis of cell membranes. Because of a potential and dangerous inflammatory reaction, mistakes of application like great volumes, intradermal injection and treatment of regions with thin subcutaneous tissue may cause dangerous side effects. We have been testing many ways of injecting this compound and found the best way of using it with mild clinical side effects and good clinical results. We will show the way we use it in Brazil. We will present a trial that we performed measuring the reduction of subcutaneous fat with ultrasound showing a statistically significant reduction of the subcutaneous thickness. We have been achieving very good results with reduction of body measures that depends on the thickness of fat (the higher the fat accumulation the greater the perceptual reduction we will have), and the patient individual response

**GOALS & OBJECTIVES:**

- Treatment of localized fat
- Improve reduction of body measures besides nutritional slim strategies
- Improvement of self-esteem
- Change experiences
- Show safety ways of using Phosphatidylcholine injections

**DIAPAT - A NEW CUTTING EDGE URINE TEST FOR EARLIEST DIAGNOSIS** — *Wednesday 1:00pm-1:30pm*

*Friedrich R. Douwes, MD*

With DiaPat urine analysis it possible to recognize a variety of different diseases early and safely. Many diseases become life threatening because in most cases they are diagnosed too late. A new urine test DiaPat recognizes a variety of diseases in very early stage for early intervention and prevention. This form of health check-up is painless, simple and safe. In the fight against disabling diseases prevention becomes more and more

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important, regardless if in diabetes, cancer or cardio-vascular diseases. The earlier these diseases are diagnosed the more effective the treatment can be. Professor Dr. Harald Mischak has developed the DiaPat not only to diagnose a variety of diseases earlier, but also to avoid complicated and invasive diagnostic procedures, expensive lab tests, imaging methods or painful biopsies. DiaPat is based on the analysis of thousands of proteomes (proteins/peptides) in the urine and is more precise than conventional lab tests. Conventional tests generally test for only a few specific markers that oftentimes are revealed when the disease has already significantly manifested. DiaPat is able to analyze very precise such proteome patterns that are very specific for certain diseases. The information allows an early diagnosis of different diseases and immediate preventive intervention.

DiaPat can predict prostate cancer earlier and more precisely than PSA or biopsy with 90% accuracy. In bladder cancer the accuracy was 100%. In a study with 665 patients with bladder cancer we were able to recognize all 665 patients with this test. Studies have shown that DiaPats' ability to predict cardiovascular diseases was higher than 90%. Application for DiaPat and research demonstrating results with DiaPat for a variety of diseases will be discussed.

**GOALS & OBJECTIVES:**

- To understand the mechanism of how proteomes can diagnose and predict disease.
- To review the scientific studies demonstrating the statistical significance of the use of proteomes in diagnosing early stage disease.
- To become proficient in the correct use and application of proteome analysis in a patient population.

**FEMALE HORMONE REPLACEMENT** — Wednesday 1:00pm-2:00pm

Thierry Hertoghe, MD

This lecture provides the physicians basic information on how to treat with growth hormone (GH) adults with partial deficiency. It is not sufficient to treat a GH deficiency with daily subcutaneous injections. Timing in the day, frequency, and type of product co-determine the efficacy of the treatment. A diet rich in proteins and low in carbohydrates such as a sugar, sweets, soft drinks, caffeinated beverages, alcohol and even fruit juices further considerably help to boost the GH treatment effects. It is important for the physician to have an adequate knowledge of the signs and symptoms of GH deficiency and excess to further fine tune the dosis of the GH treatment.

Are GH secretagogues helpful? The most potent ones are not the classically know such as GHRP, and arginine, but other main hormones such as testosterone, thyroid hormones, melatonin and estradiol. All the different methods to boost GH secretion and effects are presented in this lecture, together with a survey of the most important pitfalls that may occur and how to solve them. The aim of the lecture is to provide physicians the useful information on how to safely start a GH treatment and be able to do a basic follow-up.

**THE PELLETT IMPLANT ADVANTAGE IN HRT** — Wednesday 1:00pm-2:40pm

Rebecca L. Glaser, M.D., F.A.C.S.

The presentation will cover the history of hormone replacement with pellet implantation. It will review the evidence that supports the use of Estradiol and Testosterone implants in women and Testosterone implants in men. The procedure for the implantation of hormone pellets will be discussed. The presentation will also cover current clinical research on the pharmacokinetics of hormone implants and clinical case presentations on both male and female patients.

**GOALS & OBJECTIVES:**

- Review the evidence that supports the use of hormone implants in both men and women
- Describe the procedure for implanting pellets and the clinical considerations (dosage, hormone levels, safety, side effects etc.) in treating patients with hormone implants
- Review current clinical research on the pharmacokinetics of hormone implants
- Achieve a better understanding of the role of hormone implants in patient care through clinical case presentations

**BRAIN HEALTH ASSESSMENTS- THE PATH TO LIFE EXTENSION** — Time 1:00pm-5:00pm

Eric Braverman, MD

**The following subjects will be discussed:**

- Brain Electrical Activity Mapping
- Neuroimaging techniques: MRI/SPECT and Primary care office testing with QEEG
- P300 Voltage measurements and their significance.
- Brain Energy and its effect on the human body.
- P300 Latency measurements and their significance
- Brain Speed and its effect on the medical system of the human body
- Dysrhythmic events and their effects on the human body
- Brain rhythm and synchrony and its significance
- Temporal lobe Epilepsy and Anxiety
- Synchrony of the Right and Left Brain and its significance
- Serotonergic system and its effect on the human body
- View of the brain from the holistic perspective

**THYROID HORMONE** — Wednesday 2:00pm-2:30pm

Ron Rothenberg, MD

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

The influence on the human body of the very small amount of thyroid hormones that it daily produces, is

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impressive. When the production of thyroid hormones abruptly ceases, an individual in a matter of weeks swell up with myxoedema, loses consciousness and even any feelings, becoming a human "plant", dying in coma.

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

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

This polyhormonal deficiency leads to premature senescence, which is reversed by thyroid treatment.

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 Deficiencies Treatments**

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

**GOALS & 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

**STATE OF THE ART TREATMENT OF THE AGED SKIN USING CREAMS WITH 14.2% VITAMIN C AND TOPICAL MELATONIN. — Wednesday 2:00pm-2:30pm**  
Matteo Tutino, MD

A state of the art treatment for anti-aging involving the use of multivitamin complexes has been established. This treatment includes a system for stabilizing vitamin C at a concentration of 14.2%. Patients were treated with melatonin cream, Olea europea, vitamin C (L-ascorbic acid) serum, and vitamins A, B, D, E and K complexed with ionene polymers. This series included patients were affected by various conditions including: skin aging, chemical and thermal burns, acne, scarring, various skin tumors, bedsores and diabetic sores. Results demonstrated clinical improvement across a vast range of conditions. Select cases from this series will be presented.

**THE ROLE OF HORMONORESTORATIVE THERAPY IN TREATMENT OF MAJOR ILLNESSES — Wednesday 11:00am-11:30am**

Sergey A. Dzugan, M.D., Ph.D.,  
George Rozakis, M.D., R.  
Arnold Smith, M.D

**BACKGROUND:** Despite decades of research on prevention, detection and management, coronary heart disease is still a number one cause of mortality and morbidity in the developed world for both men and women. Hypercholesterolemia is a major risk factor for coronary atherosclerosis and myocardial infarction.

Lung cancer remains the leading cause of cancer death in the United States. The overall 5-year survival rate

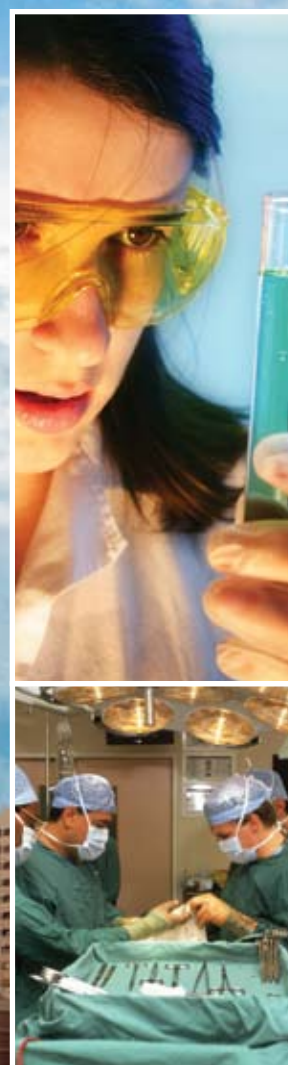
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for non small-cell lung cancer (NSCLC) in the Surveillance, Epidemiology, and End Result Registry of the National Cancer Institute (SEER) is only 14%, and the probability of 5-year survival with unresected disease is less than 2%.

Migraine affects about 10-15% of the populations in different countries.

In our presentation we describe hormone restorative therapy and make retrospective analysis evaluating the role and effect of hormone restorative therapy in treatment of these major illnesses.

**PURPOSE:** evaluate the role and effect of hormone restorative therapy (HT) in treatment of major illnesses such as hypercholesterolemia, cancer, and migraine.

**MATERIAL AND METHOD:** We analyzed three studies in patients with hypercholesterolemia (73 patients), advanced non-small cell lung cancer (121 patients) and migraine (30 patients) where we used hormone restorative therapy as basic element of treatment. HT was a single element of hypercholesterolemia treatment, and basic element of multimodal treatment program in migraine management, and immunorestorative therapy for non-small cell lung cancer. All patients were treated by hormone restorative therapy with bio-identical hormones, which include a combination of several agents: pregnenolone, dehydroepiandrosterone (DHEA), triestrogen, progesterone, and testosterone. Serum levels of total cholesterol (TC), pregnenolone, dehydroepiandrosterone sulfate (DHES), progesterone, total estrogen, total testosterone levels, and cortisol were done.

**RESULTS:** In group of patients with hypercholesterolemia all patients responded to HT. Mean serum TC dropped by 23.5% (from 252.0 mg/dL before to 192.8 mg/dL after treatment). Serum TC completely normalized in 61.6%. 38.4% of patients still have a minimal elevation of serum TC.

In second group - 9.8% of NSCLC patients who took radiation therapy with hormone restoration were alive after 3.5 years and survival curve was flat up to 70 months.

In migraine group - all patients responded to multimodal treatment program. We do not have patients who still have M after the program was initiated. In all patients deficiencies of steroid hormones were found (pregnenolone production were declined most severely).

No adverse effects or complications related to HT were registered in all three studies. Most patients described a significant improvement in quality of life.

**CONCLUSIONS:** Anti-aging medicine concepts and interventions are highly relevant to successful hormone restorative therapy. HT plays a critical role in the treatment of some major illnesses. HT was an effective approach in the control of hypercholesterolemia and was an effective adjuvant to conventional management for non-small cell lung cancer. HT served as the core component of a successful multimodal migraine program.

**KEYWORDS:** hormone restorative therapy, hypercholesterolemia, non-small cell lung cancer, migraine.

**CARE BEFORE CONCEPTION - THE LOGICAL STARTING PLACE FOR OPTIMALLY EFFECTIVE ANTI-AGING MEDICINE**

— Wednesday 2:00pm-2:30pm

Janette Roberts B.Pharm. (Hons)

The idea of providing optimal conditions for pregnancy, well before the mother-to-be is even pregnant, is rapidly gaining popularity all over the world. Many experts see the four months immediately preceding conception as a critical stage in the reproductive process. Factors such as nutritional, environmental, emotional and lifestyle issues are taken into consideration, with both partners equally involved in the preparations to provide their future child with physical and mental health advantages that will last their entire lifetime.

Preventing heart disease and Type 2 diabetes needs to begin before a baby is even conceived, a British physician says. David Barker, of the University of Southampton, said research had found low birth-weight babies were at increased risk of heart attacks, strokes, diabetes, high blood pressure and osteoporosis. He said slow foetal growth was primarily determined by a mother's diet - both before and after conception, but particularly before pregnancy.

Ensuring an optimally health new generation is the logical place for truly effective anti-aging care to begin. With this firm foundation in place, anti-aging medicine will have its most powerful effects when practiced

throughout the lifetime of the individual.

**GOALS & OBJECTIVES:**

- What's involved in preconception healthcare for both partners
- The self-help health promotion measures that are the responsibility of the individual
- The treatments and support that can be delivered by CAM and/or orthodox medical practitioners
- The products – adaptogens, nutritional support, low-toxicity products and more, that best support the combined efforts of the individual and his/her healthcare providers

**A REVIEW OF ANTI-DIABETES POTENTIALS OF DIETARY AND HERBAL SUPPLEMENTS & THE MECHANISMS—** Wednesday 2:30pm-3:00pm

Ferre Akbarpour, M.D.

According to the National Diabetes fact sheets and the World Health Organization reports, there has been an increasing number of diabetic patients in the US and the other countries in the world in the last decade, despite significant achievements in treatment modalities and preventive measures. It is also estimated that this trend is to be continued in the future. Due to these facts, there is a need for new and more tolerable effective therapies and preventions. There are strong clinical evidences showing the anti-diabetic properties of Coccinia indica, Ficus sarica, Ginseng species, Ocimum sanctum (Holy basil), Silymarin (Milk Thistle), and Tirgonella foenum (Fenugreek). Hereby, we review the anti-diabetic properties Andrographis paniculata, Cordycep, hop (Humulus), Maitake (Grifola frondosa), and Resveratrol (3, 5, 4'-trihydroxystilbene) which have been used in traditional medicine and their mechanism of action in lowering the blood glucose levels, decreasing insulin resistance, or reducing diabetes complications especially since there is direct connections between obesity, diabetes and inflammation.

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**GOALS & OBJECTIVES:**

- To study the prevalence of Diabetes Mellitus nationally and globally
- To discuss about relationship between inflammation and insulin resistance prevalence
- To determine which Anti-Diabetic supplements have strong clinical evidences
- Review of literature on new supplements with Anti-Diabetic properties
- To find out the mechanism of Anti-Diabetic properties of supplements

**NON-SURGICAL BREAST LIFT** — *Wednesday 2:30pm-3:30pm*

*Virginia T. Stevens, M.D.,*

This report describes a new non-surgical breast lifting technique, designed by Virginia T. Stevens, M.D. The procedure produces modest breast lifting, to a degree which completely satisfies the goals of patients seeking specifically modest lifting, without surgery and augmentation.

Dr. Stevens uses a dual-modality approach to diminish breast ptosis. This approach both lifts the breasts higher on the chest, increases “cleavage” visible at the neckline of clothing, remedies the “snoopy dog” positioning of the nipples of the ptotic breast, and often produces a mounding of the superior breast replacing the concavity of the ptotic breast.

Informed consent was obtained from each prospective breastlift patient expressing the experimental and off label nature of the use of component treatment modalities. Separate consent forms were read and signed by each patient for Thermage radiofrequency tissue tightening and for the use of barbed sutures. A history, directed physical exam and detailed before photos were taken.

First, optimal vectors of lift were marked for subsequent suture placement. Thermage grids were positioned over the upper breasts, sternum and lower décolleté. Patients were premedicated with Demerol and Vistaril. Thermage treatment was performed on the grid bearing skin.

Thereafter, previously marked vector lines were anesthetized with 1% lidocaine with epinephrine. A spinal needle was inserted subdermally, at each distal vector line, above the areola, advancing in a serpentine fashion, exiting at the proximal end of the respective vector line. A 0.6 mm barbed suture was inserted through the hub end, exiting the beveled sharp end of the spinal needle. The suture was centered with respect to the bi-directional barbs, the proximal end of the suture immobilized, and the needle withdrawn. The skin overlying the distal ½ of the suture was pushed up onto and impaled on the barbs, holding the skin in a lifted position. Each end was cut, leaving the free ends beneath the skin.

