



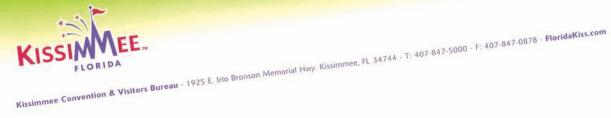








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March 18, 2008

American Academy of Anti-Aging Medicine 1510 West Montana Street Chicago, Illinois 60614

Dear Attendees,

We are delighted to welcome you and the Spring 2008 Session of the 16th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies to Osceola County and to the splendid accommodations and conference amenities at our Gaylord Palms Resort & Convention Center.

Your conference agenda promises that you will engage in discussion and a sharing of information about a variety of far-reaching and important medical issues. We extend our best wishes for unparalleled accomplishment as you put these issues under a microscope, so to speak.

While you're here, we sincerely hope your schedule will allow time for you to not only enjoy the Gaylord Palms but also that you will come to know a bit more about Osceola County. Among the things we believe you'll discover is our warm embrace of visitors. The theme parks known the world over are just down the road or around the corner, as are a wide range of smaller but entertaining attractions. Our charming downtown districts can be ideal dining or shopping opportunities and our golfing experiences and nature-based activities are among the best in the state.

We are proud of Osceola County, proud of the Gaylord Palms and proud to welcome you into our community. We wish you every success during your conference and in your efforts to advance knowledge in the prevention and treatment of the diseases and disabilities associated with aging.

Sincerely, aria bulch

Maria Grulich Osceola County Economic Development Department Administrator

Shelley Maccini **Kissimmee Convention & Visitors** Bureau Interim Executive Director

Make More Dreams Come True.



The American Academy of Anti-Aging Medicine (A4M) welcomes you to Florida for the Spring 2008 Session of the 16<sup>th</sup> Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies.

Singlehandedly, from its inception in 1992 with 12 physicians, the A4M created the anti-aging medical movement. Today, there are more than 100,000 physicians and health practitioners, who hail from more than 100 nations, involved in the clinical specialty.

The anti-aging medical movement subsequently spawned the anti-aging industry. **The global market for anti-aging products is predicted to reach \$115.5 billion by 2010.** While the steady growth of the anti-aging marketplace in past years has been attributable to the aging Baby Boomer population, anti-aging products and services are now drawing the attention of younger consumers – those between the ages of 25 and 30. [Global Industry Analysts, March 10, 2008.]

Thus, anti-aging physicians and practitioners must prepare their practices to welcome a younger client base. This is a group that, as a whole, is well educated and Internet savvy. As a result of living in the digital information age, these patients will respond positively to medical professionals who themselves participate in ongoing scientific education.

By attending this conference, you demonstrate to these patients that you embrace the opportunity to advance your medical knowledge and practical skills in delivering safe and effective diagnostics, interventions, and therapeutics to promote the healthy human lifespan.

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.



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



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#### **TEST PATIENT**

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Lab id :	1915307
Collected :	07/19/2005

INTEGRATIVE MEDICINE	07/19/200	5			
URINE, SPOT ORGANIC ACIDS	Result	Range			
Creatinine Concentration	3.1	0.0 - 4.8	mol/L	•	
Bacterial Dysbiosis Markers					
Indoleacetic Acid	28.0 *h	0.0 - 9.0	mmol/mol Cr		
PHENYLACETIC ACID	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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CITRIC ACID	370.0 21.9 - 475.1	mmol/mol Cr	
cis-ACONITIC ACID	22.0 1.4 - 76.8	mmol/mol Cr	
ISOCITRIC ACID	68.0 3.7 - 87.4	mmol/mol Cr	
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	•
Ketone and Fatty Acid Metabolites			
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	
Organic Acids for Cofactor Need			
a-Ketoisovaleric Acid	5.2 *h 0.0 - 2.0	mmol/mol Cr	•
a-Ketoisocaproic Acid	3.3 *h 0.0 - 2.0		•
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-Proprionic 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	•
HOMOGENTISIC ACID	3.6 *h 0.0 - 2.0	mmol/mol Cr	•

## **A New Paradigm for Acid Reflux:** Do Not Reduce the Stomach Acid

By Mayer Eisenstein, MD, JD, MPH

Every day, 70 million people suffer from some form of digestive issue (heartburn, acid reflux, GERD, IBS, indigestion constipation, diarrhea, abdominal pain, etc.). To relieve their symptoms people turn to Tums<sup>®</sup>, Rolaids<sup>®</sup>, Zantac<sup>®</sup>, Tagamet<sup>®</sup> or the more dangerous protonpump inihibitors (PPIs) such as Nexium<sup>®</sup>, Prevacid<sup>®</sup>, Prilosec<sup>®</sup>, Protonics<sup>®</sup>, etc.

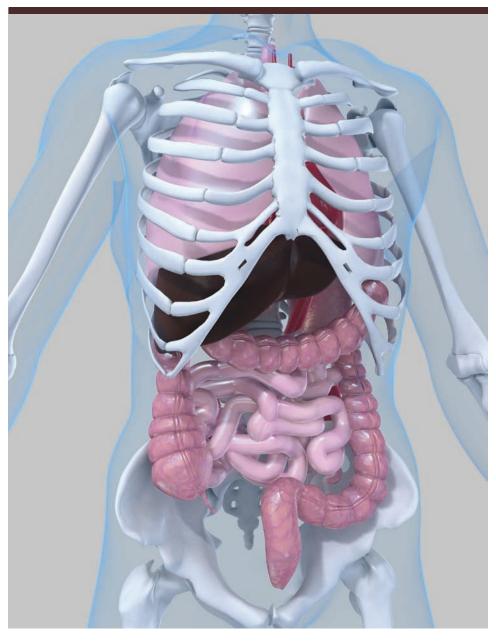
People over age 50 who take these proton-pump inhibitors for more than one year have a 44 percent increased risk of breaking a hip. PPIs inhibit the body from producing stomach acid. However, some stomach acid is needed to absorb calcium, which is needed for healthy bones. The inability to absorb calcium may be the cause of the increased risk for osteoporosis.<sup>1</sup>

Mice treated with prescription PPIs such as Prilosec and Prevacid, which block acid production, acquired more bacteria and developed more inflammatory changes in their stomach linings than untreated mice.<sup>2</sup>

Pathogenic bacteria thrive in an alkaline environment; therefore, medications taken to reduce stomach acid could actually increase the risk of developing pneumonia. The incidence rate of pneumonia in those who took acidsuppressive drugs was 2.45 out of every 100 people a year. This was compared to 0.6 out of every 100 among those who didn't take acid-suppressive drugs.<sup>3</sup>

If you inhibit gastric acid production, you interfere with the stomach's natural defense mechanism. Reduced gastric acidity does appear to make the mammalian stomach more vulnerable to bacterial invasion, gastritis and osteoporosis. Therefore, physicians may want to re-evaluate the long-term use of acidreducing medications in their patients.

continued on **next page** 



Let food be thy medicine, and let thy medicine be food. - Hippocrates

### WHY ARE THERE SO MANY DIGESTIVE PROBLEMS?

We do not digest our food properly for many different reasons. We eat too fast. We don't chew our food carefully (chew each bite 20 to 25 times). We rush away from the table right after a meal. We eat on the run or in our car. We overcook our food, thus destroying the natural enzymes. We drink too much liquid with our meals, washing the food into the stomach before the saliva can start to break it down (the saliva contains large amounts of digestive enzymes).

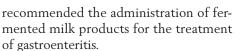
#### WHY NATURAL PRODUCTS?

Whenever we start with a natural molecule, we are building on substances that nature has refined over thousands of years. These substances can be digested and metabolized by our enzymes, liver and kidneys without any serious side effects. When we ingest synthetic substances, our organ systems do not have the proper digestive enzymes to completely metabolize them, thus leading to many of the side effects from which we suffer.

#### HOW TO REDUCE DIGESTIVE ISSUES WITHOUT LOWERING STOMACH ACID

Our body naturally produces digestive enzymes; however, it cannot naturally produce enough digestive enzymes to keep up with the typical Western diet, which is full of enzyme-depleted cooked and processed foods. This results in digestive-related health problems, which can frequently be remedied by the addition of digestive enzymes.

There is a long history of health claims concerning living microorganisms in food, particularly lactic acid bacteria (*Lactobacillus*). In a Persian version of the Old Testament (Genesis 18:8), "[Abraham] took curd and milk," Abraham may have owed his longevity to the consumption of sour milk. In 76 B.C., the Roman historian Plinius Our body naturally produces digestive enzymes; however, it cannot naturally produce enough digestive enzymes to keep up with the typical Western diet, which is full of enzyme-depleted cooked and processed foods



Scientific studies have demonstrated that a lack of healthy bacteria can lead to digestive issues such as acid reflux, heartburn, GERD, IBS, indigestion, constipation, diarrhea, etc. The scientific literature has documented that many of these problems can be reversed with the use of probiotics.<sup>4-7</sup>

The natural herb stevia grows in the rain forests of South America. The people of South America use it extensively as a tea-type beverage and as a sweetener for foods and drinks. In case reports, stevia seems to alleviate heartburn.

#### A NEW PARADIGM

Using the findings that probiotics, digestive enzymes and stevia have a beneficial effect on digestion and are natural products that have no side effects, the Homefirst® Physician Digestive (HPD) Trial was started. The formula used in the HPD Trial is: non-dairy probiotics (*L. acidophilus, L. casei, L. plantarium, L. rhamnosus, Bifidobacterium breve, Bifidobacterium longum*), plant-based digestive enzymes (amylase, bromelain, lactase, lipase, papain, hemicellulase) and the natural sweetener stevia in a chewable form. Preliminary findings show that in approximately 90% of the 1,000 patients treated, this formula eliminated dyspepsia without the need for acid-reducing pharmaceuticals,

This natural treatment of digestive enzymes, probiotics and stevia in a chewable form, which does not reduce stomach acid, should become the new paradigm for the initial treatment of dyspepsia before prescribing acid-reducing pharmaceuticals. ◆

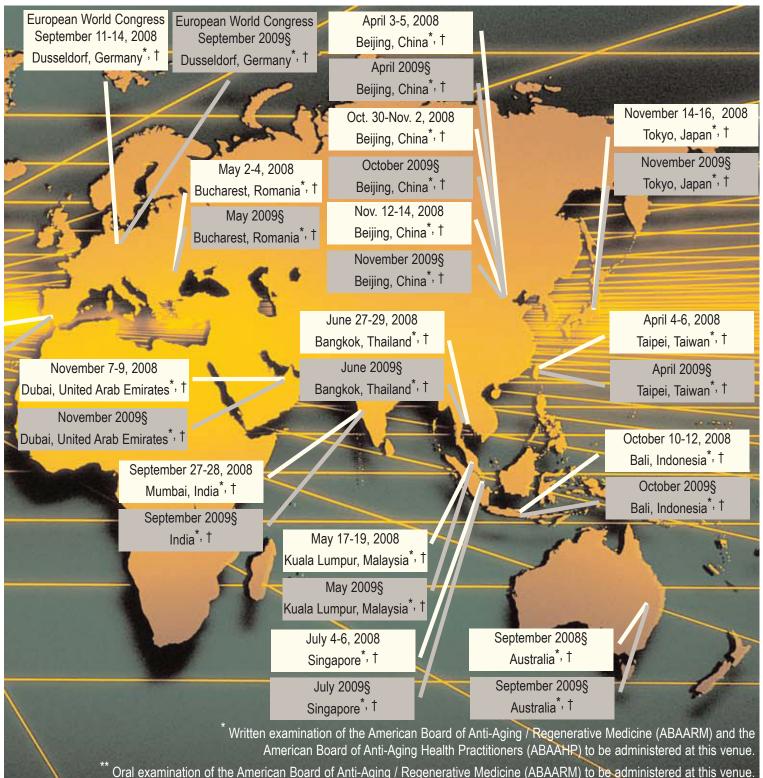
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Written examination of the American College of Anti-Aging Sports Medicine Professionals (ACASP) to be administered at this venue. § Pending.

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## **VIBRATION TRAINING:** A Unique Training Tool For Anti-Aging

By Dr. Joseph F. Signorile

Physical activity is one of the most cost-effective and innocuous tools for maintaining independence, preventing falls and maintaining wellness in older persons. However, the *Health*, *United States*, 2006 Report from the Centers for Disease Control and Prevention reported that less than 30 percent of the adult population in this country regularly engages in leisure-time physical activity and 39 percent participates in no leisure time physical activity at all.<sup>1</sup> The picture only gets worse as we age. Arthritis, sarcopenia (age-related muscle loss), declining metabolism, reduced mobility and a host of other age-related disabilities begin to limit our activity levels. Additionally, lack of transportation, disapproval by family members, fear of looking foolish and lack of program availability also are factors.<sup>2</sup> But what are the top reasons people give for not exercising? "I don't have time," followed by "I don't have the energy," "It's painful, boring and inconvenient" and "I just can't make the commitment."<sup>3;4</sup>

It would be wonderful if there were an exercise modality that required limited time commitment, low exertion levels, and was unique, fun and accessible, even to older persons with disabilities. Enter whole-body vibration (WBV). Although this training modality may be new to us, it has a history dating back to the mid-1960s when it was used by Russian cosmonauts to reduce the impact of microgravity on their muscles and connective tissue. Since then, both the technology

continued on next page

and the research have been growing in leaps and bounds. Today, we have a plethora of information from controlled scientific studies examining its effectiveness in addressing everything from functional performance to specific disease states. There are a number of different types of plates (vertical displacement, tri-directional displacement and central pivoting). Since results may vary by plate, this article will review only the literature on the impact of tri-dimensional/multi-planar plates (see Figure 1) on health and independence in older people.

#### **EXISTING STUDIES WITH OLDER PEOPLE**

*Strength and power*: The literature tells us that muscle size and strength decline exponentially after the age of 55 (see Figure 2).<sup>21</sup> Additionally, faster contracting muscles "die off,"

decreasing our movement, speed and power (the product of force production and movement velocity) (see Figure 3). Given the fact that the WBV plate moves at very high speeds (25 to 50 Hz). the overload to the muscles incorporates both force and velocity. In fact, WBV training is now commonly referred to as acceleration training in the literature. The nature of this stimulus is reflected in the neuromuscular responses it produces. For example, Bogaerts, et al., compared improvements in muscle mass, isometric strength and explosive



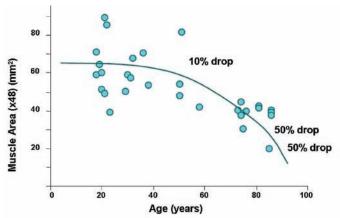
**Figure 1**. Tri-planar whole body vibration platform.

strength (power) due to WBV versus standard fitness training in community-dwelling men over 60 years of age.<sup>5</sup> They found that WBV training was as effective as fitness training for increasing muscle mass, isometric strength and power of the knee extensors (**see Figure 4**). However the WBV sessions required less than half the time (40 min. versus 90 min.) and minimal exertion compared to the fitness-training sessions.