Patients were placed on prophylactic antibiotics, and were instructed to wear a WonderBra® continually for 6 weeks. They returned for follow-up and pictures at 10 days, 2 weeks, 1, 2, and 3 months.

All patients experienced lifting and anteromedial shifting of the breasts. All described having “more cleavage,” and experienced “mounding” of the superior breast, replacing the prior concavity existing with the ptosis. All patients were satisfied with the degree of the resulting breast lifting, and all described their breasts as appearing “more youthful”

**LOW-DOSE NALTREXONE IN AUTOIMMUNITY & CANCER** — *Wednesday 3:15pm-4:30pm*

*Jaquelyn McCandless MD*

Endogenous opioids operate as cytokines, creating immunomodulatory effects through opioid receptors on immune cells throughout the body, playing the central role in orchestration of immunity. Naltrexone is FDA-approved for opioid antagonism in addictions; in tiny doses LDN (Low-Dose Naltrexone) beneficially orchestrates immunity especially in autoimmune conditions including Autism, HIV+ AIDS, Crohn’s, Multiple Sclerosis, Cancer, and other disorders.

**THE NUTRITIONAL ASPECTS OF HORMONAL THERAPY** — *Wednesday 2:00pm-2:30pm*

*Pamela Smith, MD*

continued on page 162



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This interactive seminar will look at the nutritional aspects of anti-aging medicine. Ever wonder what nutrients are needed to make hormones? Anti-aging medicine specializes in keeping patients hormonally and nutritionally sound. Join us for a seminar that you will not want to miss.

**HORMONES AND A "NEW LOOK AT OSTEOPOROSIS" — Wednesday 2:30pm-3:00pm**

*Pamela Smith, MD*

Join us for this interactive seminar on the newest hot topic in anti-aging medicine--vitamin K. Dr. Pamela Smith will also discuss other treatment modalities for osteoporosis. Dr. Smith is the director of the Anti-Aging, Regenerative, and Functional Medicine Fellowship.

**WEIGHT LOSS: THE ANSWER: — Wednesday 4:15pm-5:00pm**

*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.

**ARTERIAL SCLEROSIS: PREVENTING AND REVERSING ATHEROSCLEROSIS — Wednesday 3:00pm-3:30pm**

*Thomas E. Levy, MD*

Focal scurvy, while perhaps a new concept to many, is actually the most common form of scurvy seen today. Some tissues can become severely depleted of vitamin C while other tissues are replete and normal in their vitamin C status in the same body at the same time. While generalized body scurvy is very rare today, focal scurvy in some capacity affects the majority of the adult population the majority of the time.

The scientific evidence strongly supports the conclusion that arterial scurvy, more specifically of the coronary arteries, is the most common form of focal scurvy seen today. This presentation will make the assertion that a focal vitamin C deficiency in the endothelial wall of the coronary arteries is the final common denominator in the initiation and subsequent propagation of atherosclerosis. Evidence will be presented showing that it is extremely likely that no accepted risk factor for coronary artery disease initiates a pro-atherosclerotic effect in the absence of a vitamin C deficiency in the arterial wall. Further, it will be shown that most of the accepted risk factors promote the evolution of more severe atherosclerosis much more readily and rapidly in the presence of an ongoing focal and generalized vitamin C-deficient state.

The factors that promote and support an ongoing arterial scurvy will be discussed, including the assertion that dental toxicity, usually in the form of periodontal disease and/or one or more root canal-treated teeth, is the most common cause of a severe focal scurvy in the coronary arteries. Practical suggestions for the restoration of a normal arterial wall vitamin C status will be discussed, which has been noted to not only slow the progression of atherosclerotic plaques, but to actually promote their regression, sometimes to a state of near-normalcy.

**GOALS & OBJECTIVES:**

- To understand that focal scurvy is much more common than generalized scurvy
- To understand that focal coronary artery scurvy is the primary cause of all coronary artery heart disease today
- To appreciate that sources of infection and toxicity, most commonly found in the mouth as root canal-treated teeth and periodontal disease, are the most common reasons for the severe depletion of vitamin C in the coronary arteries
- To appreciate that understanding why this arterial pathophysiology is present allows for a treatment protocol that can reliably stop and often reverse the evolution of coronary artery atherosclerosis

**THE EFFECTS AND WONDERS OF STABILIZED PROCAINE— Wednesday 3:30pm-4:00pm**

*Guy Ferru, MD*

Procaine Hydrochloride-HCL was first synthesized in 1905 by a German chemist Albert Einhorn. When injected procaine HCL acts as an anesthetic but when taken orally in a complex form, procaine acts as a vitamin. Procaine HCL solutions, used as anesthetics, are trade-named Novocaine.

In Bucharest (Romania) Dr.Gustave Spess and Dr.Rene Liche discovered that procaine had many other values besides its known anesthetic qualities. Using their research, in the late 1940's Dr. Ana Aslan a Romanian cardiologist found that adding a small amount of benzoic acid to the procaine solution stabilized the procaine enough to protect it from the blood enzymes. Her study demonstrated effects on premature aging, diseases of the elderly, and diseases of the nervous system, muscles and joints, skin, cardiovascular system and gastrointestinal system.

**GOALS & OBJECTIVES:**

- To focus on prevention of aging.
- To diffuse and propagate the knowledge of the effects of stabilized Procaine to maintain a healthy body.
- And at the same time to emphasize the fact that mental and spiritual bodies are equally important to age gracefully.
- To promote stabilized Procaine as well as other vitamins, as a useful supplement in the setting of a good nutrition.

**COMPOUNDS AND THE LAWS IN ADULT HORMONE DEFICIENCY — Wednesday 3:30pm-4:15pm**

*John Grasela, R.Ph.*

continued on page 166




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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 you looking younger as we age.

**GOALS & OBJECTIVES:**

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

**CURCUMIN: BASIS FOR ANTI-PHOTOAGING AND ANTI-CARCINOGENIC THERAPY** — Wednesday 4:00pm-4:30pm  
Madalene Heng, MD

UVB and UVA from solar radiation are implicated in photoaging and photocarcinogenesis. Sunscreens, which are effective in blocking UVB-induced sunburn, do not provide adequate protection against UVA-induced changes of photoaging and skin cancers like basal cell carcinomas and melanomas. UVB does not penetrate deeply into skin surface, and cellular damage from photoproducts from UVB is quickly repaired. In contrast, UVA penetrates deeper into skin, and generates bipyrimidine photoproducts that cause cellular damage which are more difficult to repair and highly mutagenic. UVA is not blocked by sunscreens but by bone. There is increasing interest in the anti-inflammatory and anticarcinogenic properties of dietary phytochemicals and their potential uses in photoaging and photocarcinogenesis. Curcumin, the active ingredient in turmeric, is a selective phosphorylase kinase inhibitor. It inhibits phosphorylation reactions involved in many pathways related to photocarcinogenesis. This includes activation of transcription factors, protein kinases involved in cell proliferation, apoptosis and cell survival, cyclic kinases in dysregulated cell cycling and cell transformation, and metalloproteinases involved in increased metastatic potential. We discuss potential salutary effects of curcumin on above mechanisms, and present preliminary clinical data showing the efficacy of topical curcumin in treating photoaging skin, including telangiectasia, hyperpigmentation, actinic keratoses and prelentigo maligna.

**GOALS & OBJECTIVES:**

- Understand the mechanisms by which solar radiation result in photoaging and photocarcinogenesis.
- Understand how phytochemicals can have salutary effects on the above mechanisms.
- Update on potential clinical uses of topical curcumin on clinical manifestations of cutaneous solar damage.

**FACIAL REJUVENATION USING THE BIOSTIMULATION METHOD**

— Wednesday 4:30pm-5:00pm  
Dr.F.Baez (Australia)- Dr.G.Leibaschoff (Argentina)- Dr.A.Berger (USA)

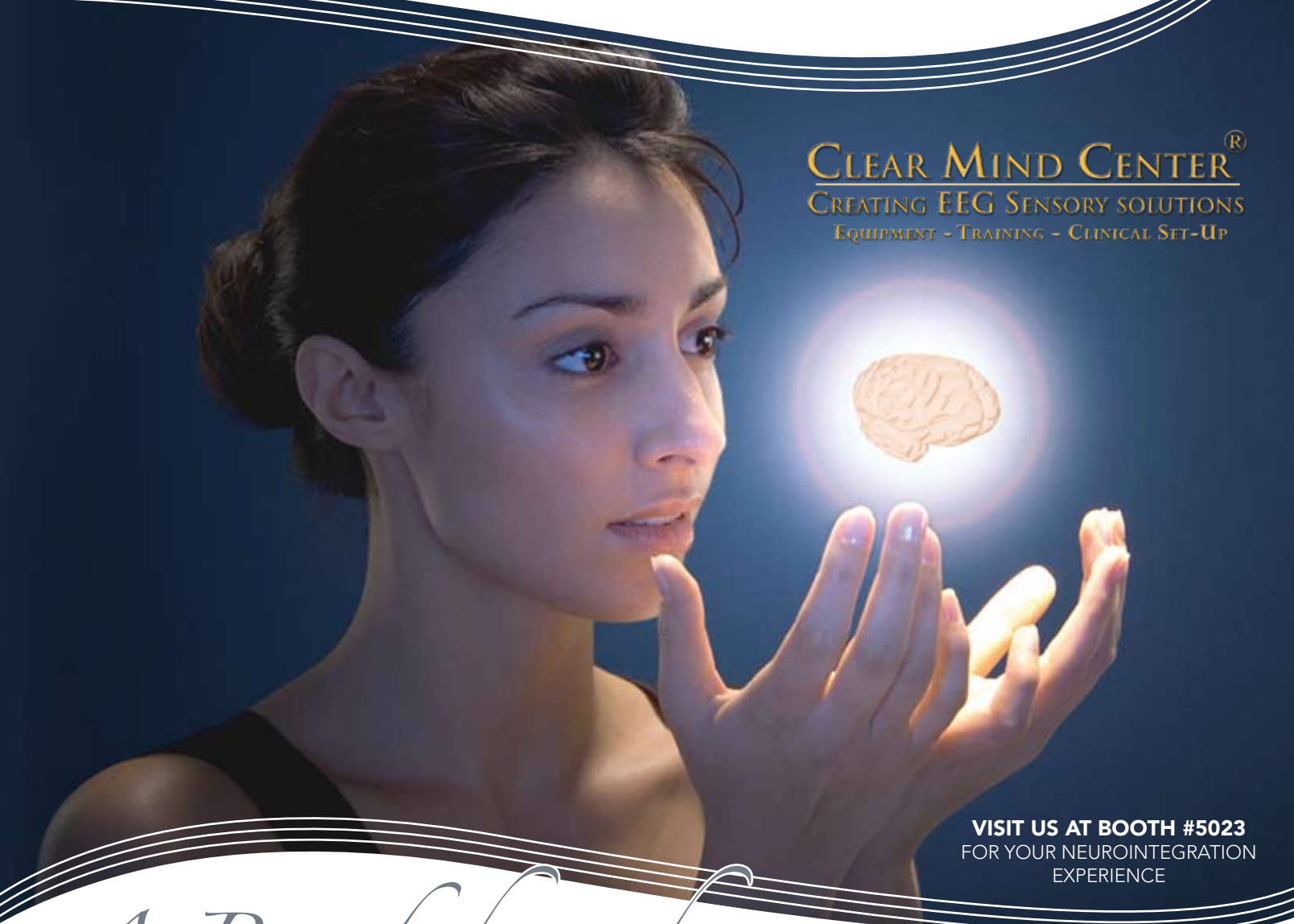
In the last years, the concept of Anti-Aging Medicine has been rapidly gaining in importance, both in terms of its container (name and spreading) and contents (diagnostic, preventive and therapeutic specific procedures).

Today, we all know that the Anti-Aging Medicine seeks to improve the quality of life throughout the physiological aging process, focusing on skin aging among other purely cosmetic aspects.

Recently, the WHO defined “active aging” as the process that “**optimizes** the chances of physical, social and mental well-being throughout lifetime aimed at increasing a healthy life expectancy, productivity and quality of life in the old age”.

It is important to highlight the idea of optimization, the rationale for our exposition in this article.

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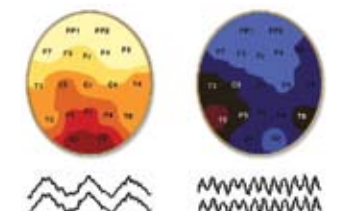
RE-TRAINING ABNORMAL BRAINWAVE PATTERNS OFTEN ELIMINATES OR IMPROVES SYMPTOMS OF THE FOLLOWING CONDITIONS:

ADD/ADHD HEAD INJURIES

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In the prevailing environment, there is a focus on beauty and self-image; while some traditional standards (archetypes) have been redefined, the skin now plays a prominent role.

Numerous technological breakthroughs (laser, intense pulsed light, radiofrequency, etc.) have enabled new approaches to skin aging. These techniques have been sometimes misconsidered simplistic (“anyone” can be trained in their use), disregarding the complexity common to any medical act, that includes evaluation, diagnosis, assessment of therapeutic alternatives, analysis of pros and cons, treatment selection agreed with patients, the treatment itself, follow-up, detection and solution of complications, ...

And now, the “like”- products burst in into the market: botox-like, filler-like, etc.

It is time for a return to a more personalized medicine, in which technology is just a tool and physicians recover their prominent role, making good use of readily available resources that sometimes are overlooked.

There are four treatment groups for skin aging, and probably for any unaestheticism: the preventive, restitutive, curative, and palliative treatments.

In this article, we will focus on the **restitutive treatments**, defined as the procedures aimed at restoring (back to normal) skin metabolism and function. The most important restitutive treatment is **biostimulation**.

**Biostimulation**

Biostimulation consists in a series of procedures that biologically activate fibroblast anabolic functions, and particularly enhance the production of type III collagen, elastin and hyaluronic acid from their precursors

**THE POTENTIAL FOR CONTROLLING LYME AND OTHER MICROBIAL DISEASES: DETECTION CO-INFECTIONS. TOXICITIES AND TREATMENTS** — Wednesday 4:00pm-4:30pm

Robert W. Bradford

Many of the symptoms of Lyme and other microbial diseases involve the nervous system. The Lyme spirochete produces a toxin that disrupts normal nerve function. Through the use of DNA manipulations a match was made with a selected *Borrelia burgdorferi* (Bb) gene. Protein generated from this cloned Bb gene was found to have characteristics of botulinum, a very toxic zinc endoproteinase. Botulinum prevents, through its action as a specific proteolytic enzyme, the release of the neurotransmitter acetylcholine, which results in modulating the autonomic nervous system.

Lyme disease is due to infection with the spirochete *Borrelia Burgdorferi*, with concurrent co-infections, i.e. fungus, mycoplasma, virus, bacteria, and the body’s immune response to these infections.

Lyme disease is one of the most immuno suppressive infectious diseases and results in:

- Multiple co-infections
- Concurrent symptoms
- Mimic over 40 diseases
- Difficult to diagnose clinically

Any effective Lyme treatment protocol must address the co-infection as well as the Lyme.

**GOALS & OBJECTIVES:**

- Be able to correlate functional imbalance to biochemical abnormalities in the treatment of microbial diseases
- Be able to recognize utilizing high resolution peripheral blood imaging, Lyme morphology, co-infections, deficiency states and bowel toxicities
- Review the five immunosuppressive mechanisms of Bb spirochetes and cysts
- Become familiar with mechanisms and symptoms in the clinical diagnosis of Lyme disease
- Review the four major diseases linked to Lyme strains

**ENCAPSULATED PLGA NANOSPHERES FOR SKINCARE AND HAIR GROWING APPLICATIONS** — Wednesday 4:30pm-5:00pm

C. C. Huang, Ph.D

Topical creams and lotions have been widely used for skincare and hair growing applications. However, except for nitroglycerine and a few other medicines, the skin penetrability of these products is generally poor,

because of the formidable barrier of the corneal layer. To obtain a systemic curative effect or the localized rejuvenation and protection for the skin, it is important to improve the cutaneous penetrability of the topical products. This study examined the effectiveness of applying PLGA nanospheres to deliver skincare and hair growing ingredient through the skin.

Applying the human skin biopsies in a modified Bronaugh diffusion chamber, the skin permeation of the PLGA nanospheres was investigated in comparison to topical drug administration using coumarin-6 as an imaging agent. PLGA nanospheres were found having superior skin permeability than liquid formula. Taking one step further, pro-vitamin C encapsulated PLGA nanospheres was tested with skin biopsies. High concentration of reduced form ascorbic acid was found in the dermis with controlled released characteristics. The skin samples treated with pro-vitamin C encapsulated PLGA nanospheres appeared to be more resistant to UV irradiation, melanogenesis and wrinkle formation. The PLGA nanospheres were also used to encapsulate over-the-counter hair growing ingredients for treating hair-loss and tested with C3H mice in the in-vivo study. By observing the fluorescence intensity of Hinokitiol, encapsulated PLGA nanospheres showed impressive scalp-pore permeability to hair follicles and delivered 2.0- to 2.5-folds more Hinokitiol than that of liquid formula. As a result, the degree of hair growth could be improved significantly. Furthermore, encapsulated PLGA nanospheres were found enhancing the follicle cycle transition from telogen to anagen and thus improved the degree of fur growth in the C3H mice study.

This study demonstrated that the PLGA nano-spheres could be a viable vehicle for transdermal medicine delivery. It opens the doors for many new anti-aging and cosmetic applications.

Commercial application of this technological product is on the market as nano-cosmetics.

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WEDNESDAY, DECEMBER 12, 2007 6:00pm-9:00pm

**WORKSHOP: Laboratory Testing in Anti-Aging Medicine**

Bill Anton Ph.D.

**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.

**GOALS & OBJECTIVES:**

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**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.**

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**METHYLTETRAHYDROFOLATE: METABOLIC AND CLINICAL SIGNIFICANCE IN AGING.**

— Wednesday 8:30am-9:00am

Jonathan Forester, MD

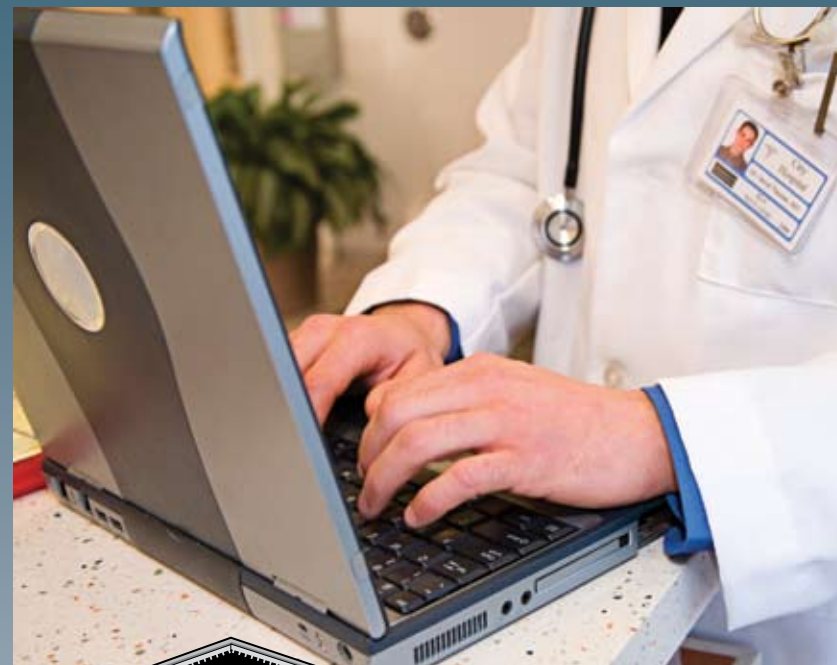
Folate and folic acid are forms of a water-soluble B vitamin. Folate occurs naturally in food whereas folic acid is the synthetic form of this vitamin that is found in supplements and fortified foods. Biologically active

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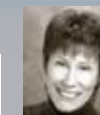
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folates can contain a single carbon unit at one of several levels of oxidation to form methyl (CH<sub>3</sub>), methylene (CH<sub>2</sub>), methenyl (CH+) or formyl (CHO) derivatives. The interconversion of the folate derivatives are performed by folate dependent enzymes which transfer one-carbon units to provide substrate's for a number of metabolic pathways that are essential for cellular function. Folates are required for the synthesis of DNA, metabolism of amino acids (homocysteine, histidine, serine and glycine), and for the de-novo synthesis of S-adenosylmethionine required in numerous methylation reactions that regulate cell function. Folate deficiency may commonly occur as a result of poor nutrition, defects in absorption and utilization, disease states, metabolic interference from drugs, and deficiencies in enzymes and /or cofactors required in the metabolism of folate forms. Genetic, drug and dietary interactions may therefore predispose certain groups in the population to an increased risk of folate deficiency. Clinical consequences of folate deficiency include macrocytic anemia, fatigue, irritability, peripheral neuropathy, restless leg syndrome, diarrhea, weight loss, insomnia, depression, dementia, cognitive disturbances, and psychiatric disorders.

The aging population is particularly susceptible to folate deficiency since blood and cerebrospinal fluid levels of folate decreases and homocysteine, a sensitive marker of folate status, increases with age. More recent studies suggest that folate deficiency may contribute to the depressive symptoms and cognitive impairment of the aging brain and may also accelerate the progression of Alzheimer's disease. Importantly, clinical studies have shown that folate supplementation may be beneficial in the treatment of depression and age related cognitive decline. Most treatment studies have used folic acid, the synthetic form that is converted to other folate forms in the body. However, methyltetrahydrofolate (MTHF) is the biological form that is absorbed at the gut level, and transported across the blood-brain-barrier, which may offer more beneficial effects. This presentation will review the role of folate in age related disorders, mechanisms of toxicity in folate deficiency, as well as diagnostic techniques and treatment strategies that are currently available to the healthcare professional.

**THE LATEST TRENDS IN MATURE SKIN THERAPIES** — Wednesday 5:00pm-5:30pm  
*Jerry Gillick, Hon. B.Sc. Chem., B.Sc. Pharm., R.Ph.*

The anti-aging segment of the beauty industry is a multibillion dollar industry and this trend is expected to continue for the next 20 years. There are hundreds of skincare companies and thousands of active and non-active ingredients available, some safe and effective and some unsafe with no proven efficacy. It is very important that the age-management practitioner have a basic understanding of the many active and non-active ingredients which are incorporated into skincare products.

This presentation will provide an introduction to the many categories of active and non-active ingredients in skincare products, and will also discuss how the addition of a custom skincare line can provide additional revenue and improve patient outcomes.

**HISTORIC AND CURRENT TRENDS IN COMPLEMENTARY, ALTERNATIVE AND NATURAL MEDICINE** — Wednesday 4:30pm-5:00pm  
*Marc S. Micozzi, MD, PhD*

The US healthcare system is in crisis and does not appear to be sustainable. Fortunately, alternative and holistic approaches to much of health and medicine are available. Presently, three-quarters of Americans use health services now labeled as "complementary and alternative medicine" (CAM), including mind-body techniques and natural healing, for health and wellness. American pay for CAM services primarily out-of-pocket. These payments now exceed total out-of-pocket charges for all outpatient mainstream health services

CAM services are usually available only in an outpatient (ambulatory care) setting. This setting provides only limited potential for the full therapeutic benefits of CAM. Many people would benefit from the application of CAM therapies and protocols ("a cure") during succeeding days of residential care in a holistic and healthful environment.

Residential CAM care can be provided in more holistic environments and at lower costs than in hospitals while providing vastly enhanced levels of hospitality services. Ideal settings for providing residential CAM health services exist in healthful environments with the benefits of nature. Historically, much of today's CAM may be thought of as natural medicine, or "nature cures." There is a great deal of now largely forgotten historical evidence about the benefits of "nature cure" during the late 1700's, 1800's and early 1900's in the United States.

The hidden or forgotten history of American medicine is highly relevant to fully understanding the potential benefits of CAM and natural healing in holistic environments today.

**THE BUSINESS ASPECT OF A PELLET PRACTICE** — Wednesday 2:40pm-3:00pm  
*Melanie Parsons*

This presentation discusses the history of BHRT and why many doctors believe "all hormones are bad" and why they do not know the difference between synthetic and Bio-Identical hormones. The advantages of having a pellet clinic are listed including the patient demographics and retention rates are described along with the best way to advertise and educate your patients. A potential earning spreadsheet is reviewed. Copies of suggested consent forms and receipts with CPT and ICD-9 codes are given. The FDA issue is explained and how this affects BHRT. It gives you guidelines for starting you own practice, where to begin and how to maintain it.

**GOALS & OBJECTIVES:**

- To discuss the history of BHRT, and how it affects its reputation today.
- The advantages of having a pellet clinic.
- How to set up your own pellet clinic.

**THE NUTS AND BOLTS OF ANTI-AGING MEDICINE. "HOW TO PRESCRIBE" HORMONES FOR ALL BIO-IDENTICAL HORMONES THAT ARE USED IN A HORMONE REPLACEMENT PRACTICE.** — Wednesday 5:00pm-6:00pm  
*Ron Rothenberg, MD*

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

continued on page 174

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

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

**GOALS & OBJECTIVES:**

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

**TRANSDERMAL DRUG DELIVERY USING NO-NEEDLE MESOTHERAPY** — *Wednesday 5:30pm-6:00pm*

*Alan Bunting*

Injection mesotherapy is used routinely for the treatment of a variety of disease conditions. In aesthetics the focus has been on strategies for the reduction of cellulite and fat. From a patient perspective the injection technique may suffer from the downsides of pain, bruising, edema and allergic reaction. In addition, the physician or nurse must be involved in the delivery process.

No-Needle mesotherapy uses a technology based on electroporation which in delivers a gel based, standardized mesotherapy cocktail to approximately the same depth as an injection. The treatment utilizes a combination of low level laser and three separate electrical waveform to penetrate minute water channels or micro-conduits on the surface of skin. Electroporation offers many advantages over iontophoresis which is inefficient in delivering materials to the treatment site. Radio isotope lymphography studies confirm rapid transdermal penetration of materials, an even distribution of ingredients and prolonged retention in tissue for up to 24 hours. Electroporation does not require the removal of the stratum corneum and is extremely patient friendly, elimination all the downsides of the injection technique.

No-Needle Mesotherapy may also be employed in combination with other device protocols to enhance the result of cellulite or fat reduction treatments. A facial application is offered to address various aspects of photo aging and wrinkle reduction.

**GOALS & OBJECTIVES:**

The objectives of this presentation is to provide an objective and non-commercial background to this exciting new modality and to educate attendees in treatment strategies for success. Attendees will also learn the important differences between iontophoresis and electroporation and why selection of an appropriate mix of treatment modes has a major impact on a successful outcome for the patient. Attendees will also learn the importance of good patient selection and the importance of a well organized fee structure to maximize their return on investment.

**MED SPA MARKETING-THE DOCTOR'S WAY** — *Time 5:00pm-5:30pm*

*Bryan Durocher*

Jump start the competition in the med spa market. Clients are not guaranteed just because your open. You have to market your business by benefit and selling position. Learn how to use marketing and networking as a powerful way of building professional relationships and generating new business opportunities all within realistic budgets.

- Learn Your Unique Selling Points to Distinguish Yourself from the Competition
- Learn 5 Essential Service Details That Create Loyal and Excited Clients
- Discover How to Build a Volunteer Sales Force That Refers Your Ideal and Best Clients to You
- How to Effectively Cross Market Med Spa Services
- The PR 411: What publicity is... and what it is NOT!
- It's Who You Know: How to source the right media contacts to gain exposure in your community

**THE MOST IMPORTANT ANTI-AGING INITIATIVE: METABOLIC SYNDROME X** — *Wednesday 6:00pm-7:00pm*

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

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, gastroesophageal 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. Anti-aging medicine must address Syndrome X as an urgent priority.

**Resource:** Holt, S. Combat Syndrome X, Y and Z..., Wellness Publishing Inc., Little Falls, NJ, 2002

**THE SUCCESSFUL AESTHETIC PRACTICE** — *Wednesday 7:30pm-8:30pm*

*Janette Daher, BS*

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.

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THURSDAY, DECEMBER 13, 2007

**TELOMERES 101: UNDERSTANDING HOW TELOMERES ACTIVATION (TA) COMBATS AGING**

— Thursday 7:00am-8:30pm

Frederick Vagnini, MD

Understanding the critical role that telomeres play in the aging process is crucial for any professional in the field of age management. **Telomeres 101** will chart the history of Telomere Biology, beginning with a short review of the discovery of DNA by Watson and Crick and continuing through Liz Blackburn's discovery of the telomerase enzyme up to the work of the Geron Corporation. This overview will help provide an understanding of the importance of telomeres and the underlying science of telomerase activation.

Clinical trials performed in vivo in humans in 2005 show statistically significant improvements in:

- Immune function
- Male sexual function
- Vision
- Skin
- Well-being
- Energy

**GOALS & OBJECTIVES:**

- Explain telomerase and aging
- Explain telomerase activation
- Present clinical data on nutraceutical approval to telomerase activation

This lecture will help provide an understanding of the importance of telomeres and the underlying science of telomerase activation, clinical data in regards to: immune function, well-being and energy.

**PROPHYLAXIS OF ATHEROSCLEROSIS AND PROMOTION OF WELL-AGING IN PATIENTS WITH METABOLIC SYNDROME** — Thursday 9:30am-10:00am

Gunter Siegel, MD, PhD

In westernized societies, the epidemic atherosclerosis and its clinical sequelae heart disease and stroke are the underlying cause of about 50% of all deaths. Thus, the prevention or deceleration of atherogenesis is one of the most significant anti-aging objectives since this is a matter of avoidance of myocardial and cerebral infarction. Epidemiological studies have revealed several important environmental and genetic risk factors associated with atherosclerosis. For example, oxidized LDL particles are highly atherogenic. To approach the aim of cardiovascular protection, phytochemical nutrition counteracting peroxidation of blood lipids based on their scavenger qualities for reactive oxygen species (ROS) could be of benefit. In a pilot study, we had reported on the beneficial effects of Ginkgo biloba (EGb 761) on atherosclerotic nanoplaque formation and size in cardiovascular high-risk patients who had undergone an aortocoronary bypass operation. Briefly, nanoplaque formation and size, the ratio oxLDL/LDL and the highly atherothrombotic lipoprotein(a) concentration were substantially reduced, while Superoxide dismutase (SOD) activity and the blood concentration of the vasodilating substances cAMP and cGMP were upregulated (Atherosclerosis 192 (2007) 438-444; Anti-Aging Therap. 9 (in press)). Methodically, the very earliest stages of atherosclerotic plaque development were measured by applying a novel nanotechnologic biosensor utilizing ellipsometric techniques (patent EP 0 946 876). This so-called nanoplaque formation is represented by the ternary aggregational complex of the HS-PG receptor, lipoprotein particles, and calcium ions. The model was validated in several clinical studies on cardiovascular high-risk patients introducing their native blood lipoprotein fractions. Since the atherosclerosis prophylactic and well-aging promotive impact of ginkgo extract has been undoubtedly proven in this pilot study of cardiovascular high-risk patients, we wanted to confirm these beneficial effects through a second observational clinical trial. The measurable variables formerly used were additionally supplemented by a wide, novel biomarker spectrum, through which the latest parameters and markers of plaque stability and progression, oxidative stress, and inflammation were available.