In a similar study, Roelants, et al., compared the effect of WBV to progressive resistance training in a group of 89 postmenopausal women.<sup>6</sup> They reported similar gains in isometric and dynamic strength in both groups. However, only the WBV group improved in movement speed – a critical factor for independence and fall prevention.<sup>7</sup> Once again, the time required for WBV was less than half that required for resistance training

*Mobility and dynamic balance:* The positive impact of WBV on mobility in older individuals has been demonstrated in a number of studies. Bautmans, et al., examined the impact of

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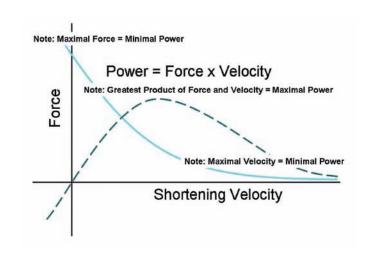
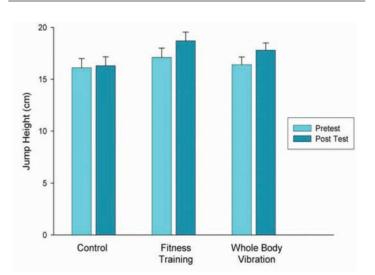


Figure 3. The Force-Velocity and Power curves showing the relationships between force, velocity and power.



**Figure 4.** Graph demonstrating similar significant increases in countermovement jump height for both fitness and WBV training. After Bogaerts et al.<sup>5</sup>

six weeks static WBV exercise on a Power Plate platform in 24 nursing home residents (15 female, nine male; mean age 77.5  $\pm$  11.0 years).<sup>8</sup> They reported significant increases in a timed up-and-go test, and in the balance score of the Tinetti gait test (see Figure 5).

More recently, Bogaerts, et al., examined the impact of 12 months of Power Plate<sup>®</sup> training on balance in 220 older individuals 60 to 80 years of age.<sup>9</sup> The Power Plate training group (n=94) showed a reduced frequency of falling on a moving platform when vision was partially impaired, and improvements in the response to toes-down rotations at the ankle induced by the moving platform. The fitness group (n=60) also showed reduced fall frequency on the moving surface when vision was disturbed. Thus, whole-body vibration training may improve some aspects of postural control in community-dwelling older individuals.

These studies demonstrate that WBV can positively affect mobility, balance and proprioception, thereby improving quality of life and reducing the risk of injury in older persons.

*Bone mineral density*: Reductions in bone mineral density (BMD) in postmenopausal women and very old men increase the likelihood of serious injury and death following a fall. Vibration training provides a unique stimulus for increasing BMD. Both animal and human studies have shown this.<sup>10-13</sup> For example, a study by Verschueren, et al., compared the impact of 24 weeks of resistance training or WBV on bone density in 70 women, ages 58-74.<sup>11</sup> DXA scans revealed a significant increase in total hip BMD, but not in total body BMD (see **Figure 6**). Additionally, there were no changes in serum markers of bone turnover for any group. Finally, a preliminary study by Corrie, et al., demonstrated that WBV can increase bone formation in 33 older patients.<sup>14</sup> The results of these studies, though limited, are indicative of the potential for WBV to counteract bone loss due to menopause of the aging process.

*Sarcopenic obesity*: The combined loss of muscle tissue and increase in body fat with aging is termed *sarcopenic obesity*. As Roubenoff stated in his commentary on sarcopenic obesity, "The 'fat frail' have the worst of both worlds as they age – increased weakness due to sarcopenia and a need to carry greater weight due to obesity"<sup>15</sup> (see Figure 7). We have already seen that WBV can positively affect lean body tissue, including muscle mass. But what about reductions in body fat? The answer to this question is addressed by Verschueren, et al., comparing WBV to resistance training.<sup>11</sup> They reported no significant changes in lean body mass due to either intervention, but a significant decrease in fat mass as a result of each (see Figure 8).

#### HARBINGERS OF FUTURE SUCCESS

*Flexibility*: A number of studies have demonstrated the positive impact of WBV on flexibility in younger individuals (see **Figure 9**).<sup>16-19</sup> To date, no study has applied a flexibility specific flexibility program to an older population. However, Bautmans,

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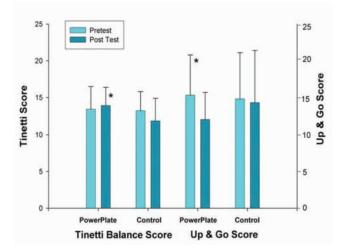


Figure 5. Illustration of significant improvements (\*) in both the Tinetti Balance and Up and Go scores due to WBV training. After Bautmans et al. $^{8}$ 

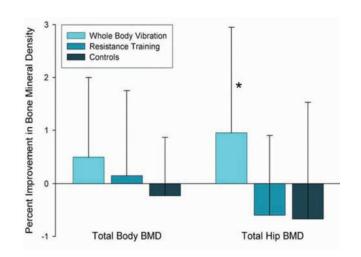
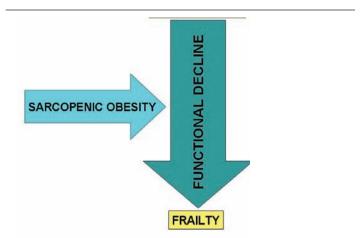


Figure 6. Increases in bone mineral density (BMD) with WBV training. \*statistically significant increase. After Verschueren et al.<sup>11</sup>



**Figure 7.** Diagram illustrating the negative impact of sarcopenic obesity on functional performance in older persons.

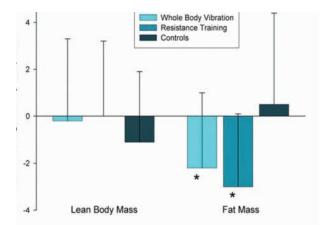


Figure 8. Graph illustrating similar significant decreases in body fat (\*) due to resistance and WBV training. After Verschueren et al.<sup>11</sup>

et al., reported no change in the sit-and-reach or back-scratch tests following a strength-training WBV protocol.<sup>8</sup> In our laboratory, we have demonstrated that a flexibility training program can improve multiple measures associated with functionality in older persons. Given the results with younger participants when protocols designed to increase flexibility were used (see Figure 10), it appears that WBV should be further examined as an important training modality for addressing the dramatic losses in joint range of motion associated with the aging process.

*Cardiovascular health and metabolic syndrome*: Another area which has received only limited attention in the scientific literature is the impact of WBV on cardiovascular health and metabolism. We have examined sarcopenic obesity as it relates to functional performance, but there is a more insidious concern related to the current obesity epidemic: metabolic syndrome or syndrome X (see Figure 11) and associated health problems (see Figure 12). WBV provides an attractive tool to address this problem, since it offers a low-exertion, individualized program without the inherent negative perceptions often associated with formalized exercise. This is especially important for older obese individuals who may not have the capacity to engage in more rigorous activities, yet still wish to improve

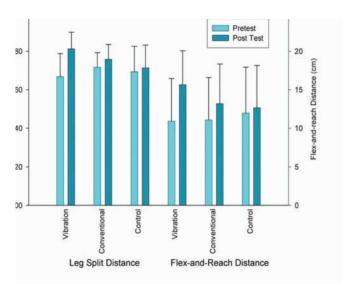


Figure 9. Increases in heel-to-heel split and sit-and-reach distances due to vibration training. After Issurin et al.  $^{\rm 16}$ 

their cardiovascular and metabolic health.

To our knowledge, only one study has examined oxygen consumption and caloric output in older persons as a result of WBV. Boegerts, et al., examined the impacts of WBV and mixed fitness exercise on oxygen consumption in 220 older adults (WBV group, n=94; fitness group, n=60; control group, n=66).<sup>20</sup> The WBV and FIT groups exercised three times weekly for one year. The WBV continued on page 24



Figure 10. Illustration of hip flexor stretch on WBV.

#### **METABOLIC SYNDROME (SYNDROME X)**

**CENTRAL OBESITY (APPLE SHAPE)**: A waistline of 40 inches or more for men and 35 inches or more for women

**HYPERTENSION (HIGH BLOOD PRESSURE)**: 130/85 mm Hg or higher or on blood pressure medications

HIGH TRIGLYCERIDES: Level above 150 mg/dl

Figure 11. Factors associated with metabolic syndrome.

**LOW HDL CHOLESTEROL:** Below 40 mg/dl (men) or under 50 mg/dl (women)

**INSULIN SENSITIVITY**: A fasting blood glucose (sugar) level greater than 100 mg/dl or are on glucose lowering medications.

#### VIBRATION TRAINING continued from page 23

group performed squats, deep squats and lunges. Using a progressive cycle ergometer protocol, they showed that  $VO_{2max}$  and time to exhaustion during the test increased significantly for both the WBV and fitness groups; however, the fitness group had significantly greater improvements in time to exhaustion (see Figure 13). These researchers concluded that WBV

#### OTHER HEALTH PROBLEMS ASSOCIATED WITH OBESITY

DIABETES

**RENAL FAILURE** 

**ATHEROSCLEROSIS** 

GALLBLADDER DISEASE

**HIGH TRIGLYCERIDES** 

HEART ATTACK OR STROKE

CANCER

Figure 12. Additional problems associated with obesity.

may provide an exercise alternative that can provide similar improvements in both cardio-respiratory and neuromuscular fitness with a much lower potential for injury.

To examine optimal protocols for increasing oxygen consumption during WBV, our laboratory recently examined the impact of load (no load, 20 percent and 40 percent of body weight) and vibration (0Hz, 0mm; 35Hz, 2-3mm; 50Hz, 5-6mm) on VO<sub>2</sub> during active squatting in 10 physically active males,  $27.22 \pm 4.79$  yrs;  $81.41 \pm 10.03$  kg, not currently training. Our data revealed that for WBV to effectively increase oxygen consumption, an external load was required. If lower loading conditions, such as 20 percent, were used, low frequencies and displacements were most effective. However, when higher loads were used, higher frequencies and displacements were superior (see Figure 14). We are currently recruiting participants for a training study comparing changes in body composition, lipoproteins and inflammatory markers in postmenopausal obese and overweight women.

#### CONCLUSION

The above controlled studies indicate that WBV is an effective training tool to increase strength, power, mobility, balance, bone density and sarcopenic obesity. Additionally, there are strong finding in younger individuals indicating that flexibility, cardiovascular health and metabolic syndrome may also be improved. Given the greatly reduced time commitment, lower

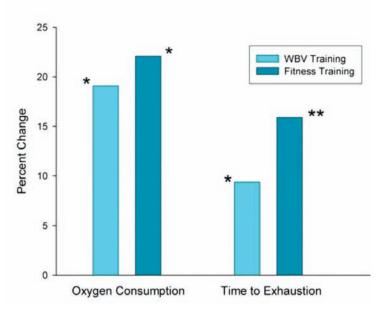


perceived exertion levels and rapid improvements associated with WBV, this exercise intervention constitutes a significant addition to the tools we have in our anti-aging campaign.

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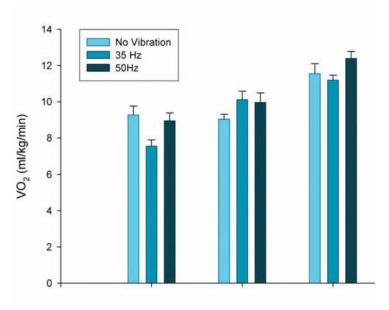
continued on **next page** 



**Figure 13.** Improvements in oxygen consumption and time to exhaustion following one year of training. \*significantly improvement above controls. \*\*significantly better than controls and WBV. After data by Boegerts et al. <sup>20</sup>

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**Figure 14.** Preliminary data showing the combined impact of external loading and WBV on oxygen consumption. \*significantly higher than 35Hz. \*\*significantly higher than no vibration. †significantly higher than 35Hz. (Signorile et al; personal communication).

DR. SIGNORILE has been involved in research using exercise to address independence and fall prevention for over 15 years, has over 50 refereed manuscripts and 175 national and international scientific and 200 industry presentations. He is currently a Professor of Exercise Physiology at the University of Miami and a Research Specialist at the Miami VA Medical Center Geriatrics Research Center.