**GOALS & OBJECTIVES:**

- Prophylaxis of atherosclerosis,
- promotion of well-aging with ginkgo biloba;
- patients with metabolic syndrome; clinical trial

**PREGNENOLONE : A NERVOUS SYSTEM PROTECTOR AND MEMORY-ENHANCING HORMONE FOR HUMANS TOO?** — Thursday 10:30am-10:30am

Acanio Polimeni, MD, PhD

Neurosteroids (NS) are synthesized in the central and peripheral nervous system, particularly but not exclusively in glial cells, from cholesterol or steroidal precursors imported from peripheral sources. NS that are active on the central nervous system (Neuroactive Steroids) include, mainly, Pregnenolone (PREG), Dehydroepiandrosterone (DHEA) and their sulfate esters (PREG-S and DHEA-S), as well as the reduced metabolite of progesterone, 3 alpha,5 alpha-TH PROG also called Allopregnanolone. At different places in the brain, neurosteroid concentrations vary according to environmental and behavioral circumstances, such as stress, sex recognition, or aggressiveness. These neuroactive neurosteroids alter neuronal excitability by modulating the activity of several neurotransmitter receptors such as GABA-A, NMDA, SIGMA-1 receptors, N- and L-type Ca2+ channels. These non genomic actions are mediators of short- term effects, that take place in seconds and minutes like anxiolytic or excitatory effects and Early Long-Term Potentiation. Other actions are due to the binding of NS to cytoplasmic receptors; these when activated by this binding, translocate into the nucleus where they exert a regulatory action on genoma (genomic actions). The activation of these receptors may explain the medium and long term effects of NS such as neuronal plasticity. Therefore NS can influence behavior, mood, stress response and cognition. There is accumulating evidence that some neurosteroids, in particular pregnenolone (PREG), have strong influences on learning and memory processes, most likely by regulating neurotransmission in the hippocampus and by neurotrophic and neuroprotective functions. PREG, the most

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abundant steroid in the brain, is involved in regulating the balance between excitation and inhibition in the central nervous system, and for this reason, it's often referred as adaptogen. Several factors are responsible for the decline in memory. As we age, the functioning of the brain's neurotransmission system deteriorates. This leads to negative changes in the release of a key neurotransmitter known as acetylcholine, ranging from a minor decline to severe alterations (Alzheimer.Dis.or A.D.).The creation of brain cells also is diminished, at least in the hippocampus ,while there is a progressive loss of neurites.Scientists have found that Preg. effectively combats all these factors.The hormone has been implicated in memory acquisition and loss in rodents.Hyppocampus has high concentration of Preg.,animals with better cognitive performances have high concentration of Preg in the hippocampus,and administration of PREG directly into the hippocampus temporarily corrected the memory deficits of aged rats.The cholinergic activity,nmda, sigma 1 receptor and pck segnal trasduction modulations, shown on physiological studies,are directly responsible for its anti-amnesic properties.Other animal studies have shown neuroprotective and neurotrophic actions too.PREG-S central infusions in aged rats dramatically increase neurogenesis and neuritis overgrowth( Mayo 2005).The researchers found a 55% increase in cell proliferation in the dentate gyrus, where newborn cells differentiate into neurons.

These actions are due to a direct effect on neurons and on microtubule-associated protein 2 (MAP2), a protein family involved in the assembly and stabilization of microtubules.These are the major structural components of the neuronal cytoskeleton,they have an essential role in the elaboration of axons and dendrites and influence the ratio between neuronal's plasticity and stiffness( Baulieu 2006).

Preg.exerts its neurotrophic and neuroprotective effects through indirect actions too,like the modulation of inflammatory cytokines and the enhancement of the production of proteins that regutate neurites overgrowth like laminin,GAP 43,NEUROTROPHIN 3 and CNTF.Few but very interesting studies have been conducted on humans.Preg improved memory,alertness,concentration,thinking and vision.(Rahmawati 1996).Reus et al. (2001) reported greater improvement in measures of memory in healthy volunteers given Preg.compared to the placebo-treated group. In a French study(2002),was shown for the first time, a closed link between neurosteroid levels and extracellular senile plaques composed of  $\beta$ -amyloid peptides (A $\beta$ ) and the intracellular neurofibrillary tangles (NFT) in patients died for A.D.High levels of key proteins implicated in the formation of plaques and neurofibrillary tangles were correlated with decreased brain levels of PREGS and DHEAS, suggesting a possible neuroprotective role of these neurosteroids in AD.The data suggest that, different pathogenic factors may induce neurodegeneration in humans through the reduction of the synthesis of endogenous neuroprotective neurosteroids in nerve cells.Preg replacement therapy or therapies which stimulate neurosteroidogenesis could so preserve hippocampal plasticity and prevent the appearance of Age-Related Cognitive Disturbances.It may be important to study the effects of abnormal neurosteroid concentration/metabolism in view of the possible treatment of functional and trophic disturbances of the nervous system.

**GOALS & OBJECTIVES:**

In this lecture are shown the memory enhancing effects of pregnenolone on mice's and humans's brains. the presentation is focused in particular on the neuroprotective and neurotrophic actions of this precious neurosteroid.

**33 CARCINOGENIC FACTORS AND CANCER PREVENTION— Thursday 10:30am-11:00am**

Jose M Castro Nunez, MD

In 1775, the first investigation ever made of a specific risk factor related to environmental issues that cause cancer, was published by the London surgeon, Sir Percival Pott. A risk factor is that one that helps grow the possibility of a pathology development.

Cancer is not a unique illness and it does not have only one cause either, but it can be formed of a group of illnesses. There are multiple factors that take part in the genetic code modification, such as DNA mutations that alter an uncontrolled cell multiplication, causing the unbalance of the body harmony. One or more of these factors or the combination of both, grow the probability of a person to get cancer. Until today, there is no regulation that can determine the number of factors that help develop this pathology. Factors like heredity, environment, dietary habits, modified life styles, traumas and viral infections, increment the cancer development.

At the present time, some of these factors can be modified throughout complementary therapies, healthy nutrition, alimentary supplements, correcting life styles, inadequate sun exposure, protect or avoid radiation source devices and toxic substances aside from the elimination of tobacco consumption.

**GOALS & OBJECTIVES:**

- Prevention of cancer development through alternate therapies.
- Modification of different life styles.
- To offer alternative therapeutic services to patients.
- To inform and help patients to become aware of the factors that predispose can

**THE ROLE OF AGING IN INTEGRATIVE MEDICINE— Thursday 1:00pm-1:40pm**

Eric Braverman, M.D.

- .A Definition of Integrative Medicine
- The brain is the holistic organizer.
- Brain Mind Dynamics in cardiology, pulmonology, gastroenterology, muscular skeletal disorders, endocrinology, neuroendocrinology, Neuropsychoneuroendocrinology.

**LABORATORY TESTING IN ANTI-AGING MEDICINE — Thursday: 1:00pm-4:00pm**

Bill Anton Ph.D.

**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.

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Atherosclerosis**

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Vitamins & Antioxidants Water & Fat Soluble, Oxidative Damage assessment

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

Amino Acids Essentials & Non-Essentials, Neurotransmitters & Metabolites

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

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

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

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

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

**THURSDAY, DECEMBER 13, 2007**

*1:00pm-4:00pm*

**WORKSHOP: BREAKOUT SESSION II AESTHETIC MEDICINE:**

**FRACTIONAL RESURFACING**— *Thursday 1:00pm-1:40pm*

*Sharon McQuillan, MD*

Fractional photothermolysis is a revolutionary laser treatment, which provides cosmetic enhancements of traditional laser resurfacing without the risks or down time. This presentation will acquaint the attendee with the concepts of fractional resurfacing and its parameters, the indications and contraindications for the treatment, and an overview of the current fractional resurfacing devices currently available.

**LASER LIPOLYSIS**— *Thursday 1:40pm-2:20pm*

*Kostantinos Gkritzalas, MD*

The author report the experience of a surgical procedure with local anaesthesia that use diode laser 970nm isolated or associated with classic liposuction .

The physical principles of laser action on the adipocity, details of anaesthesia, application details and long term results are analysed.

**INTRODUCTION**

Laser Lipolysis is a modern advanced technique for the removal of the local fat in areas that the diet and physical exercise have no results.!

The surgeon with the help of the laser can operate in the local fat to sculpt the body having advantages of the use of the laser.!

With the laser we have less risk and less blood loss compared to the traditional methods also reducing the recovery time .

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**SIMULTANEOUS TRANSLATION**

-  French
-  English
-  Spanish
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**DISCUSSION**

When we operate with classic liposuction the limitation is the blood loss associated with fat.

When we operate with the Laser we have a very low level of blood loss low rate of echimosis and much better post operative results, and a better retraction of the skin due to the laser.

Specially when we operate areas like hands, submental area, we can operate without liposuction just leaving the smelt fat in area and only using a good massage of the area treated and then waiting the natural absorption of the fat.

At the end if we compare the result of the laserlypolisis with the classic method we can say that after the liposuction a big amount of fat cells is let inside which is already "destroyed" by the laser action and slowly is getting absorbed by the tissue normally.

The evaluation of the results is after 3 months.

**REFERENCES:**

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4. Blugerman G.Laserlipolisis for the treatment of localized adiposity and "cellulite". Abstracts of Word Congress on Liposuction Surgery. 2000: Dearborn,Michigan,USA.

**REGULATORY ISSUES IN AESTHETIC MEDICINE — Thursday 2:20pm-3:00pm**

*Diane Quibell, MD*

As the field of Aesthetic Medicine grows and evolves at a rapid pace, there are many questions and gray areas regarding many issues such as delegation of treatment, licensing, and education requirements. This presentation will clarify some of these important issues and also discuss future issues to come..

**LASER AND LIGHT WORKSHOP PRESENTED BY SYNERON \* — Thursday 3:00pm-4:00pm**

*John Shieh, MD*

As the field of Aesthetic Medicine grows and evolves at a rapid pace, there are many questions and gray areas regarding many issues such as delegation of treatment, licensing, and education requirements. This presentation will clarify some of these important issues and also discuss future issues to come..

**AN INTEGRATIVE APPROACH TO CANCER THERAPY — Thursday: 1:40pm-2:20pm**

*Ahmad Nasri, MD (Dom. Rep.), HD.*

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

A summary of 12 years clinical experience employing different therapies in cancer adjunctive therapy such as non-toxic chemotherapeutic agents, Angiogenesis Inhibitors, Oxygenation Therapies, Immune Therapies, Detoxification treatments, and other Biological Modulators and Homeopathic Remedies. A brief description of each of the treatment modalities is first mentioned and its efficacy is researched.

**GOALS & OBJECTIVES:**

- Present how to combine these modalities to tailor the appropriate treatment protocol for different patients.
- Illustrate the great response through presentation of several clinical cases.
- Discuss the efficacy of these therapies to decrease the side effects of conventional treatments and thus improve patients' survival and well-being.

**BIOENERGETIC MEDICINE. THE WIDSOM OF SMART MEDICINE— Thursday 2:20pm-3:00pm**

*Stephen Sinatra, MD*

After practicing medicine for more than three decades the essence of disease originates from an unholy triad

including nutrient depletion in the context of environmental and emotional toxicity. At the essence of this triad is the compromised cellular membrane. The human body is a high energy machine but produces an enormous amount of toxic waste. As the cellular membrane becomes compromised, vital nutrients such as oxygen, vitamins, minerals, and hormones are not able to enter and nourish the cell in sufficient amounts. Similarly, the toxic waste is not adequately flushed out of the cell. This scenario accelerates the development of microbial enhancement.

Eventually the cells become toxic, unable to regenerate and malfunction occurs. Clearly, the pharmaceutical approach to disease is not the answer. Most pharmaceutical drugs are not only toxic to mitochondria; they often also create enormous nutrient depletion. Since healthy cells create strong electrical frequencies, they assist the body in proper cell function as well as cellular repair. Organic healthy foods in the the presence of revitalized waters provide the necessary materials to support the cellular basement membrane as well as cellular function. The body requires an energetic interplay of the energies that create real healing.

This lecture will discuss how the marriage of electrical and nutraceutical medicine will achieve cellular support that will not only rejuvenate and restore the cell but repair it as well. Energy-enhancing, ATP-supporting nutrients as well as biological waters, sunlight, bee propolis and MK-7 are just a few of the exciting discoveries that assist the quantum energy of the body. Electrical medicine

provided by low frequenced pulsed biofeedback devices as well as revitalized waters assist nutraceuticals in achieving their goal. Such bioenergetic medicine in which the pulsation of the cell is maximized helps create the mileu landscape for optimum health.

**GOALS & OBJECTIVES:**

- Discuss the role of energy medicine in optimum health
- List five nutraceuticals that promote favorable vibrational frequencies in the body
- Discuss how electrical medicine assists in optimizing cellular function
- Describe the nature of energized revitalized biological water in the healing process

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**BOOTH #5060**

**BPA INTERNATIONAL**



**CLINICAL CONSIDERATIONS IN TOPICAL HORMONE ADMINISTRATION**— Thursday 3:00pm-3:40pm

James Paoletti, R. Ph.

Discussion will include the unique pharmacokinetics of topically applied hormones including absorption, distribution and metabolism. Considerations in choice of base, volume size, concentration, and method of application will be discussed.

Also discussed will be interpretation of clinical response and proper testing for topical administration.

With the ever increasing popularity of the use of topical hormone products, both OTC and compounded prescriptions, the practitioner should be aware of the unique parameters of this method of delivery. An understanding of the characteristics of absorption and distribution of topically applied hormones is paramount to proper interpretation of clinical response. Symptoms of an excess of hormone often closely mimic the symptoms of deficiency of the hormone. Absorption of hormones into and across the skin varies with micronization of the hormone, formulation of the base, and concentration of the hormone. Delivery and distribution of the hormone are affected by type of base, volume applied, site of application, and additional factors. The goal of the practitioner should be to use the lowest amount of hormone to achieve symptom management and normal physiological levels. Understanding these parameters will enable the practitioner to make adjustments to the method of hormone application as well as the dose of hormone to achieve desired results while maintaining normal physiological levels.

Evaluation of symptom management should be correlated with measurement of hormone levels in analysis of the therapeutic outcome and dosage adjustments. Understanding the pharmacokinetics will enable the practitioner to recommend proper testing and interpretation of test results. Dosage guidelines for topical application will be provided, based on science and clinical experience. Application method recommendations given will take into consideration the patient individual desires and patient compliance as well as the science applicable to this route of administration.

Comprehensive patient consultation on the method of application is critical to the desired therapeutic response. Also, practitioner and patient need to be aware of the possibilities of transference of hormone to people, pets, and inanimate objects.

**GOALS & OBJECTIVES:**

At the conclusion of the presentation, the attendee should be able to:

- Describe the delivery and distribution of hormones applied to the skin
- Discuss the variables affecting absorption rate of topically applied hormones, including particle size, base, and site of application
- Explain how to measure hormone levels with topical hormone administration and correlate to symptoms

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**SALIVARY HORMONE TESTING - DO'S AND DON'TS** — Thursday 3:40pm-4:15pm

Wolfgang Ziemann, Ph.D.