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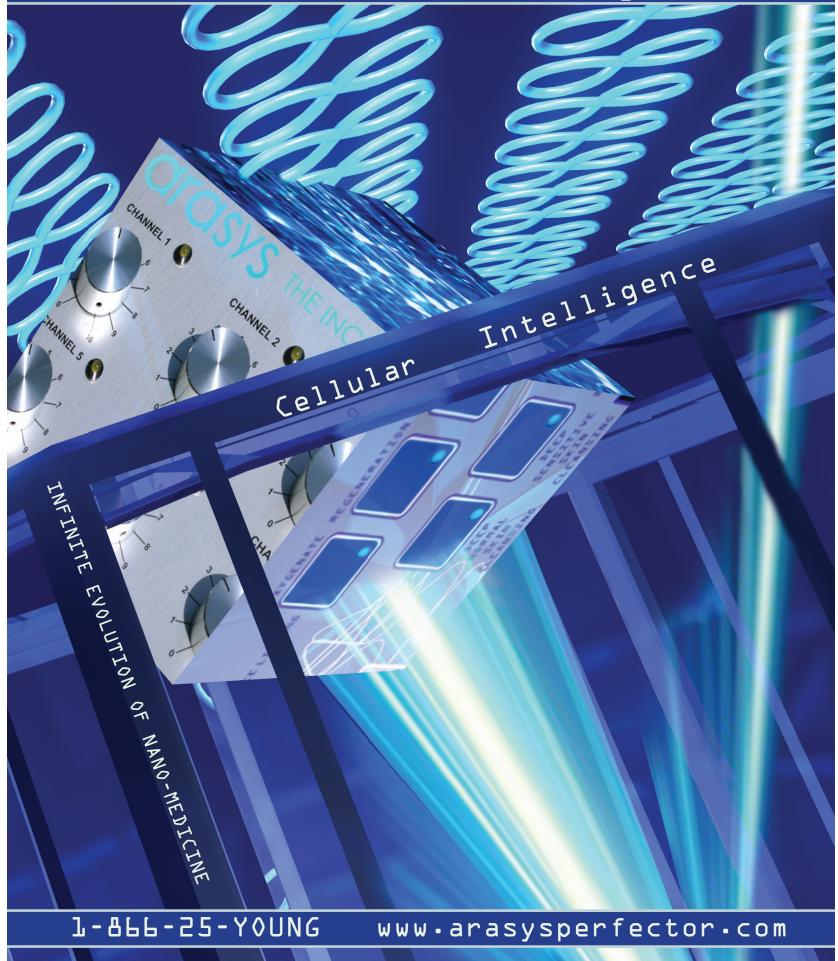
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Pamela Smith, MD

Sunday, October 26th, 2008







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HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE USING BIO-IDENTICAL HORMONE REPLACEMENT \* Time: 6:00 pm - 7:30 pm Speakers: John Grasela, R.Ph.; Pamela Smith, MD; Ron Rothenberg, MD; Patrick Savage; Mark L. Gordon, MD

▶ YOUNGER YOU RAINBOW DIET: THE BRAIN IS THE MOST IMPORTANT ORGAN FOR OBESITY\* Time: 6:00 pm - 9:00 pm Speakers: *Eric Braverman, MD* 

**GLUCOSE INHIBITION AS A NOVEL CANCER THERAPY** Sponsored by AMERICAN BIOSCIENCES, Inc. Time: 6:00 pm - 9:00 pm Speakers: James (Jim) LaValle, R.Ph., M.S., C.C.N., N.D.

GENETICS OF AGING Sponsored by AMINOCARE Time: 6:00 pm- 9:00 pm Speakers: Azar Rastegar, B.A.

LASER HAIR THERAPY: REVERSING THE SIGNS OF AGING Sponsored by SUNETICS. Time: 6:00 pm - 9:00 pm Speakers: Alan Bauman, MD

AESTHETICS EVENING WORKSHOP: BODY CONTOURING WITH VELA SHAPE Sponsored by SYNERON Time: 6:00 pm - 8:00 pm Speakers: Sharon McQuillan, MD; John Shieh, MD; Janette Daher

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COMMERCIAL WORKSHOP NETWORKING COCKTAIL HOUR Time: 5:00 pm- 6:00 pm

**HOW TO OPEN A TURN KEY WEIGHT MANAGEMENT PROGRAM** Sponsored by Ondamed Time: 6:00 pm - 8:00 pm Speakers: *Kim Ruby, CN; Warren Peters, M.D.* 

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AESTHETICS EVENING WORKSHOP: THE FIVE DIMENSIONS OF SKIN REJUVENATION Sponsored by SCITON Time: 6:00 pm - 7:00 pm

SIX MOST FAMILIAR SKIN PROBLEMS AND HOW TO TREAT THEM WITH AESTHETIC MEDICINE Sponsored by ALMAR LASERS Time: 7:00 pm - 8:00 pm Speakers: Sharon McQuillan, MD; Jason Pozner, MD; Amber Brown, MD

▶ A DYNAMIC MODEL OF ANTI-AGING / ADVANCES IN NANOMEDICINE Sponsored by USA PERFECTOR Time: 6:00 pm - 9:00 pm Speakers: Dr Xanya Sofra-Weiss, Ph.D

#### **SUNDAY**, APRIL 27, 2008

AESTHETICS WORKSHOP: VIBRATIONAL RESURFACING Sponsored by VIBRADERM Time: 3:00 pm - 4:00 pm Speakers: Sharon McQuillan, MD

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### FRIDAY, APRIL 25, 2008

### A NEW PARADIGM FOR ACID REFLUX - DO NOT REDUCE THE STOMACH ACID

Mayer Eisenstein, MD

Recent scientific studies APneumonia Risks Rise With Nexium, Prevacid@ [1], AWhy Inhibiting Acid Production With Prilosec and Prevacid Could Make Ulcers Worse@[2], ALong-term Proton Pump Inhibitor Therapy and Risk of Hip Fracture@[3] 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 Vioxx7, Bextra7 and Mobid7. 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 APrimum Non Nocere@ Above All Do No Harm.

### **GOALS & OBJECTIVES:**

- Bring awareness of the recent scientific studies demonstrating the dangers of PPIs.
- Bring awareness of the recent scientific studies demonstrating the benefits of probiotics

[1] Journal of American Medical Association October 27, 2004;292(16).

[2] Gastroenterology and The American Journal of Physiology January 2002.

[3] Yu Xiao Yang; James D. Lewis; Solomon Epstein; David C. Metz

Long term Proton Pump Inhibitor Therapy and Risk of Hip Fracture JAMA 296: 2947 2953.

### ADULT GROWTH HORMONE DEFICIENCIES TREATMENTS

Thierry Hertoghe, MD

The main difference between conservative and advanced endocrinology is that in conservative endocrinology only patients with hormone levels under the lower reference limit of the patient's age category are considered to have a deficiency and may get treated, while in advanced endocrinology also patients with hormone tests within reference ranges may get treated.

Reference ranges are not healthy ranges, but mere statistical ranges that help us know what hormone levels other people in the population have. 95 % of a population will statistically have a hormone level within the reference range, while 2.5 % will have a level under the lower reference, and 2.5 % above the upper limit. It remains also so even if a whole population is deficient in the hormone (postmenopausal women for estradiol for example), or whether 10, 30, 50, or 70 % of the population would be sufficient in it.

Here, with the example of **serum IGF-1 levels**, which reflect growth hormone activity, data are shown that support the view that **lower hormone levels within the reference range** may be associated with disease and therefore not sufficient and in fact **reflect a growth hormone deficiency**.

There is no or poor scientific backing to support the claim that only patients with serum IGF-1 levels under the lower reference of a person's age category would be growth hormone deficient, and above that level growth hormone sufficient. On the other hand, there is an important amount of scientific data that shows that being in the lower forth, third, half, two thirds or even lower three quarters of the reference range for serum IGF-1 is associated with an increased risk of disease or disease markers such as increased risks of higher body mass index, highervisceral fat mass, obesity, more metabolic syndrome features, low mini-mental state examination scores, high serum triglycerides, higher CRP, increased intima media thickness of carotid arteries and atherosclerotic plaques in them, increased systolic and diastolic blood pressure, arterial hypertension, history of angina pectoris or of myocardial infarction, cardiovascular disease, including ischemic hear disease and heart failure, stroke, cervical cancer including intraepithelial neoplasia, endometrial, pancreatic, rectal cancers, glioma, increased tumor-node-metastasis stage in breast cancer patients, prostate cancer, acute lymphoblastic leukaemia, and, last but not least increased mortality.

Increased risks of breast, prostate and colon cancers have also been reported at higher levels of serum IGF-1, but this may not be due to an excess growth hormone production, but to other causes such as a production of serum IGF-1 by tumour tissue. A higher serum level of IGF-1 is a consequence and not a cause of the cancer. Supports for this view is found in studies that show that reductions of IGF-2 precede the appearance of cancer (in liver cancer for example), increases of IGF-1 during time in progressive prostate cancer, etc.

### **GOALS & OBJECTIVES:**

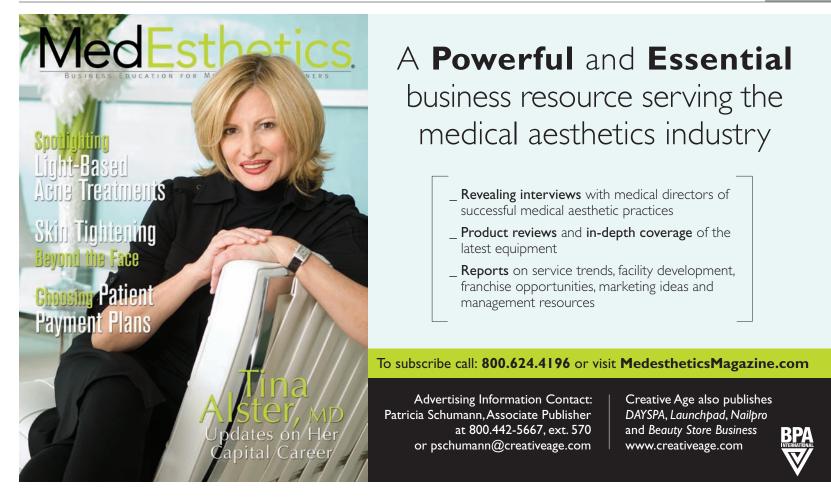
- Increase in physicians the awareness that patients may be hormone deficient although their lab tests may look "normal"
- Increase in physicians the awareness that there may be an increased risk of disease and possibly mortality in patients who are clinically growth hormone deficient, but with lab tests in the lower half of the reference range

### **AESTHETIC PRACTICE DEVELOPMENT WORKSHOP**

Sharon McQuillan

The successful aesthetic practice model requires a unique combination of successful patient outcomes with superior customer services. This in-depth workshop will include discussions on the following aspects:

continued on page 40



operational considerations and staff development, training, regulatory components, liability issues, finances, marketing, retailing, and public relations.

### **OPERATIONAL & STAFFING CONSIDERATIONS IN AESTHETIC MEDICINE**

The successful aesthetic medical practice is heavily dependent upon the ability of the staff to provide efficacious treatments in a comforting and pampering atmosphere. This presentation will review the operations and staffing components necessary for a successful aesthetic medical practice.

### **PROFESSIONAL LIABILITY & THE AESTHETIC PRACTICE**

Aesthetic practices face many different types of liability and risk on a daily basis. Individual states have stated to take a more active role in regulation as it pertains to aesthetic practices and medical spas. It is anticipated that this trend will continue and the popularity of these practices continues to proliferate. This presentation will discuss how to avoid common pitfalls associated with malpractice and liability situations.

### **REGULATORY & COMPLIANCE CONSIDERATIONS IN AESTHETIC MEDICINE**

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, OSHA, ANSI, and state and federal regulatory agencies. This presentation will clarify some of these important issues and also discuss best practices for achieving practice compliance.

### FINANCE OPTIONS IN TODAY'S MARKET

The development of an aesthetic practice requires a considerable amount of capital in order to provide efficacious treatments in a comforting atmosphere. This presentation will focus on the current finance options available to the aesthetic practitioner and best practices for successfully obtaining financing.

### IMPORTANCE OF RETAILING IN AN AESTHETIC PRACTICE

Retail sales are an important adjunct for providing revenue in an aesthetic practice. This presentation will focus on best practices for choosing retail products, the layout and display of these products, and how to coach team members to make retail sales a part of their daily routine with patients.

#### MARKETING FOR THE AESTHETIC PRACTICE

The success, reputation, and profitability of a medical spa is highly dependent upon the organization's market plan. This presentation will take an all-encompassing approach to the concept of marketing and how it relates to the aesthetic industry.

### NON-SURGICAL LIPOSCULPTURE FOR FACIAL ANTI-AGING

### IMPORTANCE OF MEDICAL PHOTOGRAPHY IN AESTHETIC MEDICINE

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 medical photography and the components needed to establish a successful photography system in the practice setting.

### COMPOUNDS AND THE LAWS IN ADULT HORMONE DEFICIENCY

#### John Grasela, RPh

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, and total hormone

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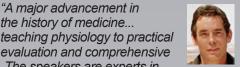
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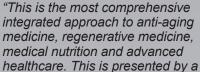


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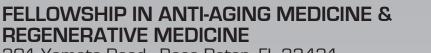


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\* ABSTRACTS

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.

### **COMPREHENSIVE CANCER TREATMENT**

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, choriocarinoma, 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."

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

### CONTROVERSY OF REGULATING PHARMACY COMPOUNDING

### L D King, ED

Since 1991, the profession of pharmacy and the FDA have been in a dispute over the regulatory role of FDA in pharmacy compounding. This has the potential of limiting what pharmacists can legally dispense for prescribers and patients. This presentation will give some background on roles of FDA, USP, state boards of pharmacy in regulating pharmacy compounding and well as give insight on current actions FDA is taking to restrict pharmacists' ability to compound medications. The presentation will cover ongoing federal litigation

against FDA, self-regulatory efforts by organized pharmacy organizations to ensure quality, recent FDA warning letters sent to pharmacies, and FDA efforts to restrict bio-identical hormone replacement therapy.

### GOALS AND OBJECTIVES:

- Describe current regulatory and legislative issues affecting pharmacy compounding
- List some of the known causes that have triggered FDA inspections of a compounding pharmacy
- Describe the role of the Pharmacy Compounding Accreditation Board
- List the source of practice standards for pharmacy compounding
- Describe current efforts to minimize error in pharmacy compounding
- Describe how the regulatory landscape for pharmacy compounding could change in the future

### THE EFFECT OF FRUIT AND VEGETABLE POWDER MIX ON HYPERTENSIVE SUBJECTS

John H. Maher, DC, DCCN, FAAIM

High blood pressure is the "silent killer" that is responsible for as much as 50% of all strokes and heart attacks. The Journal of the American Dietary Association announced in 2004 that, "the Dietary Approaches to Stop Hypertension (DASH) diet substantially lowers blood pressure and reduces blood lipid levels... When compared with the control diet, the DASH diet is higher in flavonols, flavanones, flavan-3-ols, betacarotene, beta-cryptoxanthin, lycopene, lutein, zeaxanthin, and phytosterols...It therefore is possible that the health benefits of the DASH diet are partially attributable to the phytochemicals and might extend beyond cardiovascular disease risk reduction."

A pilot study of a phytonutrient greens drink including powders, concentrates and extracts from fruits and vegetables of all the colors has been shown efficacious in mild hypertension in a small pilot study. Other studies have supported the potential of fruit and/or vegetable phytonutrient nutraceuticals in supporting blood pressure normalization in mild hypertension.

These finding may support the consideration of the use of natural phytonutrient nutraceuticals as an appropriate initial trial of a non-pharmacological nature for attaining a more optimal blood pressure in cases of high-normal blood pressure and mild essential hypertension.