Recent publications show that the reliability of saliva testing in some commercial labs is questionable. One significant contributing factor to unreliable lab test results can be sample collection technique and instructions.

Test menu: Clinically relevant salivary analytes must be small non-polar molecules. Physiologically there is no reason to expect clinical levels of analytes such as DHEA-S, T3, T4, proteins, or catecholamines to be found in saliva.

- Collection device: Because non-polar analytes such as steroid hormones have a strong tendency to adsorb to many plastics, only polypropylene devices with integrated cap should be used. Screw caps can be a source of interference. Don't use cotton based collection devices.
- Stimulation of saliva flow: No chewing during the collection procedure. Chewing increases the presence of gingival fluid which can significantly contaminate saliva samples.
- Blood contamination: The patient should inspect freshly collected saliva samples for any tint of red color, and discard the sample if red color is seen. Wait 10 minutes and collect a replacement sample.
- Food interference: Avoid any food of animal origin during the collection day until sampling is completed.
- Multiple sampling: Because levels of steroid hormones fluctuate over short periods of time in either saliva or serum, multiple sampling is highly recommended. Best results can be expected if 5 samples are collected within a period of 2 hours.
- Saliva samples can be sent to the lab without cooling.

If these recommendations are followed carefully the results of saliva lab tests will be superior to serum assessment of the same analytes. It has been reported in literature that the clinical validity of serum analysis of steroids sometimes are of limited value due to interference of conjugates and binding proteins. This can be overcome by non-invasive salivary testing which provides analytical results closely correlating to the free fraction of the hormone in serum. Moreover the episodic pattern of steroid secretion can be easily compensated for by multiple sampling.

**GOALS & OBJECTIVES:**

- To optimize saliva sample collection procedures
- To review physiological limitations of salivary glands
- To compare saliva and serum assessment of steroids

**THURSDAY, DECEMBER 13, 2007**

5:30pm-8:30pm

**WORKSHOP: AESTHETIC COMMERCIAL WORKSHOPS \***

**SMARTLIPO PRESENTED BY CYNOSURE**— Thursday 5:30pm-6:30pm

Peter Klainer, MD

Have you ever thought about integrating liposuction into your current practice offerings but did not know where to start? Are you already offering liposuction to your patients? If so, Cynosure and Dr. Peter Klainer would like to introduce you to a new, dynamic opportunity to learn the latest in Smartlipo™

**HOW TO OPERATE A SUCCESSFUL AESTHETIC LASER PRACTICE PRESENTED BY PALOMARD**

— Thursday 6:30pm-7:30pm

Dianne Quibell, MD

Learn how you can lead the way in your aesthetic business with the latest laser/light aesthetic technologies! Topics discussed include: • How to choose the best laser and pulsed light system for your needs, with an eye on expandability and ease of use. • How to integrate aesthetic treatments into your practice while still maintaining high standards of patient care. • Marketing your new aesthetic treatments to your patient base and the general public for maximum profitability. StarLux applications include: • Permanent Hair Reduction • Photofacials for Pigmented and Vascular Lesions • Leg Vein Treatment • Acne Clearanc

**THURSDAY, DECEMBER 13, 2007**

6:00pm-7:00pm

**WORKSHOP: HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE (ACASP)/ SPORTS MEDICINE**

John Grasela, R.Ph., Pamela Smith, MD, Ron Rothenberg, MD, Patrick Savage, MD

Presentation on the key requirements of starting and growing a successful Bioidentical Hormone Therapy practice within the United States. Key topics include proven experience in Marketing, converting prospects to patients and operational follow up to ensure practice success.

BodyLogicMD® is a nationally recognized network of anti-aging physicians who share the marketing, business knowledge, strategic partners and technology necessary to successfully grow their hormone therapy practices.

BodyLogicMD® physicians specialize in bioidentical hormone therapy integrated with proper fitness and nutrition. Helping women and men suffering the symptoms from hormonal imbalance, menopause and andropause (the male menopause).

Over the past 4 years, BodyLogicMD® has launched and grown to over 15 centers and 18 under contract. It has created 17,000 prospects and 4,600 new patients for these centers.

BodyLogicMD® currently is producing over 1,200 new prospects and adding 250 new patients monthly facilitating it tremendous growth rate.

Patients are demanding better preventative care to preserve health; and physicians are entering this field to meet this need. Anti-aging is generally not insurance-based medicine. It is elective care driven by patient's desires to age with vitality and good health – avoiding the syndromes seen by many in their parents as they have aged. Doctors see anti-aging practices as a cash-based (non-insurance) model as a means to improve their wealth, provide proactive patient care, and improve their own quality of life.

**GOALS & OBJECTIVES:**

- Understanding of the keys to successfully marketing your practice.

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  - o Revenues
  - o Marketing Expense management
  - o Operational Expenses
- Understanding of the key components of patient satisfaction

**ENERGY MEDICINE AND LONGEVITY** — Thursday 6:00pm-9:00pm  
James L. Oschman, Ph.D.

After much skepticism, energy medicine and the science behind it are emerging as rich and fascinating topics with major implications for anti-aging medicine. The public is attracted to energetic techniques because they are cost-effective, are relatively non-invasive and have few if any side effects. This presentation focuses on diagnostic/therapeutic approaches utilizing pulse biofeedback. These devices are based on the Vascular Autonomic Signal (VAS), a sensitive indicator of the condition of systems throughout the body. The VAS is a rapid change in the tone of the smooth muscles in the walls of the arterial system, mediated by sympathetic and parasympathetic neurons. The VAS can be used to determine the response of the body to specific microcurrent frequencies known to influence particular tissues and physiological systems, as well as the responses to frequencies that are known to stimulate healing. Well-documented and widely used examples include the use of microcurrents or pulsing electromagnetic fields to stimulate bone growth and the healing of soft tissue injuries. Diagnostic tools based on the VAS are extremely sensitive for detecting elusive pathologies and serious medical conditions in the earliest stages of development. The implications for prevention and longevity are profound.

**GOALS & OBJECTIVES:**

- List 2 major forms of energy medicine.
- Identify the neurologist who developed and applied the vascular autonomic signal (VAS).
- Identify the part of the nervous system that mediates the VAS.

**MESOTHERAPY, MESOPLASTY®, LIPODISSOLVE, AND INJECTION LIPOLYSIS: APPLICATIONS IN AESTHETIC MEDICINE**  
— Friday 7:00am-8:00am  
A. Peter Salas, MD,

Mesotherapy was developed in France in 1952 by Dr. Michel Pistor. It has become a popular therapeutic approach, especially in aesthetic medicine. Mesotherapy involves delivery of therapeutic agents directly through the skin to the target area minimizing the systematic impact of the treatment. Although mesotherapy has traditionally been used to treat common medical conditions, in the USA the primary interest in mesotherapy has been its aesthetic applications. We have reported our experience in aesthetic mesotherapy in an effort to better identify the optimal treatment regimens and best candidates for this modality.

Since 2002 we have treated over 1000 patients for various indications, primarily related to localized lipodystrophy, fatty neck, jowls, and lower eyelid fat herniation. In our initial experience we treated patients unilaterally with a contralateral control to show the efficacy of mesotherapy as an effective aesthetic procedure. We subsequently looked at different combinations of medications in an effort to derive an optimal treatment formula. We also compared the results of mesotherapy with liposuction in a prospective study. Our treatment protocols usually involved the use of an automated injector.

We found that mesotherapy is well received by patients and is very effective in the treatment of localized lipodystrophy. Side effects observed in our patient population were generally minor and self limited. We are not able to show significant changes in patient weight with Mesotherapy. In addition, we found that mesotherapy is not as effective as liposuction in the treatment of lipodystrophy.

We will review the scientific basis of mesotherapy, and the medications currently used in aesthetic mesotherapy. Special attention will be given to effective techniques and appropriate patient selection.

**GOALS & OBJECTIVES:**

- Discuss the scientific basis of mesotherapy, Mesoplasty, Lipodissolve, Injection Lipolysis
- Understanding the role of mesotherapy, Mesoplasty, Lipodissolve, Injection Lipolysis in aesthetic medicine
- Explain the proper technique of administration
- Selecting the appropriate candidate

**COMPREHENSIVE CANCER TREATMENT** — Friday 8:00am-9:00am  
Mark Rosenberg, MD

The efficacy of treatment for Stage III and Stage IV cancer has progressed minimally since the inception of chemotherapy. The initial approach was to use relatively broad spectrum chemotherapy drugs that attempt to kill rapidly dividing cells. Results for the majority of cancers (with the exception of the leukemias, choriocarcinoma, testicular cancer, ovarian cancer, and the lymphomas) have been dismal. At best, we may see a temporary response which may extend survival by up to 2-3 months; unfortunately, the minimally extended life span is frequently associated with intolerable side effects.

The effectiveness of chemotherapy has recently come into question, as is reflected in an article written in the British Journal, "Oncology," in June, 2004. The authors of this article (two radiation oncologists and one medical oncologist) undertook a literature search for all randomized-controlled trials that reported a statistically significant increase in 5-year survival due solely to cytotoxic chemotherapy in adult malignancies. The search period was from January 1990 to January 2004. The results were disappointing. "The overall contribution of curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be 2.3% in Australia and 2.1% in the U.S."

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It is time for a paradigm shift in the treatment of cancer. Cancer growth and metastasis is fueled through a myriad of mechanisms. It would therefore be cavalier to think that we can manage such a disease process by merely blocking one, two, or even three mechanisms of growth. Cancer may be cured or managed as a chronic disease, however, using numerous modalities simultaneously. If managed as a chronic disease, these modalities should allow the individual to coexist in harmony with their existing cancer; the cancer should be stabilized so there is no progression and no symptoms. The management of HIV is an excellent analogy. There was a time when HIV was an automatic death sentence. Now, HIV is often managed as a disease that individuals may live with, symptom free, for decades.

This lecture will delineate approximately 15 different receptors, growth factors, and mechanisms, through which cancer sustains and promotes itself. A novel comprehensive protocol for the treatment of cancer will be explained, followed by case reports of patients with metastatic cancer who have undergone this protocol.

**GOALS & OBJECTIVES:**

- Discern the relative ineffectiveness of chemotherapy for metastatic cancer
- Understand the multitude of mechanisms through which cancer proliferates
- Learn a new paradigm in the treatment of cancer

**BREAKING NEWS: VICTORY OVER FDA SUPPRESSION OF LEGAL PHYSICIAN USE OF HUMAN GROWTH HORMONE (HGH)** — Friday 9:00am-9:30am

James Forsythe, MD

This presentation will cover the indictment of an anti-aging physician who is Board Certified in Internal Medicine, Medical Oncology and Homeopathy for prescribing "off label" usage of Human Growth Hormone for an "unrecognized medical condition", namely Anti-Aging medicine.

The case will be reviewed including "trigger" complaints, the failure of the FDA

to give mandatory warning, undue search and seizure by 3 dozen federal agents on the personal home and business of the defendant in February of 2005.

**Other examples of prosecutory misconduct will be cited including:**

1. Selective enforcement
2. Lack of "Miranda rights"
3. "Upcoding" of shill's medical records
4. Slander and libel in the electronic and print media
5. Providing false testimony and affidavits to the federal grand jury to secure an indictment
6. Practicing medicine without a license by the FDA.

The strategy and tactics used by the legal team of Mirch and Mirch using the evidence of Prosecutory Misconduct and the threat of "wrongful deaths" countersuit were key factors in forcing the prosecution to back down from a felony to a misdemeanor to a civil action. Ultimately the defendant was ironically placed in a position of writing a national protocol for GHD in adults.

**GOALS & OBJECTIVES:**

- To cite this landmark legal case which will make HGH now "on label" for use in GHD in adults.
- To assist other anti-aging MD's/DO's in their battles with the FDA and medical boards using expert legal tactics.

If Botox® is the #1 cosmetic procedure in North America, why is patient retention only 57%? In the author's practice, patient retention is over 90%. Unfortunately, Botox® is like driving –everyone thinks they are an expert. This talk will examine the factors that result in satisfied patients with a high retention rate for the number one cosmetic anti-aging procedure.

**WORKSHOP: BREAKOUT SESSION II AESTHETIC MEDICINE**

**PANFACIAL BOTULINUM TOXIN A TREATMENTS** — Friday 1:00pm-1:40pm

Manon Pilon

Almost 20 years have passed since the first Botox Cosmetic® (botulinum toxin A) injections were done for unsightly frown lines between the eyebrows. Now that the long-term safety of Botox® has become clinically established, with millions of men and women having received injections, Botox® treatments have become the #1 cosmetic procedure in the USA. Botox® is truly anti-aging medicine, and should be available from any anti-aging physician who has undertaken proper training.

If Botox is the #1 cosmetic procedure in North America, why is patient retention only 57%? In the author's practice, patient retention is over 90%. Unfortunately, Botox is like driving –everyone thinks they are an expert. This talk will examine the factors that result in satisfied patients with a high retention rate for the number one cosmetic anti-aging procedure.

**HYALURONIAN FILLER UPDATE** — Friday 1:40pm-2:20pm

Milan Shah, MD

Over the last few months at least 5 major players have obtained FDA approval for their newest facial filler. When looking for the ideal filler practitioners consider many important characteristics including, longevity, ease of injection, cost, results and of course the safety profile. Because of the high demand of these products, manufacturers are raising the bar and as a result we have a new array of fillers to choose from. So which is truly the best, the most ideal filler? Not only have there been advancements in characteristics of fillers including

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longevity, safety, ease of use, and appearance, but the fillers are now used for a variety of applications. Newly pioneered techniques in filler injection allow their use in not only naso-labial folds, lips and oral commissures, but now we are targeting malar volume loss, tear trough depression and even aiding in creating the effect of a facial lift. This lecture is intended to provide an update on the current market trends on fillers and the properties of each. We will also discuss advanced injection techniques and applications of each of the latest and greatest fillers on the market today.

**COMBINATION THERAPY INJECTABLES DEMONSTRATION** — Friday 2:20pm-3:00pm

Sharon McQuillan, MD

View a live demonstration of the use of Botulinum Toxin A and Facial Fillers treatments to achieve results comparable to that of a face lift with minimal risk and far less down time. These procedures can be performed in a physician office setting.

**AESTHETIC LASER TREATMENTS PRESENTED BY CANDELA \*** — Friday 3:00pm-4:00pm

Nissan Pilest, MD

Learn from one of our experts, Dr. Nissan Pilest, about the latest advances in aesthetic laser and light-based technology and what they can do for your practice. See how hair removal, pigmented lesion removal, skin tightening, wrinkle reduction, tattoo removal, leg and facial veins and other popular therapies can expand and transform your practice..

**THE LATEST & GREATEST TECHNOLOGIES IN FACIAL FILLERS** — Friday 1:40pm-2:20pm

Milan R. Shah, M.D.

Over the last few months at least 5 major players have obtained FDA approval for their newest facial filler. When looking for the ideal filler practitioners consider many important characteristics including, longevity, ease of injection, cost, results and of course the safety profile. Because of the high demand of these products, manufacturers are raising the bar and as a result we have a new array of fillers to choose from. So which is truly the best, the most ideal filler? Not only have there been advancements in characteristics of fillers including longevity, safety, ease of use, and appearance, but the fillers are now used for a variety of applications. Newly pioneered techniques in filler injection allow their use in not only naso-labial folds, lips and oral commissures, but now we are targeting malar volume loss, tear trough depression and even aiding in creating the effect of a facial lift. This lecture is intended to provide an update on the current market trends on fillers and the properties of each. We will also discuss advanced injection techniques and applications of each of the latest and greatest fillers on the market today.

**GENOMIC APPROACH TO CANCER TREATMENT**— Friday 1:40pm-2:20pm

S. R. Burzynski, M.D., Ph.D.

In this presentation, I will try to answer the question if a personalized treatment approach may improve the results of cancer therapy and I will review the most important strategies that are useful in current oncology practices.

After determining a sequence of the human genome, it was discovered that only 10% of genes are active in adult life; therefore, approximately 90% of our genes are silenced(1). The system of biochemical factors called epigenome consists of molecular switches that silence and activate genes throughout our lifetime(2). Silencing of tumor suppressor genes triggers higher oncogene activity leading to mutations and an increased risk of cancer. Decreased activity of tumor suppressors and increased activity of oncogenes lead to cancer, but the inverse controls cancer. Since epigenomes are systems of molecular switches which target gene expression, normalization of gene expression based on epigenetic mechanisms is a very attractive approach to control cancer. Drugs that were initially approved for oncological indications which were directed against single specific targets raised tremendous hopes and excitement as well as disappointment. Currently, the emphasis of research is centered around drugs affecting multiple targets. In summary, there are over 20 targeted therapeutics approved by the FDA and the number is growing rapidly(3). Currently available targeted therapeutics are either monoclonal antibodies injected intravenously or “small molecules” administered orally.

The results of standard treatments are disappointing in glioblastoma multiforme (GBM), the most common

malignant tumor of adult patients. In a large series of patients with GBM, less than 2% survived 3 years after diagnosis in North America and approximately 3% survived 2 years after diagnosis in Western Europe. In a group of 88 evaluable patients with GBM treated in phase II trials with antineoplastons, 25% were long-term survivors (over 2 years) and the maximum survival now exceeds 13 years(9).

In conclusion, personalized treatment based on identification of oncogenes involved in cancer allows successful therapy of patients who have failed standard radiation and chemotherapy. Antineoplaston treatment results in objective responses and long-term survival in difficult-to-treat malignant brain tumors and colon cancer. Dynamic expansion of research of targeted therapies and identification of patients who are prospective responders promises much better results in overall cancer treatment in the near future.

**CELLULAR ENERGETIC IN CHRONIC DERMATOSES AND SKIN AGING** — Friday 2:20pm-3:00pm

Prof. John G. Ionescu, PhD

Previous research indicates that the intrinsic (genetically determined) and the extrinsic (UV- and toxic exposure mediated) skin aging processes are overlapped and strongly related to an increased generation of free radicals. In turn, the intrinsic skin aging process is mediated by decreased energy levels and anabolic processes in the skin cells, deficient antioxidant defence mechanisms, deficient melanin synthesis, deficient detox capacity (genetic polymorphisms) as well as decreased sexual hormones supply (age related) and water retention.

Biomarkers of the intrinsic aging include hyaluronic acid depolymerisation, a reduced melanogenesis and oestrogen dependent collagen synthesis, lowered ATP generation and wound repair capabilities, an impaired antioxidant defence and an increased lipofuscin generation (age spots). On the other hand, inflammatory and proliferating skin conditions like acne and psoriasis are also associated with decreased ATP and cyclic nucleotides (cAMP) in blood and epidermal cells.

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In the late 80's we noticed that psoriatic skin lesions significantly respond to supplementation with energy generating compounds and melanin promoters. In clinical studies, topically applied energy generating compounds like AMP, ADP and NAD (Cell Energy ®) normalized the cell replication rate in psoriatic skin, diminished the acne pustulae and induced a significant improvement of skin structure and wrinkles (anti-aging-effect).

To slow down the photoaging related wrinkle formation efficiently, a new collagen synthase stimulating formula (Energio Repair Complex®) offers a synergistic anti-aging combination of UV-light blockers, free radical quenchers (Vit. E, Coenzyme Q10) and collagen/ elastin synthesis promoters like hydroxyprolin and plant bioflavonoids. The active ingredients are incorporated in liposomes containing skin identical phospholipids and ceramides by means of the patented DMS® nanoparticle technology. A rapid uptake in the epidermis cells is thus granted.

The use of the described hypoallergenic topical products results in a significant improvement of the skin structure and appearance within 30 days, as documented with the standardized Surface Evaluation of Living Skin (SELS) methodology in a group of 35 women aged 40 to 63 years.

**GOALS & OBJECTIVES:**

- Understanding the role of cellular energetics in chronic inflammatory skin diseases (psoriasis, acne, eczema) and aging
- Explaining the biomarkers of the skin aging process as background for specific anti-aging treatments
- Describing innovative procedures and formulas to counteract the described chronic dermatoses and wrinkle formation
- Monitoring the anti-aging therapy results by means of the standardized Surface Evaluation of Living Skin (SELS) methodology

**THE FUSION OF AESTHETICS AND AGE MANAGEMENT— Friday 3:00pm-3:30pm**

Michael Zacharia, MD

As we enter a new phase of anti-aging medicine, it has become more and more obvious that our clients require a sophisticated, combined approach to augment their anti-aging medical treatments. This lecture will describe the means by which a patient can have an integrated treatment plan involving both anti-aging and aesthetic procedures in the same practice. More importantly it will describe the way we as doctors can combine the two specialties into a common practice.

**THE POSSIBLE ROLE OF TOPICAL ANTIOXIDANT CREAMS CONTAINING VITAMINS A, C, AND E IN PROMOTING AND PROTECTING THE HEALTH OF THE SKIN — Friday 3:00pm-3:30pm**

Gordon O. Telford, M.D.

Chronic sun exposure results in premature ageing, immunosuppression and skin cancer. The mechanism of injury involves free radical production. Antioxidants absorb free radicals. In the epidermis the exogenous antioxidants are Vitamins A, C, and E. Topical application markedly increases the available levels.

Treatment may offer:

- Enhanced photoprotection on a cellular level: a biological sunscreen
- Prevention of photoageing
- Reversal of photoageing
- Chemoprevention of skin cancers and melanoma.
- Reversal of natural ageing
- Improved wound healing

**GOALS & OBJECTIVES:**

- How to recognise sun damage
- Current Concepts in:
  - The effects of chronic sun exposure
  - The free radical model
  - \* of injury and the role
  - \* of exogenous antioxidants

- Results of studies using Topical Antioxidants

**CLINICAL THERAPIES TO CONTROL INFLAMMATION AND METABOLIC PERFORMANCE— Friday 3:30pm-4:00pm**

Chris 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.

**GOALS & OBJECTIVES:**

- Expand Clinical Understanding of Natural Approaches to Inflammation Control
- Acquire Botanical Therapeutic Knowledge Relative to Human Physiology Modulation
- Appreciate the Clinical Synergies of Combined Natural Therapeutic Interventions practice.

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**THE LATEST TECHNOLOGY FOR MEDICAL-SPAS: LASERS, ULTRASOUNDS, MICRO-CURRENT...**

**WHAT YOU NEED TO KNOW!** — Friday 3:30pm-4:00pm

*Manon Pilon*

New Innovations and technologies will be introduced. Understating the ideal profitable medical –spa setting, including the equipment that a medical-spa requires and the new trends in the industry... Update your knowledge on Lasers, LED, lifting devices, electro coagulation, ultrasounds, cellulite equipments, lasers, Micro-Current. Learn the benefits and applications of each device and the new approaches that they are introducing in the industry. Be ahead of your competition.

**FRIDAY DECEMBER 14, 2007**

*Friday 5:30pm-8:30pm*

**▶ EVENING WORKSHOP: AESTHETIC COMMERCIAL WORKSHOPS \***

**SUCCESSFUL PATIENT OUTCOMES FOR THE TREATMENT OF HAIR, VEINS, PIGMENT, SKIN LAXITY, AND TEXTURE PRESENTED BY SCITON LASER**— Friday 5:30pm-6:30pm

*Denise Baker*

Find out why physicians offering non-invasive cosmetic procedures see more patients and greater profitability. Dr. Denise Baker will share her clinical and personal perspective on new popular rapid-recovery and no-downtime procedures. You will learn how these procedures can be a source of growth and prosperity for your practice. Procedures include facial wrinkle treatment, high-speed hair removal, MicrolaserPeel(TM), Vascular lesions and leg vein treatment, photofacial treatments, and more. Devices include the Profile expandable platform with Contour(TM) for resurfacing and MicroLaserPeel; ClearScan(TM) for high-speed automated hair removal and vascular treatment; ThermaScan(TM) non-ablative wrinkle treatment, acne scar and acne treatment; and the new BBL(TM) broadband pulsed flashlamp for treating a wide variety of conditions.

**LASER 360 DEGREE PRESENTED BY ALMA LASERS** — Friday 6:30pm-7:30pm

*Martin Braun, MD*

Laser360 skin rejuvenation uses three laser and light techniques improving patients' skin, color, texture, tone and laxity. This 60 day application treatment applies the fractional resurfacing technique with the Pixel hand piece. This new laser technique involves creating thousands of tiny micro-perforations in the skin smaller than a pore. These tiny micro-perforations heal in 24-36 hours. The Pixel's healing response results in new collagen being formed in the skin. This is different from the traditional resurfacing, which involved burning away the entire surface of the skin resulting in considerable downtime and risk. With the Pixel hand piece there is no downtime and no pain. Furthermore, traditional resurfacing was too harsh to perform on the skin, neck or chest. Fractional resurfacing with the Pixel during the Laser360 skin rejuvenation program can be done anywhere on the body, and the end result is smoother skin with improved tone and texture, with virtually no downtime or risk. The patient notices smaller pores, less fine lines, and improved acne scars with more radiant skin.

**AESTHETIC MARKETING 101** — Friday 7:30pm-8:30pm

*Janette Daher, BS*

The successful aesthetic practice model requires a unique combination of successful patient outcomes with superior customer service. This presentation will review 26 components from A-Z to accomplish a successful practice model.

**ELECTROMAGNETIC FIELDS. IMPACTS AND ANTIDOTE** — Friday 6:00pm-9:00pm

*Eric Braverman, M.D.*

In our increasingly "high-tech" society, it is impossible to avoid being affected by electromagnetic fields (EMF). Greater than 2 milligauss extremely low frequency (ELF) EMF is common in our environment, even though it is associated with an increased risk for brain cancer, among other risks. Although there is still much to

be learned about the effects of ELF EMF, and a lot of conflicting information to make sense of, it is becoming increasingly clear that ELF EMF have ubiquitous effects on our bodies that parallel their ubiquity in our society. Studies have shown that children living near power lines are more prone to develop leukemia, perhaps due to power frequency magnetic fields suppressing the nocturnal production of melatonin in the pineal gland. Electrical workers may also be at an increased risk for leukemia. ELF EMF may have a causal relationship with other cancers, such as lymphomas and cancers of the nervous system. DNA crosslinking increases upon exposure to 50 Hz magnetic fields. Intermittent ELF EMF have a clastogenic potential which may lead to chromosomal damage in dividing cells. Intermittent exposure to 60 Hz, 28.3 microT magnetic fields results in less sleep time and reduction of sleep efficiency, increased time in Stage II sleep, and decreased REM sleep. Long-term studies of ELF EMF suggest that ELF EMF exposure may be linked to higher levels of oxidative stress. Magnetic fields affect human heart rate variability, AV conduction, and heart rhythm. ELF EMF may deplete endorphins in the brain, which could lead to addiction and other psychiatric disorders. Exposure to ELF EMF puts electric utility workers at an increased risk of suicide. ELF EMF have detrimental effects on cognitive process, such as short-term memory and executive functioning, attention, and reaction speed. ELF EMF alter calcium ion production in our cells and can therefore alter hormone production. They cause an increased production of soluble amyloid beta protein (sAb) secreted into the blood stream. It crosses the blood-brain-barrier in amounts that can eventually lead to Alzheimer's disease.

Is there an electromagnetic antidote for these detrimental effects of electromagnetic pollution?

The cranial electrical stimulation (CES) device, combined with a healthy diet and lifestyle, is the antidote and preventive measure for the damage that one can incur from living in today's high-tech society. Just as we use "good" heavy metals (e.g. Selenium) to antidote toxic heavy metals (Mercury), and organic chemicals to antidote organic toxins, we can also use electrotherapy to antidote the negative effects of ELF EMF.

CES devices normalize numerous types of brain rhythms. By doing so they have been shown to reduce anxiety and increase attention, in addition to improving sleep. They improve hearing and cognition, and help suppress tinnitus. They can be used for the treatment of addiction. CES devices inhibit the locus coreleus to produce the same effect as clonidine of blocking anxiety. They have been shown to increase the P300 wave amplitude in alcoholics. They decrease alpha-theta brain wave activity, and increase theta-alpha brain waves. CES devices raise blood levels of endorphins and increase the conversion of amino acids into neurotransmitters. By modulating neurotransmitters in the brain they may rebalance the immune system to help with aspects of all depression and anxiety-type symptoms. They decrease hallucinations. They are used for treatment dysmenorrhea. They improve Parkinson's disease symptoms – including the elimination of dyskinesias. CES devices helped to decrease violence in a group of mentally retarded individuals. They treat fibromyalgia. They can be used to enhance cognitive behavioral therapy. CES devices have no serious side effects and are therefore a safe antidote for damage incurred by contact with EMF, and an effective preventive measure in conjunction with a healthy lifestyle and diet.

As electrical beings, we are very susceptible to harmful effects of our increasingly electronic world. But we can also use electrotherapy to reverse and prevent disease. A man who spent 6 years with minimal consciousness had electrodes implanted in his thalamus, causing him to respond immediately to voices in the room and to open his eyes. More research will continue to reveal the preventive and lifesaving effects of electrotherapy, the antidote for electromagnetic pollution.

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# AESTHETIC ANTI-AGING FELLOWSHIP AND CERTIFICATION

## Redefines the Practice of Aesthetic Medicine

### **AESTHETIC ANTI-AGING FELLOWSHIP & CERTIFICATION** Redefines the Practice of Aesthetic Medicine

**The American Academy of Anti-Aging Medicine and The Ageless Aesthetic Institute** proudly presents the Aesthetic Anti-Aging Fellowship, a comprehensive medical education series in Aesthetic Medicine theory and hands-on procedural clinical experience.

#### **Seven Part Series of Lecture, Live Demonstration, & Hands-On Procedural Training and Evaluation** in the following aesthetic treatments:

- Botulinum Toxin A Injections
- Facial Filler Injections
- Aesthetic Laser and Light Treatments
- Aesthetic Venous Treatments
- Body Contouring Techniques
- Chemical and Mechanical Resurfacing
- Cosmeceuticals

**Earn up to 130 AMA/PRA Category 1™ Credits plus Level 4 Certification** in accordance with American Medical Association guidelines for continuing medical education in New Procedures and Skills. Participants leave program certified competent to perform aesthetic procedures without supervision.