### **GOALS & OBJECTIVES:**

- To provide the physician with a perspective that suggests that the efficacy of the DASH diet may be related in large part to its high phytonutrient content.
- To provide a general introduction to the phytonutrients (terpenes, polyphenols, polysaccharides, organic acids, organo-sulfurs and amines).
- To increase physician awareness of phytonutrient supplementation's potential effect in high-normal blood pressure and mild hypertension.
- To support the physician in considering phytonutrient supplementation as one of the viable, non-pharmaceutical agents in cases of high-normal blood pressure and mild essential hypertension.

## THE EFFECTS OF AN ANTI-MICROBIAL PLUS CANA<sub>2</sub> EDTA CHELATION SUPPOSITORY THERAPY ON PROSTATE CONDITIONS/PROSTATISM

Rita Ellithorpe<sup>1</sup>, MD, Larry Clapp<sup>2</sup>, JD, Tony Jimenez<sup>3</sup>, MD, Brett Jacques<sup>4</sup>, ND, Robert Settineri<sup>5</sup>, MS, and Garth L. Nicolson<sup>6</sup>, PhD

<sup>1</sup>Tustin Longevity Center, Tustin, California, <sup>2</sup>Prostate Health Resources, Santa Monica, California, <sup>3</sup>Hope 4 Cancer Institute, Baja California, Mexico, <sup>4</sup>Tustin Longevity Center, Tustin, California, <sup>5</sup>Sierra Research, Irvine, California, and <sup>6</sup>Institute for Molecular Medicine, Laguna Beach, California

Thirty-one men (mean age 61), with prostatism, benign prostate hyperplasia and prostate cancer exhibited the presence of prostate calcifications as determined by Power Color Doppler (PCD) ultrasound. The participants were concomitantly treated with tetracycline (500 mg/day) and proprietary ethylenediaminetetraacetic acid (CaNa<sub>2</sub> EDTA) suppositories (750 mg 4X/week) for 90 days. Using the NIH Chronic Prostatitis Symptom Index, significant post-treatment mean reductions in symptoms (p<0.0106) and pain (p<0.0122) were found along with a significant improvement in mean quality of life (p<0.0022).

Overall, the mean total scores showed significant post-treatment reduction (p<0.0006). In addition, use of the International Prostate Symptom Score indicated significant reductions overall mean scores (p<0.0001). Analysis of blood and stool post-treatment indicated significant changes in mobilized, secreted cations (cadmium, copper, boron, lead, molybdenum, magnesium and calcium). In addition, the blood cholesterol/high density lipoprotein ratio was significantly decreased (p<0.0005). The data suggest that combining CaNa<sub>2</sub> EDTA suppositories with tetracycline can significantly reduce symptoms and pain in men with prostate conditions.

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### EFFECTS OF LOW FREQUENCY PULSED MAGNETIC RESONANCE CELL REJUVENATION ON ANTI-AGING 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 Pulsed Magnetic Resonance of the right intensity, pulse and frequency combinations 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 Pulsed 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.

### FEMALE HORMONE REPLACEMENT: IMPORTANCE OF ESTROGEN AND PROGESTERONE IN TREATING THE MENOPAUSAL AND POSTMENOPAUSAL WOMEN

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.

### IMPORTANCE OF PUBLIC RELATIONS IN AESTHETICS AND ANTI-AGING

Kathy Dixon

The development of an aesthetic practice requires a considerable amount of capital in order to provide efficacious treatments in a comforting atmosphere. This presentation will focus on the current finance options available to the aesthetic practitioner and best practices for successfully obtaining financing.

### GET OUT OF LINE NOW. BHRT BY THE BOOK

Eldred Taylor, MD

The lecture will focus on the difference between Pharmacologic based medicine vs. Physiologic based medicine. Physiologic based medicine is medicine based on physiology. Pharmocologic medicine is often based on information and motives not grounded in physiology. However, there are a lot of powerful forces that try

continued on page 46

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to convince doctors to fall in line and stay in line. This lecture will focus on the knowledge (of physiology) and courage (to go against conventional medicine) that is necessary to GET OUT OF LINE.

### **"HGH ON TRIAL"**

James W. Forsythe, MD

Dr. James Forsythe will review his recent criminal trial and victory over the FDA concerning the "off label" prescribing of human growth hormone deficiency syndrome (AGHDS).

He will discuss his early usage of growth hormone replacement therapy as a limited part of his practice. His protocols and laboratory studies as will as his counseling of patients as to risks and benefits. The recommended adult dosages and administration techniques will be discussed along with ancillary use of Bio-identical Hormone Replacement Therapies.

The "triggers' to the federal investigation as well as the wired "shill" patient's role in the FDA attack will be reviewed.

The raid on the private home and business by several federal agencies and the misconduct and wrong doings that occurred.

The violation of the HIPAA regulations by the FDA and the sequestering of over 100 patient charts for a 29 month period resulting in wrongful deaths will be explained.

The Grand Jury hearing in May, 2006 followed by the arrest and indictment in September, 2006 will be covered.

The 13 month wait for the criminal trial proceeded by dismissal and settlement motions. Finally the trial and successful outcome with favorable press and electronic media support will finalize the report.

### **GOALS & OBJECTIVES:**

- Educate A4M medical personnel on the legal aspects of HGH prescribing.
- Review the criminal trial of "United States vs. James w Forsythe" involving "off label" use of HGH.
- Discuss the development of a National FDA sponsored protocol for "age related HGH deficiency syndrome.

### HGH: PROTECTING PHYSICIANS FROM THE FDA

### Kevin J. Mirch

Dr. Forsythe was falsely charged with crimes associated with properly treating patients with HGH. In that regard, the FDA/ICE forced themselves into Dr. Forsythe's home and office pointing high powered rifles at both Dr. Forsythe and his wife, Earlene Forsythe. For the next 21/1 years the Forsythe's fought a legal battle that very few individuals could have overcome. After the Forsythes retained Mirch and Mirch, extensive legal work determined that the charges were not a crime. Instead Mirch & Mirch determined that the HGH (Biotropin) that had been used was approved by the FDA in 1995. The FDA's own records and witnesses at trial admitted that HGH (Biotropin) not only confirmed that Biotropin was approved, but that it was no dangerous . One physician went so far as to admit that not using HGH after surgery could be considered malpractice. If Dr. Forsythe had not had the benefit of knowledgeable counsel, he might of have been found guilty of conduct that was not a crime. Instead Dr. Forsythe has proven that HGH is approved and the FDA should be praised by every physician practicing medicine today.

### **GOALS & OBJECTIVES:**

- Teach physicians how to legally prescribe HGH
- Teach physicians how to protect themselves from attacks from the FDA
- Teach physicians about the "Orange Book" which is the correct source of FDA approved drugs.

### HORMONAL REPLACEMENT THERAPY & THE LAW: HGH ON TRIAL AND THE FDA'S ATTACK ON BHRT

James W. Forsythe, MD

Dr. James Forsythe will review his recent criminal trial and victory over the FDA concerning the "off label" prescribing of human growth hormone deficiency syndrome (AGHDS).

He will discuss his early usage of growth hormone replacement therapy as a limited part of his practice. His protocols and laboratory studies as will as his counseling of patients as to risks and benefits. The recommended adult dosages and administration techniques will be discussed along with ancillary use of Bio-identical Hormone Replacement Therapies.

The "triggers' to the federal investigation as well as the wired "shill" patient's role in the FDA attack will be reviewed.

The raid on the private home and business by several federal agencies and the misconduct and wrong doings that occurred.

The violation of the HIPAA regulations by the FDA and the sequestering of over 100 patient charts for a 29 month period resulting in wrongful deaths will be explained.

The Grand Jury hearing in May, 2006 followed by the arrest and indictment in September, 2006 will be covered.

The 13 month wait for the criminal trial proceeded by dismissal and settlement motions. Finally the trial and successful outcome with favorable press and electronic media support will finalize the report.

### GOALS & OBJECTIVES:

- Educate A4M medical personnel on the legal aspects of HGH prescribing.
- Review the criminal trial of "United States vs. James w Forsythe" involving "off label" use of HGH.
- Discuss the development of a National FDA sponsored protocol for "age related HGH deficiency syndrome.

### HORMONE ESSENTIALS: WHICH SAMPLE DO I USE?

Patrick Hanaway, MD, Jyotsna Sahni, 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

**\* ABSTRACTS** 

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.

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### HORMONES, NEUROTRANSMITERS AND THE BRAIN

Eric R. Braverman, MD

Hyperparathyroidism in humans occurs when the blood level of the parathyroid hormone (PTH) is 70 pg/ml or above. In kidney disease studies it is suggested that PTH levels be kept around 35 pg/ml and vitamin D and calcium have been shown to lower this level. While numerous studies have reported on the fact that age-induced increased PTH plasma levels are associated with prolonged P300 latency and cognition decline, little is known about the correlation that may exist between brain speed and bone density in cases of hyperparathyroidism. The purpose of this study was to determine if PTH levels correlate to brain speed and/or bone density. Recruited subjects met the inclusion/exclusion criteria (n=92, age-matched, age 18-90 years, mean=58.85, SD=15.47) and were evaluated for plasma PTH levels. These levels were statistically correlated with event-related P300 potentials as a measure of brain speed. Groups were compared for age, bone density and P300 latency. The study groups were categorized and analyzed for differences of PTH levels: PTH levels <30 (n=30, mean =  $22.7\pm5.6$ SD) and PTH levels >30 (n=62, mean =  $62.4\pm28.3$  SD, p $\leq .02$ ). Patients with PTH levels <30 showed statistically significantly less P300 latency (P300=  $332.7 \pm 4.8 \text{ SE}$ ) relative to those with high PTH levels >30, which demonstrated greater P300 latency (P300=345.7 ± 3.6 SE, p=.02). Participants with PTH values <30 (n=26) were found to have statistically significantly higher bone density ( $M=-1.25 \pm .31$  SE) than those with PTH values >30 (n= 48, M= -1.85 ± .19 SE, p=.04). Our findings of a statistically lower bone density and prolonged P300 in patients with high PTH levels may suggest that PTH levels coupled with delayed P300 latency may become putative biological markers of not only dementia but OP. This study provides the first potential indirect evidence that may highlight the importance of brain processing speed as an OP early electrophysiological marker, which warrants intensive investigation.

Key words: P300, Hyperparathyroidism, dementia, osteoporosis, aging, calcium, vitamin D.



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TARSUS

### HOT FLASH HUSBANDS: UNDERSTANDING ANDROPAUSE

Pete A. Hueseman, RPh

This presentation will explore the origins, symptoms and diagnosis of Andropause in the aging male, including Testosterone deficiency, Testosterone and the relationship to the heart, DHEA,,, Estradiol, Progesterone, and dietary supplements. Discussion will include procedure for testing using saliva, urine and blood, diagnosis and development of a treatment plan, plus treatment options using hormone therapy and delivery agents such as capsules, sublingual tablets, patches, transdermal applications, injections and pellets and dosing guidelines.

### **GOALS & OBJECTIVES:**

- Educate on the symptoms of Andropause
- Educate on the options available to treatment Andropause

### HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE

John Grasela

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**<sup>®</sup> 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.
- Who are Hormone Patients?
- How do they find you?
- How do you successfully make prospects into patients?
- Understanding of the key financial drivers of your practice
- Revenues
- Marketing Expense management
- Operational Expenses
- Understanding of the key components of patient satisfaction

### HUMAN GROWTH HORMONE/ TESTOSTERONE/ ESTROGEN/ DHEA

Mark L. Gordon, MD

How can we maintain a youthful existence when important chemicals, hormones, minerals, vitamins and trace elements diminish in time? We are not plugged into a delivery system that automatically provides us

with those products that help our biological systems to function. Therefore, it becomes a mandate to identify what components we are deficient in and to replace them. Anti-Aging Endocrinology- is predicated on the maintenance of all our hormones in a balance of health. When out of balance we become ill and age. This is not pie-in-the-sky, but a scientifically documented reality. You will see the literature from major research centers attesting to this fact. Lose healthy hormone levels and loose the benefits of youthful functioning.

### **GOALS & OBJECTIVES:**

- Learn about those hormones that regulate functional metabolism
- Learn how to identify important hormone deficiencies
- Learn how to replace deficient hormones

### IMMUNITY & LONGEVITY: STRATEGIC IMMUNOTHERAPY IN THE TREATMENT AND PREVENTION OF AGING-RELATED DISEASES: CORONARY HEART DISEASE, CANCER, METABOLIC SYNDROME & NIDDM *Karriem H. Ali*, *MD*

Fundamentally, humankind has long thought of aging as a gradual decline in one's well-being and quality of life, with an increased incidence and severity of debilitating chronic diseases. However, the present basic and medical science argues for a fresh and more enlightened perspective. Here, we present an evidence-based synthesis gleaned from our current and ongoing laboratory and clinical research findings along with the existent knowledge in the field, to suggest that:

Aging is a multifactorial clinical syndrome primarily resulting from progressive "Immunosenescence"—

Immunosenescence is an insidious process—typically of early onset and advancing with age in adulthood—which leads to autoimmune disorders and impaired immune responses to antigen exposure;

Immunosenescence also appears to be directly associated with the phenomenon of age-related telomere shortening, which is known to reduce cellular proliferative capacity in the immune system;

The use of Allotypic Immuno-Modulators (AIMs) to achieve a persistent reversal of immunosenescence may well be the simplest common denominator available for solving the healthful longevity equation;

The Strategic Immunotherapy approach suggests a novel and effective paradigm in the amelioration and treatment of aging and its related diseases & disorders.

### **GOALS & OBJECTIVES:**

- To familiarize attendees with:
- An understanding of Immunosenescence as a process which can produce a clinical picture consistent with what is accepted as Aging.
- An understanding of prevalent factors in our patients and society as a whole —i.e., environment, dietary, lifestyle—that support the consideration of Immune Dysfunction as sufficiently ubiquitous to play a key causal role in Aging;
- The Strategic Immunotherapy approach
- Clinical strategies in several diseases and disorders of aging, e.g. Coronary Heart Disease, Cancer, Metabolic Syndrome & NIDDM;

### IMPORTANCE OF MEDICAL PHOTOGRAPHY IN AESTHETIC MEDICINE

### Jim Larkey, MBA

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 medical photography and the components needed to establish a successful photography system in the practice setting.

### IMPORTANCE OF RETAILING IN AN AESTHETIC PRACTICE

Lisa Travis

Retail sales are an important adjunct for providing revenue in an aesthetic practice. This presentation will focus on best practices for choosing retail products, the layout and display of these products, and how to coach team members to make retail sales a part of their daily routine with patients.

## INTRODUCTION TO TREATING HORMONE DEFICIENCY: THE ABC'S WITH TIPS ON HOW TO BOOST THEIR SAFETY AND EFFICACY

Thierry Hertoghe, MD

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

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

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

### IODINE TO THE RESCUE - DEFICIENCY AND ITS IMPLICATIONS

Jay Mead, MD

Iodine insufficiency is far more common that we have been led to believe. Beginning in the early 1900s iodine was added to table salt, which gave Americans a false of security regarding adequate intake of iodine. The US RDA for iodine is 150 mcg, which is 89 times less than the 13.8mg average daily intake of the mainland Japanese population, a population that has substantially less risk for cancer and heart disease. Furthermore, iodine that was included in baked goods until the 1970's and then was replaced with Bromide, a different halide that is toxic and completes with iodine in biological systems. Chlorine another toxic iodine competitor is ubiquitous and contributes to iodine depletion. The WHO estimates that 15% of American women are insufficient using a threshold for deficiency that is ridiculously low. A better approximation is that greater than 50% of US women are deficient. Breast cancer, ovarian cancer, fibrocystic breasts, PCOS, estrogen dominance, atrial fibrillation and thyroid disease are conditions either directly or indirectly associated with iodine insufficiency. There is an illfounded fear of iodine supplementation (iodophobia) that is thwarting efforts to treat what is best described as an epidemic if not a pandemic. Until iodine insufficiency is appreciated and treated, our efforts to optimize and extend quality of life will be diminished.

### **GOALS & OBJECTIVES:**

- History related to development of iodine RDA and current dietary levels in the US population.
- Physiologic impact of insufficient dietary iodine.
- Medical conditions, including cancer, related to iodine insufficiency.
- Laboratory assessment for iodine deficiency.
- Allergic response to iodine ingestion.
- Therapeutic approach to correcting laboratory based insufficiency.

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### LABORATORY TESTING IN ANTI-AGING MEDICINE

Case Studies in Anti-Aging Laboratory Testing/Monitoring *Bill Anton, PhD* 

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:**

Sexual Transmitted Disease

• Launching New Patented Laboratory Technology (A spot Urine Test or Swab to screen for STDs with Genetic & PCR technology)

continued on page 54

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- 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.

### MARKETING FOR THE AESTHETIC PRACTICE

Janette Daher

The success, reputation, and profitability of a medical spa is highly dependent upon the organization's market plan. This presentation will take an all-encompassing approach to the concept of marketing and how it relates to the aesthetic industry.

### MED SPA MARKETING - THE DOCTOR'S WAY

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.

### GOALS & OBJECTIVES:

- 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!

### MITOCHONDRIAL DNA: BREAKTHROUGHS & INTERVENTIONS / MITOCHONDRIAL DISEASE

M. Nicholas Martin, MD

Mitochondrial DNA (mtDNA) is easily mutated by the free radicals that are emitted from the biochemical reactions that occur in the formation of ATP. This presentation will emphasize the known methods of treating patients to both treat to prevent mitochondrial injury, and to treat to regenerate injured and nutrient depleted mitochondria. The range of options to regenerate damaged mtDNA mau change in the near future, and we will review the known reports of genetic techniques of treatment for advanced mtDNA.

The ultimate treatment for injured mtDNA is replacement of mtDNA. Work at the laboratory level to accomplish mtDNA replacement started over twenty years ago, but substantial breakthroughs that would lead to human treatment protocols have occurred more recently. Recent research for enhancing ATP production will be presented for patients with both 1) enzymopathy causing mitochondrial enzyme dysfunction, and 2) patients with nutritional deficiency (cofactors for enzymes) that limits formation of biochemicals diseases for normal ATP production. The state of ATP deficiency has been implicated in diseases ranging from neurodegenerative diseases to delayed neurodevelopmental diseases such as Autism. The technique for enhancing APT in this group will be discussed.

### **GOALS & OBJECTIVES:**

- Introduce the technological breakthroughs in mitochondrial repair and replacement
- Focus on the montochondrial DNA being at risk for oxidative damage and the protective interventions that can be confirmed by measurable metabolic ?

### MRET ACTIVATED WATER AND ITS SUCCESSFUL APPLICATION FOR PREVENTION TREATMENT AND ENHANCED TUMOR RESISTANCE IN ANIMAL ONCOLOGY MODELS Igor V. Smirnov, PhD

This particular presentation relates to a fundamental nature on how MRET Activated Water with the modified molecular structure, physical and electrodynamic characteristics may enhance specific molecular mechanisms in living cells. The research regarding the physical parameters of water confirmed that MRET treatment of distilled water leaded to substantial modification of basic physical-molecular properties of water. The anomalous viscosity of MRET water (subject to very low tangent pressure) and electrodynamic characteristics of MRET water (subject to applied electromagnetic field of low frequency range) confirm the high level of long-range dynamic structuring of water molecules in polarized-oriented multilayer formations in activated water produced with the help of MRET activation process. The similarity of molecular formations of cell water and MRET activated water contributes to their compatibility, easy bio-availability and assimilation of MRET activated water in biological systems. The introduction of MRET water to biological systems can contribute to the enhancement of the cellular transduction mechanism and the proper function of cells in biological systems. The significant positive effect of MRET Activated Water regarding the tumor resistance in animals was observed in all groups of mice on different fractions of MRET water in the experiments conducted on 500 mice at Kiev Institute of Experimental Pathology, Oncology and Radiobiology, Ukrainian Academy of Science. The best results were observed in the groups of mice on MRET water activated for 30 minutes (optimal regime of activation). The significant anti-tumor effect of MRET Activated Water on mice was close to the action of the chemotherapy agents and allowed to avoid the side effects that typically follow chemotherapy treatment in oncology.

### **GOALS & OBJECTIVES:**

**Objectives:** The goal of this investigation was to study the effect of MRET water for the prevention and treatment of two kinds of oncology diseases on mice (laboratory models of Ehrlich's ascites tumor and Sarcoma ascites form). MRET Water is produced with the help of patented (US Patent No. 6,022,479), non-chemical Molecular Resonance Effect Technology (MRET). The anomalous electrodynamic characteristics and viscosity of MRET water provide some evidence regarding the possible effect of MRET water on electrical activity and proper function of the cells.

**Methods:** The ability of animals for tumor resistance was studied in the experiments conducted on 500 mice (22 groups with 20 mice in each and 10 groups with 5 mice in each group) with the help of the following methodology:

a) study of possible anti-tumor effectiveness of "preventive" administration of different fractions of MRET water; mice received MRET water during 2 weeks before tumor cell transplantation and after transplantation;

b) study of possible anti-tumor effectiveness of "therapeutic" administration of different fractions of MRET water; mice received MRET water after tumor cell transplantation;

c) investigation of functional citotoxic activity of lymphocytes containing natural killer cells (NK-cells) isolated from spleens of mice (without tumors) which received MRET water; lymphocytes were incubated with tumor target cells.

**Results:** The experimental results confirm that consumption of all types of MRET water leads to the significant inhibition of tumor growth and suppression of mutated tumor cells. The best results were observed in the groups of mice on MRET water activated for 30 minutes (optimal regime). The resulting decrease of the Total Number of Viable Tumor Cells was 76% in "preventive treatment" group and 55% in "therapeutic treatment" group. The observed average survival time of mice which received optimal activated water in "preventive treatment" regime increased by 61.7% compare to the control group. The increase of cytotoxic index in both regimes (21 days and 14 days of application of activated water for mice without tumors) by 26% and 10% respectively was observed only in the groups of mice under MRET water activated for 30 minutes.

**Conclusions**: The significant positive effect of MRET activated water on tumor resistance of animals was observed in the process of this investigation *in vivo* in all groups of mice on different fractions of activated water. The significant anti-tumor effect of MRET Activated distilled water on mice was close to the action of the chemotherapy agents and allowed to avoid the side effects that typically follow chemotherapy treatment of oncology. The application of activated water can be quite promising approach for non-drug stimulation of NK-cells immunization vaccines.

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

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

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

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

### GOALS AND OBJECTIVES:

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

### **OPERATING A PROFITABLE MEDICAL SPA**

Francis X. Acunzo, CEO of Acara MedSpas

Join industry frontrunner, Francis X. Acunzo, CEO and Founder of Acara MedSpas for mission-critical business information for successful med spas. Learn about the top medical spas profit builders and how to implement them. This presentation will be jam packed with insider knowledge from one of the industry's top business professionals.

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Join industry frontrunner, Francis X. Acunzo, CEO and Founder of Acara MedSpas for mission-critical business information for successful medical spas. Learn about the top medical spas profit builders and how to implement them. The presentation will begin with a review of the role that location, performance and profitability play and how to maximize them in order to have a successful aesthetics business. Mr. Acunzo has over 25 years in the industry and has owned, developed or managed over 75 spas and medical spas. Based on this experience – Acara has developed the top profit builders. These include: meeting market demand with the right mix of services and products, how having the right team impacts the business, creating a targeted marketing mix that includes understanding your audience and identifying the correct methods for advertising, managing the lead pipeline, having the right type of business culture that meets and exceeds the clients' expectations, while generating sales, how to determine if your staffing is aligned with your market, and lastly, the role that savvy retailing plays in having a profitable business. Time for a question and answer session will be included. This presentation will be jam packed with insider knowledge from one of the industry's top business professionals.

### **GOALS & OBJECTIVES:**

- A review of the Aesthetics Business Success Formula
- Learn about the Top 7 Profit Builders
- Understand how to apply Profit Builders to your business

### **OPERATIONAL & STAFFING CONSIDERATIONS IN AESTHETIC MEDICINE**

Janette Daher

The successful aesthetic medical practice is heavily dependent upon the ability of the staff to provide efficacious treatments in a comforting and pampering atmosphere. This presentation will review the operations and staffing components necessary for a successful aesthetic medical practice.

#### PHOTOTHERMAL THERAPY (PTT) - "THE FUTURE FOR HUMANKIND"

Joseph Georghy, MD, Vera Georghy, Microdentist, Robert George, MD

### A. INTRODUCTION:

The healing nature of light has been known since the dawn of mankind. Appropriate temperature (HEAT), delivered as a **light** energy, **atmosphere**, along with **water**, and **nutrients**, optimizes cellular metabolism and provides stimuli for metabolic processes to take place and stimulates rejuvenation for all living organisms. Appropriate Heat & Light are the primary factors in initializing life on the earth or anywhere in the universe. Only appropriate heat and light can create atmosphere that will progress further to form water. PTT and Low Level Laser stimulation on mother DNA will lead to transcription of a specific DNA's which is responsible for creation life on Earth.

#### **B. HISTORY & BACKGROUND**

The Greeks and Romans both understood that sunlight could play some remedial capacity – although there was little understanding of why it was happening. Nicola Tesla first conceived the idea of Intensive Pulsed Light in the early1900's and he presented this idea to the American army for defense. As early as 1903 scientists realized that light could be used for treatment. The same year Danish Physician Niels Finsen Ryberg was awarded Nobel Prize for his work on light therapy.

Tesla developed Neon Light that was used as a stimulus in botany where few photons of 660 nm have a significant structuring function; they trigger DNA synthesis, which leads, among other things, to formation of buds. Russians used Tesla coil to produce IPL: The energy was used to strip paint from old ships. Einstein came up first with the name Laser. Few Russian Jews, doctors of physics, after migrating in Israel, produced the first Photoderm (IPL). Drs Bitter, father and son, introduced the name Photofacial/Fotofacial. Dr Joseph Georghy is the first commercial user of Vasculite Plus – IPL + Nd: YAG machine in the world and is first to describe and presents worldwide the biological effects resulting following PTT.

### C. WHAT IS PHOTOTHERMAL OR PHOTOTHERMIC THERAPY (PTT)

As the name indicates (Phos - Greek for Light and Therme - Greek for heat, generating heat or increased temperature), it is a Light and Heat Therapy delivered simultaneously. It is a physical phenomenon with an unlimited magnitude of medical applications. It can be administered as a combination of IPL (Intensive Pulse Light) and LLCLT (Low Level Continuous Light Therapy). Since 1998 I have treated over 6,000 patients and observed that PTT is a powerful remedy in the treatment of multiple medical conditions. It is a very exciting therapy that offers unique characteristics ideal for rejuvenation of living organisms including humans. In fact, PTT is a "microscopic sun" in your surgery, extremely flexible in temperature (heat); pulse duration (its emitted wavelengths ranging from 400 to 1200nm); and the pulse width that can be varied as required.

### D. HOW IS PTT PERFORMED?

Dr Georghy's revolutionary technique is very simple. The sparkling, pulsed light is delivered from a distance, without touching the skin and through special crystals. This allows the heat and light remedial energy to reach the skin and the deep structures underneath. The doctor is the first in the world to use this concept, and his reasoning is simple. If there were no sun, there would be no life on earth," he says. "All living organisms and plants get heat energy from a distance. Why should I not deliver Heat and Light energy in a similar manner as the sun? All I did was, copy Mother Nature." He calls his technique '**PTT**' or '**The Sydney Technique**'. All treatments are conducted by Dr Georghy personally. It usually takes 40 – 60 minutes and is a combination of several light and heat therapeutic modalities. IPL is described as a slight sting, like snapping of a small rubber band. LLCLT is pleasant, comfortable and very relaxing. Virtually all patients fall asleep. By selecting appropriate filters, we allow certain frequencies to get through. Thus we can eliminate harmful energies, but allow rejuvenating energy to get through. I believe that the natural sun can be used as a continuous light therapy if technology improves further. Australia would probably be the most suitable clinic!

### E. OBJECTIVES:

- In this study I set to observe numerous biological effects.
- With little doubt, more biological effects will be discovered.
- By understanding the biological effects, I believe that we would be able to understand how life on earth was created and how life can travel all over universe.
- All leaving cells have a 're-chargable biological batery' and the sun is the charger.