**Certification Process** consisting of a written evaluation exam and an oral case study presentation.

#### **Fellowship Attendees** Enjoy:

- Non-biased, evidence-based medical curriculum
- Individualized hands-on procedural learning on live models
- Education and advice from leading experts in Aesthetic Medicine
- Practice development tools
- Best practices for patient selection, pre and post treatment precautions, informed consent, treatment alternatives, complication prevention and management, and the need for specialist referral

#### **Course Completion Guidelines and Curriculum**

The four module lecture series will be held at the A4M World Congresses in Orlando, Washington, DC, and Las Vegas. Each module will feature a two-day lecture, discussion, and live demonstration program:

- Module I: Advanced Facial Sculpting and Contouring with Botulinum Toxin A and Facial Fillers
- Module II: Aesthetic Treatments Utilizing Lasers and Light
- Module III: Aesthetic Venous Treatments  
Body Contouring
- Module IV: Chemical and Mechanical Exfoliation  
Cosmeceutical Additives

The three module intensive hands-on clinical training series will be offered at The Ageless Aesthetic Institute locations in Columbus, OH and Seattle, WA:

- Module V: Facial Injectables
- Module VI: Aesthetic Lasers and Light
- Module VII: Sclerotherapy  
Body Contouring  
Chemical and Mechanical Exfoliation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint sponsorship of the Foundation for Care Management (FCM) and The Ageless Aesthetic Institute (AAI). FCM is accredited by the ACCME to provide continuing medical education for physicians. FCM has verified that a physician may earn up to a total of 66 AMA/PRA Category 1 Credits™ by completing the Level 4 classification course, and is competent to perform the procedure without further supervision, in accordance with AMA guidelines for continuing medical education on new procedures and skills. This activity has also been planned and implemented in accordance with the Essential Areas and Policies of the ACCME through joint sponsorship of the Medical Educator Consortium and the Aesthetic Anti-Aging Fellowship. MEC is accredited by the ACCME to provide continuing medical education for physicians. MEC has verified that a physician may earn up to 64 AMA/PRA Category 1 Credits™.

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**PROTOCOLS OF STEM CELLS, FITNESS, HORMONES, AND BIOCHEMISTRY — Friday 6:00pm-7:00pm**

Nick Delgado, Ph.D.

How protocols of stem cells, fitness, hormones, and biochemistry are used to increase metabolism, energy, intimate function, reverse diabetes, heart disease, hypertension, arthritis, cancer and obesity.

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, joint 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 combinations (all key hormones associated with love, desire and quality of life). We show the protocols for correct hormone, enzyme and phytochemical intervention for all ages. Find out how herb concentrations can clear the bad and restore the good estrogens in men and women.

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. 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:**

1. Clarify benefits of stem cell treatments with the best current therapies.
2. The correct combination of hormones, herbs and enzymes to use in your practice.
3. 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.
4. Intimacy and healing effects of male and female interaction.

**HAIR RESTORATION: MAINTAINING AND RESTORING**

**THE AGING FRAME OF THE FACE — Friday 1:00 PM - 1:30 PM**

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 hundreds of millions of 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 ENERGY FACTOR: NITROGEN – A NEURACEUTICAL APPROACH TO BRAIN FUNCTION (ADD/ADHD, ADDICTIONS & MORE), SCIENCE, THEORY AND CASE PRESENTATIONS — Friday 7:00pm-7:30pm**

Suzie Schuder, MD

The effect of hormones on brain function has been frequently described. Each hormone has known effects on mood and mentation and contributes uniquely to optimal levels of functioning. The severity of the hormone deficiency is closely correlated with the level of dysfunction. Psychiatrically defined disorders are based on symptom clusters and behavioral patterns without a known cause. The categories are defined by a committee of psychiatrists who meet every seven to ten years to classify and attempt to clarify these disorders because many of them have overlapping symptoms. Psychiatric disorders are diagnoses of exclusion in that there is no known etiology. Any known cause needs to be ruled out or ruled in and treated when possible. Hormone imbalances have known effects on the mind and behavior that parallel the symptoms defined by a psychiatric disorder such as Attention Deficit Disorder.

Also well known is the fact that nutritional balance can have a profound effect on hormone balance. A poor diet can not only limit the endogenous production of hormones, but it can also reduce the effectiveness of hormone replacement therapy. This is one way that nutritional balance can influence mood and brain function.

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The addition of elemental nitrogen to the regimen of patients with psychiatric disorders such as Attention Deficit Disorder has been surprisingly effective. Case presentations of the patients who responded are described.

**GOALS & OBJECTIVES:**

- Identify the negative effects on mood and mentation that hormone deficiencies can cause
- Describe the link between nutritional state, in particular the lack of a positive nitrogen balance, and hormone deficiencies
- Illustrate, through case presentation, the helpful effects of adding nitrogen to enhance positive nitrogen balance

**UNDERSTANDING FEMALE MENOPAUSE AND MALE ANDROPAUSE AND HOW ASSISTING ESTROGEN METABOLISM CAN IMPROVE HORMONAL BALANCE AND WELLBEING** — Friday 7:30pm-8:00pm

*Naina Sachdev, MD*

Dr. Sachdev 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).

Dr. Sachdev identifies the first signs of premature aging and sexual decline. Learn the positive effects of multiple herbs, enzymes, biochemistry and bio-identical hormones, and find out how intimate healing actually releases hormones to keep us young while enhancing the quality of our relationships. She will review the best protocols providing practical applications on how to restore sexual function to youthful ability.

Dr. Sachdev presents actual case examples of how to master the golden rules of longevity and improve the quality of life.

**GOALS & OBJECTIVES:**

- Determining the correct combination of hormones, herbs and enzymes to use in your practice.
- Understanding and exploring intimacy and the healing effects of male and female interaction.

**SATURDAY, DECEMBER 15, 2007**

**THE LONGEVITY FACTOR: HOW RED WINE AND RESVERATROL CAN UNLOCK THE GENETIC SECRETS OF A LONGER AND HEALTHIER LIFE** — Saturday 7:00am-8:00am

*Joseph C. Maroon, MD*  
*Jeff Bost, PAC*

For many hundreds, perhaps thousands of years ancient Chinese healers have used medicinal plants to both prevent and treat many diseases and conditions including using a weed-like plant grown in the mountains of QinLing called Hu Zhang. The ancient Greeks and Romans also believed in plant-based treatments and often used red wine and grapes for many. Modern science has now rediscovered that these two different culture's plant remedies, Hu Zhang or often called knot weed and grapes, particularly the skins of red grapes, have the same bioactive compound called resveratrol. Resveratrol is a polyphenol that has been researched extensively for its powerful anti-oxidant capacity.

Recently research from Harvard and other labs around the world revealed a different life promoting mechanism found in this polyphenol that in December 2005 was front page news around the world. What these researchers had discovered was that mice fed resveratrol outlived similar mice by over 25%. In other studies done in France showed that mice fed resveratrol did not gain weight as compared to controls when given a high fat and calorie diet. The press headlines screamed, "you can have your cake and eat it too"!

We intend to discuss the mechanisms of longevity and the discovery of McCay in the 1930's regarding calorie restriction and life extension. Also to be discussed is the recent discovery of an ancient class of genes called sirtuins, found in every living animal cell, that once activated have the ability to promote health, reduce disease and increase longevity. We will reveal how the discovery of the unique polyphenol found in both red grape skins and knot weed plants, resveratrol, can activate these genes and perhaps allow humankind to enter an unprecedented age of improved and prolonged health. And perhaps the most timely information to be

presented will be the results of the first ever human clinical trials using resveratrol showing improvement in memory and exercise endurance.

**GOALS & OBJECTIVES:**

- Review the theories of aging and longevity enhancement
- Discuss the mechanism of SIRT1 activation and polyphenols.
- Discuss the discovery of natural polyphenols found in red wine and the dietary supplement – resveratrol, and explain the latest research into treatments and understand of human aging and disease prevention.

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**A BREAKTHROUGH IN CANCER THERAPY VIA GLUCOSE INHIBITION** — Saturday 8:40am-9:20am

*Maureen Pelletier, MD*

Dr. Otto Warburg was awarded the Nobel Prize over 70 years ago for his discovery that cancer cells use glucose at a rate 10 to 50 times higher than healthy cells through direct glycolysis, via non-oxidative pathways. Called the "Warburg Effect," this characteristic hyper metabolic activity fuels the explosive growth of cancer, steals glucose from healthy tissue and produces metabolic by-products that contribute to systemic illness. Warburg theorized that if the uptake of glucose into cancer cells could be inhibited, their energy supply could be choked off, slowing or stopping cancer growth and forcing cancer cells to die.

A few years later, Hungarian biochemist Dr. Albert Szent-Gyorgyi, also a Nobel Laureate, began seeking the explanation for low rates of cancer among populations that consume substantial amounts of whole grain products, compared to populations that don't. By the early 1980s, Szent-Gyorgyi had isolated natural compounds within wheat germ that he believed would have anti-cancer properties if consumed in supplemental amounts.

Recent research has linked the findings of these two Nobel Laureates: a unique fermented wheat germ extract (FWGE) blocks glucose uptake within cancer cells, choking off their energy supply, reducing their ability to grow and proliferate, and eventually causing cancer cell death by apoptosis without any detrimental effect to healthy cells.

**GOALS & OBJECTIVES:**

- New, very promising research in the field of cancer therapy
- Theory and practical use behind the Nobel Prize Winning concept called the "Warburg Effect."
- Everyday use and personal experience using this new therapy

**BRAIN PRESERVATION AND FUNCTIONAL ENHANCEMENT**— Saturday 9:20am-10:00am

*David Perlmutter, MD*

Fundamental to brain degeneration and aging is the presence of a hostile intracerebral milieu. Inflammation and oxyradical formation are the key players in these processes. Interventions predicated not only on reducing chemical mediators of inflammation, but in addition focusing on the initiators of their production as well as reducing oxyradical formation have important roles in novel protocols for brain preservation and functional enhancement.

This presentation will explore less commonly applied but nonetheless powerfully effective interventions focused on enhancing cerebral antioxidant protection while reducing inflammation with a review of supportive peer reviewed research.

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# 1ST ANNUAL EUROPEAN CONGRESS ON ANTI-AGING & AESTHETIC MEDICINE



# 1ST ANNUAL EUROPEAN CONGRESS ON ANTI-AGING & AESTHETIC MEDICINE



## DÜSSELDORF, GERMANY

SEPTEMBER 11-14, 2008

OVER 60  
SPEAKERS  
&  
3,000  
ATTENDEES  
PROJECTED



## DÜSSELDORF, GERMANY

SEPTEMBER  
11-14, 2008







**GOALS & OBJECTIVES:**

- Gain an understanding of the important role of nutritional initiators of inflammation in specific neurological conditions and brain degeneration.
- Recognize the fundamental role of specific antioxidants in preserving and enhancing brain function.
- Appreciate the dual roles of the essential fatty acid docosahexaenoic acid (DHA) in both reducing inflammation through its role as a PPAR ligand and COX-2 inhibitor as well as its role in directly enhancing neuronal function.

**TWO NEW ASPECTS OF ASTAXANTHIN FOR HUMAN HEALTH – METABOLIC SYNDROME & EYE FATIGUE**

— Saturday 10:00am-10:20am

Eiji Yamashita, Ph.D.

Two new data on natural astaxanthin, a member of carotenoids from anti-aging microalgae *Haematococcus pluvialis* are presented. Those are supplemental benefits for metabolic syndrome and eye fatigue. An animal study using metabolic syndrome model rats showed that 50mg/kg/day astaxanthin supplementation for 22 weeks significantly suppressed the development of metabolic syndrome reducing the blood pressure, the fasting blood glucose level, homeostasis index of insulin resistance and improving insulin sensitivity. Ax administration also showed an improved adiponectin level, a significant increase in high-density lipoprotein cholesterol, a significant decrease in plasma levels of triglycerides, and non-esterified fatty acids. Additionally, it showed significant effects on the white adipose tissue by decreasing the size of the fat cells. And a brief result of the expression of the specific genes using a high-density DNA microarray will be discussed. A double blind randomized placebo controlled study using visual display terminal (VDT) subjects (n=25 <treated> vs. 23 <placebo>) showed that 6mg/day astaxanthin supplementation for 4 weeks significantly improved visual accommodation during eye fatigue. The subjective questionnaire evaluating visual asthenopia revealed a marked reduction in “heavy head” claims. Other typical fatigue symptoms that showed improvements included “blurriness” and “stiff shoulders and back” in the treated group. The action mechanism of the improvement is also discussed.

**GOALS & OBJECTIVES:**

Goals & objects; Prevention of life-style related diseases, increase QOL by anti-fatigue, decrease medical expenses by astaxanthin supplementation.

Short: “Two new data on natural astaxanthin from microalgae are presented. One is metabolic syndrome prevention in an animal study. Another is eye fatigue improvement in a clinical study. The results indicate that astaxanthin protects the blood and vessel from oxidative stress and enhances muscle endurance and recovery during fatigue.”

**UNDERSTANDING LEGAL STRUCTURES: A KEY TO PROFESSIONAL LIABILITY PROTECTION** — Saturday 1:00pm-1:30pm

G. Kent Mangelson

Lawsuit Protection:

Sources of lawsuit doctors are exposed to and how to protect against them: failure/delay to diagnose, failure/delay to refer, employee liability, premise liability, failure to receive informed consent. How doctors should structure their practices: C-corps, S-corps, FLP’s, LLC’s, etc. Learn how to use the only legal tool that can protect 100% of a doctor’s professional and personal assets from lawsuits, liens and levies. Statistically not even one in 10,000 are using this tool. How to protect a practice, property, retirement funds and assets in the event of a judgment in excess of liability insurance or exclusion in a policy.

Which state laws provide the greatest asset protection? A doctor may live in one state but use the superior law of another state to his or her benefit.

**Tax reduction and estate planning:**

**Should a group practice use one entity or use multiple entities?**

How to save up to 34% in income taxes by using the “4” most overlooked tax benefits available to doctors. (It estimated that only 2% of doctors know the “4”). Legal strategies that will eliminate 100% of capital gain taxes on the sale of a practice or other assets. Three tools doctors can use to pass assets to their heirs estate tax free.

Without the right estate plan, up to 52% of assets will be lost to taxes upon death.

**UPON COMPLETION OF PRESENTATION, THE ATTENDEES WILL KNOW HOW TO:**

- Maintain the focus of a medical practice in improved patient care rather than malpractice defense
- Protect professional and personal assets from lawsuits through applied risk management
- Reduce malpractice insurance costs and taxes..

**A NOVEL TREATMENT APPROACH TO PATIENTS WITH AMYOTROPHIC LATERAL SCLEROSIS USING A NON-MYELOABLATIVE STEM CELL TRANSPLANT COUPLED WITH AN INTEGRATIVE MEDICAL AND NUTRITIONAL SUPPORT PROGRAM**

— Saturday 1:00pm-2:00pm

Mitchell Ghen, DO, Ph.D.

A multifactorial approach which includes a non-myeloablative stem cell transplant has shown to arrest or significantly retard the progression of ALS regardless of the patient’s stage at presentation. The combination of aggressive targeted nutritionals, ATP enhancers, myelin sheath inhibitory protein blockers, with serial multi-stem cell transplants has been shown to produce early significant efficacy. Early changes prior to discharge from the clinic show robust improvements including enhanced breathing, (as shown on sequential PFTs) enhanced muscle strength, (as measured with handgrip analysis) with nonfunctioning extremities going from 0 to plus 3 muscle strength, re-vocalization in patients that presented mute, improved swallowing capabilities and generalized muscle tone improvements. Consistent overall improvement 3 or more months after transplant has been observed and booster transplants were given in an effort to maintain the positive outcomes. Most importantly was the initial plateau in disease progression, not seen before in an otherwise dependably deteriorating disorder.

Immune system marker identification using a Dako Flow Cytometer also demonstrated initial CD4 and CD8 elevations which although not as robust at 3 months status-post transplant still remained well above baseline determinations. Those presenting with autoimmune parameters showed improvement status post transplant which persisted long term with ratio normalization. The implication of our findings thus far may have a significant impact on patients with ALS and possibly those with immune deficiency disorders.