### I HAVE OBSERVED THE FOLLOWING BIOLOGICAL EFFECTS:

- Cells: Stimulation, Growth & Regeneration and Increased Tissue Activity
- Deep Tissue Rejuvenation (fat pads, muscular structures including the bones)
- Lipolytic & Anti Cellulite Therapy
- Tissue Desensitization (particularly to Light & Heat)
- Collagen Formation (transcribes DNA into RNA, leading to procollagen-collagen formation))
- Anti-Inflammatory (immediate action)
- Melanocytes Function: Regulation, Stimulation & Migration (very important action that will help us understand which race developed first). Melanocytes appear to be the most sensitive human cell to heat (temperature) changes and adaptation takes prolong period of time.
- Fibrous Tissue Formation: Regulation & Reduction (eg: keloid, scars)
- Antiviral Properties ("deactivates" the virus; decreases virulence, results in faster healing and a reduced recurrence rate)
- Antifungal Effect: Immediate and very powerfull effect
- Antibacterial Effects (bacteriostatic & bactericidal effect)
- Tissue Desensitization (particularly to Light & Heat)
- Immune System Stimulation: Topical (intradermal) & Systemic (we all feel better after good sunny summer holiday)
- Anticancer Properties (amazing discovery)
- Internal Cancer Diagnosis/Treatment (intensive research already on its way)

- Enzymes & Hormones: Stimulation and Increased Metabolic Turnover
- Hair Follicle: Stimulation (regrowth) & Permanent Hair Reduction
- Osteoporosis Prophylaxis/Therapy
- Collagen Stimulation directly related to DNA stimulation
- Accumulative capacity: As a result, there are sustained therapeutic effects

### THE KEY BIOLOGICAL EFFECTS ARE:

- Immediate Anti-Inflammatory Reaction
- DNA: Repairs, Regulates and stimulates DNA
- Vasculogenesis (formation of new blood vessels that in turn provides better oxygen supply to tissues and creates life)

### F. GOALS:

If there is no sun, there would be no life on earth. All living organisms and plants get heat and light energy from a distance. Why should I not deliver stimulating heat energy in a similar manner as the sun? All I did was copy Mother Nature. The sparkling pulsed heat and low level continuous heat are delivered from a distance through special crystals and with special frequencies.

Observing the clinical results over the last 15 years, it helps me understand how the sun creates, maintains, stimulates and dissipates life.

I believe that mainly the heat and possibly the light are the stimulating and remedial energy to reach the skin and the deep structures underneath.

### G. MATERIALS, METHODS AND RESULTS WILL BE DISCUSSED:

All patients are pretreated with Biotron or LED and Non-ALA Photodynamic Therapy. The substance has been developed by me. It is incredibly cheap and no photo toxicity has been reported. I used Vasculight Plus-Plus (IPL + Nd: Yag Laser), Biotron Low Level Laser Stimulation Therapy (LLLST) and LED.

### H. INDICATIONS FOR PHOTOTHERMAGE ARE INFINITE:

Will be discussed during my presentation.

The list is too long to count. I will present only few indications.

- Dermatology (treatment of wounds, burns and scars, acne, rosacea, dermatitis and eczema, aged skin, psoriasis, vascular lesions, birth marks, pigmentation, vitiligo, skin laxity, sebaceous hyperplasia, large pores, wrinkles, ulcers etc.)
- Permanent fillers complications unresponsive to any other treatment: All patients respond and no complications reported. The nodules simply get slowly smaller and smaller.
- Post surgical and post lipostructure management: All patients are treated with Non-ALA photodynamic PTT. Results are outstanding, particularly after Breast Liposuction.
- Scalp Conditions: Hair Stimulation Therapy (hair re-growth); Alopecia Areata
- Hirsutism and Hypertrichosis (permanent hair reduction)
- Antiaging Therapy: PhotoThermic Therapy provides longevity and improves quality of life. Improves memory and osteoporosis and should be first line of therapy for aged population. People exposed to more light are happier and survive longer.
- Osteoporosis: The safest and the cheapest first line of treatment.
- Musculoskeletal ailments (strains, degenerative conditions, rheumatoid arthritis, trauma, muscular ailments, neck and back pain)
- Odontological ailments (caries, endodontics, periodontics, oral mucosa disease, jaw joint disease, "dry socket")
- Ear, Nose and Throat ailments
- Neurology (headaches, migraines)
- Traumatology (sprains, soft tissue injuries)



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- Anticancer Prophylaxes/Therapy (intensive research under way)
- Antiviral Therapy (i.e. HIV, Hep B, Hep C etc: Research is needed)
- MELANOMA TREATMENT: Prophylaxis and therapy. I strongly believe that this would be astonishing and a revolutionary management.

### I. CONTRAINDICATIONS:

There are none. Anybody that can walk in the sun can have PTT.

### J. CLINICAL RESULT:

Video clip and before and after clinical cases will be presented supporting all of the above biological effects.

### K. CONCLUSION:

I state that PhotoThermal Therapy (PTT – appropriate heat), is the most revolutionary non-medical, medical and cosmetic treatment since the discovery of immunization and penicillin. I must add we are only just beginning to understand the potential of the above treatment. It has immediate anti-inflammatory effects and stimulates angiogenesis – formation of new blood vessels: the key factor of life formation and tissue rejuvenation. Numerous other biological effects are produced and have been presented by Dr Joseph Georghy at several world conferences.

### WHAT IS THE FUTURE?

Unquestionably, PTT clinics (similar to Romans' baths) where the energy from the sun would be collected

and utilized as a remedy could be constructed. The energy (Heat) would be administered through interchangeable ceiling filters, delivering Mother Nature goodness. A dramatic change in architecture will be inevitable. All communication and information storage would be based on light energy.

In summary, an interesting phenomenon involves activation of DNA transcription into RNA. I believe that life on Earth exists because at some stage PTT and laser energy of certain frequency (from the sun) may have "ignited" DNA molecules, leading to matching of homologous bases, self-replication and formation of proteins, and ultimately the creation of life on earth. Life can travel all over the universe. It will be explain during my presentation.

### **PROFESSIONAL LIABILITY & THE AESTHETIC PRACTICE**

### Megan Packard

Aesthetic practices face many different types of liability and risk on a daily basis. Individual states have stated to take a more active role in regulation as it pertains to aesthetic practices and medical spas. It is anticipated that this trend will continue and the popularity of these practices continues to proliferate. This presentation will discuss how to avoid common pitfalls associated with malpractice and liability situations.

### PULSED MAGNETIC FIELD THERAPY IN ANTI-AGING MEDICINE

Joel P. Carmichael, DC

Bioelectromagnetism is a fundamental property of all living organisms. Intrinsic frequencies operate to maintain health and promote tissue repair and ion exchange. Pulsating magnetic fields (PMFs) have been shown to help in bone unification, the reduction of pain, edema, and inflammation, and increasing blood circulation and stimulating the immune and endocrine systems. Pulsed magnetic field therapy (PMFT) for bone growth stimulation and fracture healing is used in the U.S. with a more than 80% success rate when conventional therapy failed to heal these fractures over months or, in some cases, years. PMF's are proven to stimulate human cartilage growth in vitro. PMFT promotes the formation of collagen and human chondrocytes. Relevant to the aging population, animal

studies have found the daily application of PMFT to improve bone density as well. Wound studies suggest that some endogenous electromagnetic signals may facilitate cellular migration to the wound area thereby restoring normal electrostatic and metabolic conditions. Electromagnetic modalities appear suitable to augment the injury currents, accelerating wound healing. PMFT may be an increasingly important therapeutic adjunct for treatment of pain-producing degenerative conditions and for enhancing wound healing impaired by the aging process. PMFT may have complementary regenerative effects useful in the practice of anti-aging medicine.

### **GOALS & OBJECTIVES:**

- The participant will gain insight into the nature of beneficial interactions between extremely low frequency electromagnetic fields and biological systems.
- The participant will discover the broad scientific literature base including human and animal studies examining the potential therapeutic uses of pulsating magnetic fields.
- The participant will review underlying principles of physics and biology and the application of those principles to the signaling of membrane receptors for the enhancement of cellular function.
- The participant will learn how pulsed magnetic therapy is currently being utilized in clinical practice.

### RECENT PROGRESS IN CLINICAL APPLICATIONS AND RESEARCH IN FIBROMYALGIA

### Robert W. Bradford, NMD

Fibromyalgia is characterized as a specific disease entity and , although the etiology remains controversial, significant progress has recently been made in alleviating the major symptoms of this malady. Similarities to a related disease, Chronic Fatigue Syndrome (CFS), are described. Psychological causes have been implicated, leading to endocrine imbalances in brain regulatory mechanisms. Genetic defects have also been implicated, related to serotonin biochemical pathways. In addition, autoimmune responses may be involved, including antibodies to serotonin, a neurotransmitter, and its receptor.

The mechanism of pain at the biochemical level is described as related to fibromyalgia. An important component of the pain pathway, substance P, is defined and described in relation to pain as a major symptom. A variety of related infectious organisms are described, including virus, bacteria, fungi and mycoplasma. Representatives of these organisms have been detected in the blood of fibromyalgia patients with high resolution microscopy and PCR, which relates to the severity of the disease. Mycotoxins isolated from a variety of fungi are shown to increase cytosolic calcium, thereby leading to mitochondrial damage, inhibition of ATP production, pain and muscle fatigue. A major contributory factor in the resolution of fibromyalgia is the high false-negative values ranging from 50 to 90 %, found in approved fungal blood diagnostic tests. Therapies developed by the Bradford Research Institute and currently employed in the Ingles Integrative Medical Hospital and elsewhere are detailed along with the rationale for its high success rate. In the treatment of fibromyalgia the primary objective is the eradication of systemic fungus. Systemic fungus is dimorphic and an effective program must treat both the bud and mycelia forms whose characteristics are significantly different.

These dimorphic characteristics of fungus are related to effective therapies. Other forms of treatment include live cell injection (transplantation), antioxidants, probiotics, acupuncture, aerobics, amino acids and other forms of dietary supplementation. A variety of conventional drugs have also been implemented as therapy.

### **GOALS & OBJECTIVES:**

- To present the biochemistry and proposed etiology of fibromyalgia
- To describe one mechanism of pain symptom of fibromyalgia
- To describe related microorganisms commonly found in fibromyalgia patients including virus, bacteria fungus and mycoplasma.

### **REGULATORY & COMPLIANCE CONSIDERATIONS IN AESTHETIC MEDICINE**

### Eric Conn, PT

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, OSHA, ANSI, and state and federal regulatory

agencies. This presentation will clarify some of these important issues and also discuss best practices for achieving practice compliance.

### SWISS BIOLOGICAL MEDICINE – THE FUTURE OF NATURAL HEALING Thomas Rau, MD

Aging is expression of decreased rebuilding capacity of the body, mostly due to toxic tissue load and unfuctional intenstinal bacteria.

Swiss Biological Medicine knows ways to increase the anabolic forces of the body by strengtening the yang organs of the body and by building up a specific intestinal flora. The tissues with a low regenation rate can be increased in activity of rewening. The methods shown are detoxifying the tissues as hormonal glands and skin, but also brain. The result is better hormone production.

The approach is: natural increase of the glandular function, better utilisation of amino acids and intestinal function. The life bacteria, the essential amino acid preparation and a specific hypoallergenic nutrition (Swiss detox Diet) are the keys to success.

The methods to test the effect on the intestinal and glandular systems and the regeneration forces of the body, but also hidden food allergies is the COMPUTERIZED THERMO REGULATION TEST. (=CRT) CRT is the only test which measures intestinal bacterias health, regulation capacity, hidden food allergies and toxic load.

Dr.Rau explains the methods of the Swiss Well Aging Secret and the measurment techniques of CRT. The therpeutical technique not only leads to better regeneration and Well Aging, but also to resolve the problem of tissue pain (fibromyalgia), chronique fatigue (CFS) and skin diseases.

### TESTOSTERONE: FOR MEN AND WOMEN AND SEXUAL HEALTH

Ron Rothenberg, MD

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

### **GOALS AND OBJECTIVES:**

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

### THE NUTRITIONAL ASPECTS OF HORMONAL THERAPY

Pamela Smith, MD

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.

### THYROID HORMONE DEFICIENCY - DIAGNOSTIC AND TREATMENT T3, T4, THS-

Ron Rothenberg, MD

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

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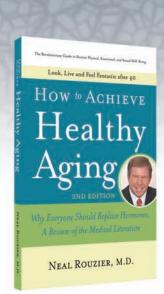
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Come to Booth #802 for an autographed copy of Dr. Neal Rouzier's newly released 2nd Edition of *"How to Acheive Healthy Aging"*.



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

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

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

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

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.

### WEIGHT LOSS: NEW ANSWERS

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 lastest information to help their patients with one of the hardest health areas, that of weight loss.

### SATURDAY, APRIL 26, 2008

#### **AESTHETIC CONFERENCE TRACK**

Sharon McQuillan

### FOCUS ON INJECTABLES

### BOTULINUM TOXIN A UPDATE

The advent of Botulinum Toxin A revolutionized the aesthetic industry. This presentation will focus on the latest updates in Botulinum Toxin A, including new products in FDA trials as well new treatment considerations.

### USE OF CALCIUM HYDROXY APATITE IN FACIAL SCULPTING

Calcium Hydroxy Apatite is a semi-permanent filler that is used worldwide for facial sculpting. This presentation will review the composition, properties, indications, and contraindications of calcium hydroxl apatite. Clinical trials will be reviewed regarding the effectiveness of calcium hyroxy appatite.

### **AESTHETIC REJUVENATION OF THE HANDS**

The effects of external aging not only manifest on the face, but also throughout the body. This presentation will discuss the aging of the hands and provide rejuvenation techniques for aesthetic enhancement utilizing a variety of aesthetic treatment modalities.

### PODIATRIC AESTHETIC REJUVENATION OF THE FEET

The foot is subject to many forms of abuse and aging via exercise and improper footwear. This presentation will focus on the functional rejuvenation of the foot using calcium hydroxy apatite.

### **AESTHETIC REJUVENATION OF THE HANDS**

Marta Rendon, MD

The effects of external aging not only manifest on the face, but also throughout the body. This presentation will discuss the aging of the hands and provide rejuvenation techniques for aesthetic enhancement utilizing a variety of aesthetic treatment modalities.

### ANTI-AGING APPROACH TO PATIENTS WITH DEGENERATIVE ARTHRITIS

James Stoxen, DC

Discussion of treatment and lifestyle; Recommendations for patients with degenerative arthritis.

### A BREAKTHROUGH IN CANCER THERAPY VIA GLUCOSE INHIBITION

Jim LaValle

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.

### HORMONAL BALANCE, NEUROTRANSMITERS AND WEIGHT LOSS

Daisy Merey, MD, PhD

Even though diet and exercise have been touted as the pillars of weight loss, we know they fail miserably as the obesity epidemic is increasing exponentially. Many people cannot get motivated to go on a strict dietary or exercise regimes for long. To lose the weight, one has to treat the mind. Cravings and hunger must be addressed for successful maintained weight loss. The location of the hunger whether it is in the head or the stomach requires different therapies. Stomach hunger may be achieved with fiber and a numbing agent. Cravings for certain foods can be tamed using different neurotransmitter precursors that increase dopamine or serotonin in the brain. The role of different amino acids like tyrosine, phenylalanine and 5 Hydroxy-Tryptophan will be discussed. Some appetite suppressants will also be considered depending on the medical condition of the patient and the timing of the hunger. Questionnaires will be offered to help the health professional to individualize treatment in the overweight or obese population. Food addiction needs treatment like any other addictions. Food is toxic and the less one consumes, the healthier and the longer one lives. Hormonal balance is also advocated as certain hormones may increase or decrease weight. Too much or too little of certain hormones may stimulate hunger and cravings for specific foods. There are certain foods that are more conducive to be craved and others that can increase satiety Finally, depending on the person's fat location, different programs may be used. The role of genetics in obesity will also be discussed.

### GOALS & OBJECTIVES:

- Health professionals will look at obesity in a different way
- They will be taught that to treat the weight, one has to treat the mind.
- In weight management, one must emphasize that hunger and cravings are more important to address than diet and exercise.
- One will learn that the location of the hunger affects the treatment.
- Food addiction needs to be treated as any other addiction.
- Hormones need to be balanced as well to achieve weight loss and maintenance

### HOW TO OPEN A TURN KEY WEIGHT MANAGEMENT PROGRAM

Kim Ruby, CN, Warren Peters, MD

An important and necessary part of any successful Anti-Aging practice includes weight control. As many as 67% of your patient base needs to lose weight. Physicians can learn how to help their patient reduce their risk for disease and attain a healthy weight in a timely and effective manor, while creating a profit center for their practice. The "Take Shape for Life" program will teach physicians to implement a weight management program with minimal effort and no inventory along with receiving a monthly commission from Take Shape for Life for monitoring the program. Warren Peters, MD, Director for the Loma Linda University Schools of Medicine and Public Health will share how the Take Shape for Life Program has been an effective and profitable tool to assist patients in reaching their proper weight and life-long health goals. Come to this informative training program to learn how to help your patients lose weight and age more gracefully.

### MARKETING STRATEGIES FOR MEDICAL SPA & WELLNESS PRACTICE

### Manon Pilon

Ms. Pilon presents her extensive consulting experience in the Medical Spa / Spa business, based on many years of experience working in different countries. Marketing tips and strategies that have proved successful in the short and long term are described, including different ways to increase revenue and credibility by offering new treatment approaches. Image is very important and her approach has been found to effectively increased retail and service sales, doubled revenue and ensured customer loyalty. Ms. Pilon, the author, will discuss the four key ingredients to succeed in the Medical Spa / Spa business. Do not miss this opportunity for your chance at success.

### GOALS AND OBJECTIVES:

- What is a successful concept
- Increase patient loyalty
- Increase your revenue
- Understand the importance of a consultation
- Give to participants a multitude of successful marketing ideas
- Introduce participants to different marketing strategies for medical-spa

### MITOCHONDRIA AND CELLULAR AGING

### James L. Oschman, PhD

The human body possesses remarkable capacities for rejuvenation and repair. These vital systems continue to be available throughout a person's lifetime. Optimizing the functioning of these systems is obviously a key to looking and feeling youthful. This presentation concerns emerging techniques that stimulate mitochondrial electron transport and the consequent influences on cellular behavior related to healing and rejuvenation.

### **GOALS & OBJECTIVES:**

- Describe the way energy fields stimulate mitochondrial respiration.
- Describe the consequences of increased ATP production in terms of effects on cellular behavior.
- Describe the cellular functions that are enhanced by increased production of ATP with particular reference to anti-aging effects.

### MITOCHONDRIAL FUNCTIONAL ANALYSIS - A NEW METHOD FOR ASSESSING ANTI-AGING STRATEGIES Frank Shallenberger, MD

Using a computer program it is possible to analyze respiratory gas exchange data and determine the following measurements: resting ATP production, resting ATP production from fat, maximal ATP production from fat, and maximal aerobic ATP production. When compared to standardized expected ranges, it is possible to measure mitochondrial efficiency in a medical practice setting. Since mitochondrial efficiency is the central determining factor in the rate of aging and the risk of all cause mortality, this data can be used to insure that that the antiaging strategies being used in each individual patient are effectively optimizing mitochondrial function in that patient. Initial data strongly suggest that the medical interventions capable of reversing declining mitochondrial function in a younger population such as exercise, hormonal replacement, and nutritional intervention are no longer effective by the mid-seventies. The implication is that in order to be effective, anti-aging stategies should be initiated before the seventh decade.

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### NEW UPDATES IN THYROID TREATMENT

Neal Rouzier, MD

A powerful controversy in medicine is the strong disagreement as to whether to prescribe T4 therapy alone or to prescribe it as a T4 and T3 combination. For years I have read excerpts in medical journals in which the top endocrinologists in the field agree that thyroid replacement should be in the form of T4 alone and never the combination of T4 and T3. Medical textbooks, medical journals and professors of endocrinology have stated that the body only needs T4 supplementation as it physiologically converts T4 to T3 based on the body's need. If the body doesn't need it, it therefore produces less T3. If more is needed, then the body automatically (physiologically) increases conversion of T4 to T3 to meet the metabolic needs of the body. Therefore only T4 is needed for supplementation and never T3. In addition, the T3 blood test is worthless and offers no benefit as far as treatment is concerned. This lecture will refute the foregoing based on a literature review.

Symptoms of thyroid insufficiency include weakness, fatigue, loss of energy, cold intolerance, thinning of hair, skin, and nails, weight gain and depression. However, traditional medical texts and research articles do not demonstrate how we should treat these symptoms when the thyroid and TSH levels are normal. Dr. Douglas Ross of The Thyroid Association of America has emphatically stated that symptoms of low thyroid are never due to thyroid hormone deficiency if the TSH is normal. Other experts claim that T4 supplementation that results in normal TSH values is all that is needed to treat thyroid disorders. According to "experts", persistent low thyroid symptoms while on adequate T4 therapy are usually due to psychological problems. I will demonstrate how T4/T3 therapy relieves these symptoms and is supported in the medical literature.

Physicians are very familiar with the health benefits and feel good benefits of optimal levels of estrogen, progesterone testosterone, and DHEA. Optimization of the metabolic hormone T3 is well supported in the literature. Persistent thyroid symptoms despite normal TSH levels might be due to inadequate production of T4, inadequate conversion of T4 to T3 or receptor site insensitivity or resistance (hypofunction). Many patients will suffer from physician obsession with TSH only and a resistance and insensitivity to treating patient symptoms. This lecture will review interesting quotes from the medical literature concerning optimization of T3 rather than T4.

#### GOALS & OBJECTIVES:

- Review low T3 syndrome due to lack of conversion of tetraidothyronine T4 to triiadothyronine T3.
- Review the lack of conversion of thyroxine T4 to T3 when prescribed synthetic T4 compounds.
- Discuss the benefits of optimizing T3 levels as it relates to symptomatic thyroid insufficiency.
- Discuss new concepts of hormone replacement in relation to health and well being.
- Review published literature demonstrating the benefits of T3 and T4 combination therapy.

### OLYMPIC 2008 - OLYMPIC ANTI-AGING - ELITE SPORTS TRAINING FOR SENIORS; SPORTS MEDICINE: PAST, PRESENT, AND FUTURE

Eduardo H. De Rose, MD, PhD

The presentation will explain how Sports Medicine starts in the Antiquity, with the Persians, Chinese and the Egyptians, when the first physicians understood the importance of the relation between physical activity and health. The Ancient Greek the Games in Olympia, was a festival of religion and the idea of a truce among the nations in war started there. The physicians of the Roman Empire, particularly Celsius, where the ones

that consolidates the basis of the prescription of exercise, with the notion of intensity. Trough Middle Age, the Church and the Theatre kept the basic notions of quality of life and in the XIX Century the scientific basis of Sports Medicine was established in Europe. The present starts in the 1970, with the popularization of the Cooper Test, a concept developed by Bruno Balke in the II World War. Brazil helped very much to promoted the Test, using it for his National Soccer Team in the World Championship in this year. At this time, Fitness was more important than Wellness, but slowly the idea of running for life was transformed in walking for life, and in a great environments. The exercise with weights and machines, to develop strength and power was incorporated in the gyms with the aerobic workout with different equipments. Regarding the future of the Sports Medicine, if one consider that today prevention is better than rehabilitation, will be the same of many other areas of Medicine, that will try together, based in a new kind of genetics and medications, not only to increase the span of life of the men, but particularly to increase the quality of this life, what should be our goal in the XXI Century.

### **GOALS & OBJECTIVES:**

• The objectives of the presentation is to present the concepts of Sports Medicine, particularly the prescription of exercises, as an important tool among other therapies used not only for fight the degenerative disease, increasing the span of life, but also as a tool to be used as a anti-aging process of the modern men in our Society.

### OPTIMIZING BIO-IDENTICAL HORMONE REPLACEMENT THERAPY WITH NUTRIGENOMICS

Naina Sachdev, MD

Anti-Aging Medicine specialists consider Lifestyle factors (Exercise, Nutrition and Stress Management), as well as Bio-Identical Hormone Replacement Therapy (BIHRT) to be an important part of any Anti-Aging Medicine program. Practically this takes the form of an exercise and stress-reduction program, lower caloric intake, eating lower calorie density foods, along with Vitamin, Mineral and BIHRT supplementation. However, "Nutrition" has now progressed to include many different substances. It began as fats, carbohydrates and amino acids. Then came Vitamins, Minerals and Anti-oxidants. Now we have a new category of nutritional substances and area of nutritional study: Nutrigenomics.

According to the Nutrigenomics Society, "Nutrigenomics is the study of how constituents being evaluated for safety and efficacy. However, there is a new facet to these two therapies: combining BIHRT and Nutrigenomic substances, to optimize body function and health.

BIHRT is delivered either orally or trans-dermally for maximum safety and efficacy. This category of substances has both extra-cellular and intra-cellular effects. BIHRT is not widely known to work at the nuclear or DNA level. However, Nutrigenomic substances act at both the intra-cellular and nuclear levels. They are known to modulate gene expression at the RNA level. The inter-section of Hormones and Nutrigenomic substances is our area of interest. This inter-section occurs in the hormonal metabolic pathways, particularly in the hepatic portion.

For example, the hepatic metabolism of Estrogen involves two major phases. Phase I is primarily the hydroxylation of Estrone and Estradiol. This is affected by two Nutrigenomic substances: Indole-3-carbinol and Diindolylmethane (DIM). Phase II of hepatic estrogen metabolism, the glucuronidation, sulfation and methylation of Phase I products is affected by other Nutrigenomic substances, namely, Vitamin B6, Vitamin E succinate and Green Tea extract (epigallocatechin gallate / ECGC).

The concept of optimizing estrogen metabolism and prescribing Bio-Identical HRT will be discussed, particularly with respect to reducing inflammation in bone loss, menopause and cardiovascular disease. Finally, we will describe some new, personalized combinations of Nutrigenomic - Bio-identical HRT that can be utilized in Anti-Aging Medicine.

# PRACTICAL APPLICATION OF GENE SILENCING THEORY OF AGING: FIVE-FOLD LIFE EXTENSION IN ANIMALS AND HUMAN CLINICAL TRIALS

Stanislaw R. Burzynski, MD, PhD

The author's theory of gene silencing postulates that the key process in aging involves reduced expression

of numerous genes. Gradual silencing of the genes which is controlled by the epigenome explains typical signs of aging. A group of peptides, amino acid derivatives, and organic acids have been introduced by our team for regulation of gene expression in aging. Two of these compounds—phenylacetylglutamine (PG) and phenylbutyrate (PB) contributed to 5-times longer longevity in animal experiments in honeybees. A microarray study of gene expression was conducted on the brains of the bees that received a mixture of PB and PG and was compared to controls. Preliminary evaluation of the results revealed increased activity of the genes that activate the other genes silenced in aging, and which promote metabolism, immunity, homeostasis and regulate cell division. PG in cosmetic cream was used in human clinical studies which confirmed an anti-aging effect consistent with a statistically-significant reduction of skin wrinkles.

### **GOALS & OBJECTIVES:**

- To understand genetic and epigenetic mechanism of aging
- To understand gene silence theory of aging
- To discuss 5-fold life extension in animal experiments
- To discuss the results of clinical trials with novel age management formulations

### PODIATRIC AESTHETIC REJUVENATION OF THE FEET

Brett Ribotsky, DPM

The foot is subject to many forms of abuse and aging via exercise and improper footwear. This presentation will focus on the functional rejuvenation of the foot using calcium hydroxy apatite.

### THE SCIENCE OF BIOENERGETIC AND BIOELECTRIC TECHNOLOGIES/ CLINICAL APPLICATIONS

Steve Haltiwanger, MD, CCN

This lecture examines how the cells and cell components are designed to both transmit and receive electromagnetic energies through wireless communication mechanisms. Issues that will be addressed include the concept of resonant frequencies, resonant energy transfer, the electronic properties of cells and tissues and signal induction through resonant energy transfer. By way of illustration Dr. Haltiwanger will compare both active devices such as Rife technology, LED phototherapy and passive technologies to frequency modulate the electromagnetic field of the body. Frequency modulation of the body's oscillating electromagnetic field provides the capability of using the body's own energy field as a carrier wave for information; much like a radio station frequency modulates a radio signal with voice information. Selection of the proper frequency code can be utilized to activate cellular processes such as providing pain control, improving wound healing, increasing antioxidant production, increasing energy production through acceleration of fat metabolism or stimulating the production of hormones.