**GOALS & OBJECTIVES:**

- To recognize stem cell therapy’s potential use in patients with ALS
- The current accepted definition of the irreversibility of ALS has to be challenged
- To recognize that the combination of nutritional/lifestyle changes and stem cell transplantation holds the greatest potential for treating many
- previously poor outcome diseases
- To understand the mechanisms and physiology associated with combined nutritional and stem cell transplant use

**SATURDAY, DECEMBER 15, 2007**

1:00pm-4:00pm

**WORKSHOP: BREAKOUT SESSION II AESTHETIC MEDICINE**

**DEEP CHEMICAL PEELINGS, THE BRAZILIAN EXPERIENCE** — Saturday 1:00pm-1:40pm

Mariúisia Maia Costa, MD

Although we are all in love with Hi-Tech, chemical peelings continue being used all over the world due to the fact that they have become a classical treatment and for being well accepted by the medical and scientific community.

As far as chemical peelings for facial aging are concerned, one needs to select patients carefully taking into account their skin phototype and biotype and their photoaging classification (Glogau, Rubin).

We indicate superficial serial chemical peelings for all phototypes (I to VI) and photoaging degree I. In order to make the action of the agents more potent and so that we can perform total epidermal peelings, we tend to combine superficial agents of chemical peelings. We use medium peelings for phototypes I to IV and photoaging degree II and III. For the enhancement of medium peelings, we combine peeling chemical agents and also other modalities like mechanical and physical agents (micro-dermical-abrasion and dermical-abrasion, water sandpaper,

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liquid nitrogen, carbonic snow and lasers). Deep chemical peelings, Baker's, Gordon's or Littman's formula are indicated for phototypes I to II and photaging degree III and IV, especially in limited cosmetic units (perioral and periorbital region of the eyes) due to possible absorption effects, but they can be combined with other peeling agents in full face. However deep peeling of modified phenol can be more safely performed in full face using the same patient's selection criterion, that is, I to III phototype and III and IV photoaging.

Once basic rules are followed and chemical peelings are performed by well trained hands, they become a safe and low cost therapeutic option, with a minimum of complications and a highly satisfactory result in the treatment of facial aging.

**GOALS & OBJECTIVES:**

Following this lecture, the attendee will be able to:

- Reaffirm the concept of chemical peels as a classical treatment and select the appropriate peel for each level of photoaging
- Observe the appropriate parameters to safely use chemical peels
- Compare the utilization of chemical peels for face and body areas
- Prevent and recognize early complications of peelings

**MANAGING COMPLICATIONS IN AESTHETIC** — Saturday 1:40pm-2:20pm

Sharon McQuillan, MD

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

**IMPORTANCE OF MEDICAL PHOTOGRAPHY** — Saturday 2:20pm-3:00pm

Jim Larkey

The ability to document a patient's progress via photography is an essential component of any aesthetic practice. This presentation will provide an overview of the importance of medical photography and the components needed to establish a successful photography system in the practice setting.

**THREE-DIMENSIONAL SKIN REJUVENATION PRESENTED BY CUTERA \*** — Saturday 3:00pm-4:00pm

Jill Lezaic, DO

This workshop will address the fastest growing and most requested applications - skin rejuvenation and hair removal. We'll also show you how to increase your practice revenue.

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**IODINE: THE UNIVERSAL NUTRIENT FOR THE TOTAL BODY**— Saturday 1:30pm-2:00pm

Jorge Flechas, MD, MPH

In textbooks of medicine, endocrinology and thyroidology, the essential element iodine is mentioned only in connection with the most severe forms of deficiency of this nutrient: cretinism, iodine-deficiency induced goiter and hypothyroidism. Due to thyroid fixation, inhibitors of iodine uptake and utilization by target cells are called

goitrogens, that is, substances causing thyroid enlargement, implying that iodine inhibitors only influence thyroid function.

Recent research on the medical applications of this essential nutrient may prove indeed that iodine is a universal medicine, or more appropriately, a universal nutrient

With the availability of thyroid hormones in the 1930's, thyroidologists started using these preparations in patients with iodine deficiency and simple goiter instead of the previously used inorganic iodine/iodide preparations. The situation was aggravated by the fact that during the same period, the public was relying on iodized table salt instead of iodine/iodide preparations from apothecaries for supplementation, due to the propaganda favoring the use of iodized salt (19). Thyroidologists assumed that, with iodization of table salt, iodine deficiency became a thing of the past, because of the positive effect of iodized salt on the incidence of goiter. That was the beginning of thyroid fixation.

Most physicians by the 1950's neglected the rest of the human body, in terms of sufficiency for iodine, and forgot that their predecessors were using amounts of iodine/iodide 2 orders of magnitude greater than the amounts present in the average daily consumption of table salt. We will discuss the need for iodine by all the body and not just the thyroid. We will look into what the body looks like when there is not enough iodine in different tissues.

**THE PHYSIOLOGICAL BENEFITS OF INCREASING CELLULAR MEMBRANE PERMEABILITY RELATED TO DISEASE AND ANTI-AGING** — Saturday 2:00pm-2:30pm

Howard W. Fisher, DC

The process of aging has a direct relationship to cellular dehydration and concomitant intracellular toxicity, which predisposes the degeneration of overall functional efficiency. By affecting cellular permeability, both by

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**Don't miss the Palomar Laser/Light Workshop at the American Academy of Anti-Aging Medicine (A4M), Las Vegas, NV!**

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Medical Director,  
MD TLC, Inc.  
Wellesley Hills, MA

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diminishing factors that cause cellular ‘lock down’, and introducing a mechanism to institute highly permeable cellular hydration, the aging process can be affected.

#### GOALS & OBJECTIVES:

- To demonstrate the bi-polar malleability of water and how assorted energy formats or pollutants can affect molecular structure
- To demonstrate physiological effects of altering the structure of water and the relationship to the cellular permeability
- To help the physician integrate this awareness into the therapeutic anti-aging protocol and decrease dehydration effects in patients.

#### RESTFUL SLEEP: A KEY ANTI-AGING INITIATIVE — Saturday 2:30pm-3:00pm

Stephen Holt, MD

The media is alive with information about the importance of sleep deprivation and quick fixes with drugs. The use of pharmaceuticals for sleep is embroiled in controversy. Recent media reports question the promise that newer forms of sleeping pills are safe. All hypnotic drugs may cause drowsiness, dizziness, memory loss or headache and tolerance is a common problem. Tolerance to sleep drugs requires continued or increased dosage of sleeping pills. While sleep drugs commonly cause dependence, or frank addiction, there are increasing reports of the precipitation of a “zombie-like” state associated with aberrant behavior and eating disorders.

Common causes of insomnia include stress, irregular schedules, psychological distress, physical illness, drugs, substance abuse and chronic pain. There are several obvious symptoms or signs of sleep deprivation including: drowsiness, poor memory, lack of motivation, general fatigue, poor concentration, behavior problems, mood problems and accidents. Modern research has pointed to several less obtrusive components of sleep deprivation. These occult components of sleep deprivation include: weight gain or obesity associated with eating disorders, the development of insulin resistance and metabolic syndrome X, significant hormonal changes and even premature death. Sleep deprivation promotes premature aging by many mechanisms.

Most simple sleep problems can be self managed with lifestyle changes and the first line option of nutritional support when required. There are several “red flag” signs or symptoms of sleep problems that should precipitate medical consultation by a sleep specialist. Alarming associations of sleep disorders include: disruptive snoring, irregular breathing, co-existing psychiatric disorders, dependence on drugs to sleep, greater than 1 month without sleep, mood disorder with sleep deprivation and inappropriate daytime sleeping. Broad advice for the self-management of sleep problems includes:

- Regular sleep schedules and sleep modification programs e.g. bed deprivation for insomnia
- Regular bedtime routines with attention to sleep hygiene
- Sleep environment controls with “good gadgets”
- Regular exercise, at the right time of day
- Care with drugs, diet, alcohol, caffeine, smoking, illicit drug use, and diet pills
- Where extra help is required nutritional support with dietary supplements is a first line option.

#### HORMONE ESSENTIALS: WHICH SAMPLE DO I USE?— Saturday 3:00pm-3:30pm

Patrick Hanaway, MD

Many physicians and their female patients are facing difficult questions regarding the decision to use HRT. The current confusion surrounding HRT highlights the peril of applying a “one size fits all” approach. An individualized approach is needed.

Once the decision to begin HRT is determined, the delivery system and dosage are required. We’ve learned a great deal about the various delivery systems for Bioidentical HRT, as well as other hormones. Now the questions become:

- How does one determine the unique and individual needs of a patient?
- How does one personalize the treatment?

Determining the specific, individualized needs of each patient allows us to personalize our treatment. Hormonal assessments, based upon the 3-dimensional perspective of urine, serum, and saliva will help to generate the BEST answers in meeting the needs of each individual patient. Participants will be able to determine the best combination of hormonal therapies for maximum benefit and minimal risk.

In this session, we will review the different matrices (sample types) available for hormonal testing; this includes serum, saliva, and urine. He will discuss the features and benefits of each sample type in understanding the full picture of a woman’s (or man’s!) need for hormone replacement therapy, through menopause and andropause.

#### GOALS

- To review the basic physiology of hormone synthesis and metabolism
- To introduce and familiarize participants with diagnostic testing that will enable them to better customize their approach to the perimenopausal and menopausal patient.
- To introduce participants to the varying pharmacokinetic implications of HRT administration routes and the physiologic basis of monitoring and clinical improvement. To review the importance of monitoring the phenotypic expression of genomic risk through evaluation of hormone levels and hormone metabolites.

#### LEARNING OBJECTIVES:

At the end of this presentation, the participants should:

- Be familiar with the basis of steroid synthesis and the role of stress in shifting hormonal production – thus inducing symptoms.
- Understand the role of HRT, as well as nutrients, in re-balancing hormone metabolism.
- Understand the strengths and weakness of salivary, urine, and serum phenotypic monitoring of hormone levels and metabolites. Specific algorithms will be shared to facilitate ease of use in clinical practice.

#### REFERENCES

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- 5) Psaty BM, Smith NL, Lemaitre RN, et al. Hormone replacement therapy, prothrombotic mutations, and the risk of incident nonfatal myocardial infarction in postmenopausal women. *JAMA* 2001;285(7):906-913.
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- 7) Tempfer CB, Reiner E, Hefler IA, et al. DNA microarray-based analysis of single nucleotide polymorphisms may be useful for assessing the risks and benefits of hormone therapy. *Fertility and Sterility* 2004;82(1):132-137.

#### AN EFFICIENT ANTIOXIDANT BY MOLECULAR HYDROGEN AS A NOVEL CONCEPT — Saturday 3:30pm-4:00pm

Shigeo Ohta, Ph.D.

Acute oxidative stress induced by ischemia-reperfusion or inflammation causes serious damage to tissues, while perpetual oxidative stress is accepted as one of the causes of many common diseases including cancer. We show here that hydrogen (H<sub>2</sub>) has great potential as an antioxidant in preventive and therapeutic applications. H<sub>2</sub> selectively reduced the hydroxyl radical, which is the most cytotoxic reactive oxygen species (ROS), and effectively protected cells, but did not react the other ROSs that possess physiological roles. As an acute animal model, oxidative stress damage was induced in the rat brain by focal ischemia and reperfusion. The inhalation of H<sub>2</sub> gas markedly suppressed brain injury by buffering the effects of oxidative stress. Thus, H<sub>2</sub> could be used as effective antioxidant therapy as it protects against oxidative damage and easily penetrates tissue and cellular structures by gaseous rapid diffusion. Additionally, I will show evidence that intake of H<sub>2</sub> dissolved in water prevents some model mice diseases involved in lifestyle related diseases.





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Vitamin A.....10,000 I.U. (100% Natural Beta Carotene)	200	Choline..... 100 mg	**	Molybdenum..... 75 mcg	100	Turmeric Extract.....500 mg (95% Curcumin)	**	Barley Juice Powder..... 500 mg (33/1)	**
Vitamin D.....2,000 I.U. (Cholecalciferol)	500	Inositol..... 100 mg	**	(Aspartate)		Bromelain..... 1,000 mg (2,400 GDU per gram)	**	Psyllium Husk Powder.....1,500 mg	**
Vitamin E..... 800 I.U. (d-Alpha Tocopheryl Succinate)	2,666	Paba..... 100 mg	**	Potassium..... 200 mg	**	Ginkgo Biloba Extract..... 120 mg (24% Ginkgo Flavonoid Glycosides and 6% Terpene Lactones)	**	Quercetin..... 1,000 mg	**
Vitamin K.....80 mcg	100	Folic Acid..... 400 mcg	100	(Aspartate)		Policosanol Concentrate.....20 mg (50% Octacosanol)	**	Boswellia Serrata Extract..... 1,000 mg (65% Boswellic Acids)	**
Vitamin C..... 2,000 mg (Calcium Ascorbate)	3,320	Calcium..... 600 mg	60	Co-Enzyme Q-10..... 600 mg	**	Guggul Extract.....600 mg (10% Guggulsterones)	**	Resveratrol.....200 mg (Polygonium Cuspidatum)	**
Vitamin B-1..... 100 mg (Thiamine)	6,660	(375mg from Citrate, 225mg from Ascorbate)		Phosphatidylserine..... 300 mg	**	Phytosterol Concentrate..... 500 mg (Beta Sitosterol 200mg)	**	Green Tea Extract..... 500 mg (98% Polyphenols, 50% ECGC)	**
Vitamin B-2..... 98 mg (Riboflavin)	5,880	Magnesium..... 300 mg	60	Acetyl L-Carnitine.....1,000 mg	**	Bilberry Extract..... 400 mg (25% Anthocyanidins)	**	Calories from Fat..... 60	
Vitamin B-3..... 100 mg (Niacinamide)	500	(Oxide)		Glucosamine Sulfate.....1,500 mg (.2kcl)	**	Lutein..... 20 mg	**	Total Fat..... 6 gm	12
Vitamin B-5..... 100 mg (Calcium Pantothenate)	1,000	Zinc..... 30 mg	200	Chondroitin Sulfate.....1,200 mg	**	N-Acetyl-L-Cysteine..... 1,000 mg	**	Polyunsaturated Fat..... 1 gm	**
Vitamin B-6..... 100 mg (Pyridoxine)	5,000	(Aspartate)		MSM..... 2,000 mg (Methylsulfonylmethane)	**	Phosphatidylcholine..... 40 mg	**	Conjugated Linoleic Acid.....1,500 mg (18% EPA, 12% DHA)	**
Vitamin B-12..... 500 mcg (Cyanocobalamin)	8,325	Vanadium..... 50 mcg	**	Hyaluronic Acid.....100 mg	**	5-HTP..... 100 mg (L-5 Hydroxytryptophan)	**	Evening Primrose Oil.....300 mg (95% GLA)	**
Biotin..... 3 mg	900	(Aspartate)		Alpha Lipoic Acid..... 600 mg	**	Diosmin.....1,000 mg	**	Flaxseed Oil..... 300 mg (52% ALA, 12% LA, 14% OA)	**
		Boron..... 1 mg	**	Garlic..... 500 mg (5 mg Allicin, 11 mg Alliin)	**				
		(Aspartate)		Grape Seed Extract.....250 mg (95% Proanthocyanidins)	**				
		Chromium..... 200 mcg	160	Pine Bark Extract.....250 mg (95% Proanthocyanidins)	**				
		(Aspartate)		Milk Thistle Extract.....200 mg (80% Silymarin)	**				
		Manganese..... 1 mg	56						
		(Aspartate)							
		Selenium..... 200 mcg	280						
		(Methionine)							

\*\*Daily value has not been established.

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