### **GOALS & OBJECTIVES:**

- About the technology of both active and passive resonant devices
- The cellular components involved in resonant energy transfer
- That the body contains a global bioelectronics network where sub-cellular liquid crystal cytoskeletal structures, cell membranes and extracellular organic molecules (protein polymers- water complexes) form a complex electrical system
- How cells use electromagnetic frequencies as part of a global biological communication system
- About signal transduction mechanism utilizing specific electromagnetic frequencies

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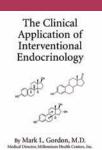
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### SUNDAY, APRIL 27, 2008

#### THE AGING FACE

Phillip R. Langsdon, MD

Changes in the Aging Face; What surgery cannot correct and how to improve deflation and skin deterioration

Cosmetic facial surgery such as facelift, blepharoplasty, and forehead lifting is often required to improve the Aging Face. Surgery is designed to improve sags and bags by tightening lose muscle and skin along with the removal of excess tissues. However, surgery will not cure all of the signs of aging. Loss of facial volume, hydration, skin thickness, tone, and texture cannot be improved with surgery. This talk will demonstrate the indication for chemodenervation, fillers, and skin exfoliation via daily skin care as well as facial peeling, and it will discuss the application of these ancillary, non-surgical techniques. It will also discuss how diet, exercise, and hormones impact the restoration of a youthful facial appearance.

#### **GOALS & OBJECTIVES:**

- To understand what aging facial surgery can do to improve the aging face and the limitations of that surgery.
- To understand the indication and application of ancillary, non-surgical procedures that complement surgery.

#### AN INTEGRATIVE APPROACH TO CANCER THERAPY: WHAT WORKS

Shari Lieberman, PhD

There are numerous natural products that show promise in the treatment of cancer. However, full-scale clinical studies are cost prohibitive to <sup>3</sup>prove<sup>2</sup> 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.

Several papers will be discussed that will dispel the myth that antioxidant supplementation interferes with cancer treatment. Case studies of patients who are using a novel alpha-lipoic acid complex in their battle against cancer will be discussed.

#### **GOALS & OBJECTIVES:**

- To understand the mechanism of action of specific nutraceuticals with respect to cancer.
- To learn how do 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.

#### THE ANTI-AGING ANSWER TO PRESBYOPIA

Raymond L. Gottlieb, OD, PhD

"Presbyopia is the first sign of senility." Conventional eye care professionals consider presbyopia (the loss of near focus) to be inevitable, a natural result of normal aging. But is it really? In 1978, Dr. Gottlieb, discovered how to reduce presbyopia. It worked for him and many others. Presentation will cover habits of visual hygiene, how the Read Without Glasses Method works and how to practice Dr. Gottlieb's exercise for themselves.

#### **GOALS & OBJECTIVES:**

- Teach habits of visual hygiene
- Explain the theory of a new method for reducing presbyopia

• Teach the method using a special exercise chart

#### THE ART OF BODYSCULPTURE

Alberto Sant Antonio, MD

BodySculpture is an in-office procedure performed with tumescent local anesthesia, which removes unwanted areas of excess fatty tissue using small syringes or cannulas. BodySculpture is a safe, effective method of permanent body contouring where a trained physician artistically sculpts the body into a more sleek and desirable form. The results translate into a more youthful and contoured physique with high patient satisfaction. This presentation will discuss the indications, contraindications, and methods of successful BodySculpture.

#### **BODY CONTOURING TECHNIQUES**

#### Sharon McQuillan, MD

Today's aesthetic patient desires complete body aesthetic rejuvenation. This presentation will review the various non-invasive aesthetic body contouring techniques. Clinical studies will be presented demonstrating the safety and efficacy of the various treatments.

### CHANGES IN THE AGING FACE; WHAT SURGERY CANNOT CORRECT AND HOW TO IMPROVE DEFLATION AND SKIN DETERIORATION

#### Phillip R. Langsdon, MD

Cosmetic facial surgery such as facelift, blepharoplasty, and forehead lifting is often required to improve the Aging Face. Surgery is designed to improve sags and bags by tightening lose muscle and skin along with the removal of excess tissues. However, surgery will not cure all of the signs of aging. Loss of facial volume, hydration, skin thickness, tone, and texture cannot be improved with surgery. This talk will demonstrate the indication for chemodenervation, fillers, and skin exfoliation via daily skin care as well as facial peeling, and it will discuss the application of these ancillary, non-surgical techniques. It will also discuss how diet, exercise, and hormones impact the restoration of a youthful facial appearance.

#### **GOALS & OBJECTIVES:**

- To understand what aging facial surgery can do to improve the aging face and the limitations of that surgery.
- To understand the indication and application of ancillary, non-surgical procedures that complement surgery.

#### **COGNITIVE DECLINE OF AGING**

Dementia usually begins at 30 or 40 years of age. Plasma Growth Hormones, P300 Event-Related Potential and Test Of Variables of Attention (T.O.V.A.) & Are Important Neuroendocrinological Predictors of Early Cognitive Decline in a Clinical Setting: Evidence Supported by Structural Equation Modeling (SEM) PARAMETER ESTIMATES. *Eric R Braverman, MD* 

A review of the literature in both animals and humans reveals that sex hormones have often been associated with changes in behavioral and mental abilities. Previously published research from our laboratory, and others, provided strong evidence that P300 (latency) event-related potential (ERP), a marker of neuronal processing speed, is an accurate predictor of early memory impairment in both males and females across a wide age range. It is our hypothesis, given the vast literature on the subject, that coupling growth hormones (Insulin-like growth factor-I, (IGF-I) and Insulin-like growth factor binding protein 3 (IGF-BP3)), P300 event-related potential and Test of Variables of Attention (TOVA) are important neuroendocrinological predictors of early cognitive decline in a clinical setting. To support this hypothesis, we utilized structural equation modeling (SEM) parameter estimates to determine the relationship between aging and memory, as mediated by growth hormone (GH) levels (indirectly measured through the insulin growth factor system), P300 latency and TOVA, putative neurocognitive predictors tested in this study.

**\* ABSTRACTS** 

A SEM was developed hypothesizing a causal directive path, leading from age to memory, mediated by IGF-1 and IGF-BP3, P300 latency (Speed), and TOVA decrements. An increase in age was accompanied by a decrease in IGF-1 and IGF-BP3, an increase in P300 latency, a prolongation in TOVA response time, and a decrease in memory functioning. Moreover, independent of age, decreases in IFG-1 and IGF-BP3, were accompanied by increases in P300 latency, and were accompanied by increases in TOVA response time. Finally, increases in P300 latency were accompanied by decreased memory function, both directly and indirectly through mediation of TOVA response time. In summary, this is the first report utilizing SEM to reveal the finding that aging affects memory function negatively through mediation of decreased IGF-1 and IGF-BP3, and increased P300 latency (delayed attention processing speed).

## DETOX WITH OXYGEN/ O3 THERAPIES OZONE AND UVB THERAPY – A BREAKTHROUGH IN TREATMENT OF CHRONIC INFECTION

Robert J. Rowen, MD

For over 80 years, forms of ultraviolet, ozone, and or hydrogen peroxide therapy have been used in patients to mitigate infection and other diseases. These therapies have been shown to have dramatic anti-infection properties, immune enhancing/modulating properties, and stimulation of cytokine and interferon production. Oxidation improves the rheological properties of blood and improves metabolic parameters. The purpose of this presentation is to show the interlinking of the therapies, and how one or more can be used to treat infection, circulation, metabolic, and immune disorders, and rejuvenate the body. The difference between oxidation and oxygenation (hyperbaric oxygen therapy) will be explained.

#### DEVELOPING THE PHYSICIAN BASED MEDICALLY INTEGRATED ANTI-AGING AND WELLNESS CENTER OF TODAY Daniel J. Lynch, MS

This lecture will provide attendees the chance to learn about state of the art health and wellness centers that use technology to track and monitor its fitness members and provide antiaging programs for their patients and general community population. The technology used allows for outcome measurement and reporting back to member, physician and clinical specialists involved in managing risk factors associated with lifestyle disorders. Specific Disease Management programs track and manage hypertension, diabetes, osteoporosis, cancer, heart disease, obesity and other lifestyle disorders. This retail model also provides an investment opportunity for physicians and a return on investment that can offset losses due to current insurance reimbursement models.

#### **GOALS & OBJECTIVES**

- To help audience understand and learn about medically integrated health and wellness centers
- To help audience to learn about unique technology to track Disease Management
- To help audience understand the Return on Investment Model

#### **EVALUATION OF RESVERATROL AND OTHER GRAPE SKIN POLYPHENOLS IN HUMAN CLINICAL TRIALS** James Smoliga, PhD

I will discuss the use of natural polyphenols found in red wine skin, such as resveratrol, and discuss the latest human clinical research including studies I have completed and are on going to evaluate human memory enhancement and improved endurance and strength.

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"!

Currently there are now a number of human clinical trials that have been completed and are in progress to determine whether these same polyphenols will have benefits in humans. I will discuss the results of the latest human clinical and safety trials and relate my own completed and ongoing trials using resveratrol and other polyphenols extracted from grape skins to improve human function.

#### GOALS & OBJECTIVES:

- Review the animal trials using resveratrol and other polyphenols to improve function and health measures.
- Discuss completed human trial assessing memory and endurance using resveratrol and other polyphenols.
- Review the future human clinical trials and possible clinical applications of resveratrol and other polyphenols in athletics.

#### FOCUS ON BODY CONTOURING

Sharon McQuillan

#### BODY CONTOURING TECHNIQUES

Today's aesthetic patient desires complete body aesthetic rejuvenation. This presentation will review the various non-invasive aesthetic body contouring techniques. Clinical studies will be presented demonstrating the safety and efficacy of the various treatments.

continued on page 78



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#### THE ART OF BODYSCULPTURE

BodySculpture is an in-office procedure performed with tumescent local anesthesia, which removes unwanted areas of excess fatty tissue using small syringes or cannulas. BodySculpture is a safe, effective method of permanent body contouring where a trained physician artistically sculpts the body into a more sleek and desirable form. The results translate into a more youthful and contoured physique with high patient satisfaction. This presentation will discuss the indications, contraindications, and methods of successful BodySculpture.

### GI HEALTH: WHY A HEALTHY COLON IS CRITICAL TO MAXIMUM SUCCESS OF ALL TREATMENT PROTOCOLS AND THE CREATION OF TRUE WELLNESS

Chris D. Meletis, ND

The GI tract is the absolute barrier between the burdensome outside world that enters our bodies in the form of foods and contaminates (herbicides, pesticides, heavy metals and an array of other health saboteurs) and our well ordered 75 trillion cells that work in harmony to sustain our existence. Therefore, regardless of whether an individual has any overt signs of gastrointestinal dysfunction, fortifying the GI tract enhances the ability for nutrients from food and supplements to be most optimally absorbed.

Some 60 to 70 million people are affected by overt diagnosable digestive diseases, 1 yet tens of millions of others suffer from subclinical GI health issues that alter their ability to absorb nutrients from their diet and supplements, ultimately undermining even the most proactive individual's attempt to truly take care of his or her health. Annually, an astounding 234,000 people die from GI diseases including cancer. Yet, far more people (14 million per year) end up in the hospital from nonfatal GI conditions.

Diagnosed GI health conditions are just that, confirmation of disease being present. This amounts to finally there is officially enough symptoms and a confirmatory diagnostic test to document either anatomical or functional dysfunction. It is far better to be proactive and not wait until one is sufficiently either anatomically or physiologically damaged to warrant an official medical diagnosis.

#### **GOALS & OBJECTIVES:**

- Increase appreciation of GI Integrity and Health Related Conditions
- Acquire a deeper appreciation of therapeutic considerations for Optimal GI Health
- Explore link between selective barrier and filter of GI Tract Health and Supplement and Drug Therapy

### THE LONGEVITY FACTOR: HOW RED WINE AND RESVERATROL CAN UNLOCK THE GENETIC SECRETS OF A LONGER AND HEALTHIER LIFE

Joseph C. Maroon, MD

We 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.

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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- 1. Sinclair DA. ,Toward a unified theory of caloric restriction and longevity regulation.
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- 4. Sinclair DA, Guarente L. Unlocking the secrets of longevity genes.
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#### NATURAL IMMUNE MODULATION AND BIODEFENSES

Stephen Holt, MD, LLD(Hon.), ChB, PhD, DNM, FRCP (C), MRCP (UK), FACP, FACG, FACN, FACAM. Distinguished Professor of Medicine, NYCPM, NY. Gitte S. Jensen, PhD, and Aaron N. Hart, PhD, Research Scientists, NIS Inc., Canada and Oregon

While immune function involves a complex cascade of bio-physiological events, attempts to enhance or modulate immunity, using natural medicines, has often focused inappropriately on the use of single agents of botanical or nutrient origin. Practitioners of Integrative Medicine have placed much confidence in natural substances that may increase Natural Killer cell function (NK cell activity), without sufficient consideration for many other aspects of immunity, such as B cell activity, antibody function and messenger molecule cascades (e.g. interleukins). To test the hypothesis that complex immune functions require synergistic formulations of multiple, herbs, botanicals and nutrients, a complex formulation of natural agents with a variable evidence base for altering immune function (Formulation A) were compared with a less complex version of a natural immune modulating product composed of a blend of fermented rice bran and shiitake mycelium extract the (most popular immune stimulator used in Integrative Medical practice in the past decade) (Formulation B). Formulation A and B were purchased over the counter as dietary supplements and compared in experiments to define effects on several parameters of immune function.

**Methods:** A selected panel of standard in vitro assays for lymphocyte activation was used on cell cultures of freshly isolated human lymphocytes from healthy donors. Direct NK activation was evaluated by immunostaining and flow cytometry for the NK cell activation markers CD69, CD25, and CD54. Proliferation of B, T, and NK cell subsets in vitro was monitored by a flow cytometric method. Cytokine production was evaluated by intracellular staining for TNF-alpha and Interferon-gamma, as well as enzyme-linked immunosorbent assays for Interferon-gamma.

**Results and Conclusions:** Culturing of human lymphocytes in the presence of Formulation A resulted in a strong direct activation of NK cells, as evaluated by induction of CD69 on almost 100% peripheral blood NK cells. The effect was concentration-dependent, but substantial NK cell activation was seen over a broad range of dilutions. Formulation B produced a weaker, but consistent, activation of NK cells in vitro. Comparison of serial dilutions of both extracts showed that induction of the CD69 NK activation marker required 10-100 fold higher concentrations of Formulation B extract in order to produce similar activation levels as the Formulation A. Neither of the two extracts possessed mitogenic activity, but Formulation A was able to modulate responses to the known T cell mitogen PHA, by reducing PHA-induced proliferation.

This study supports the notion that versatile changes in immune status require comprehensive combinations of synergistic agents that affect a range of the complex cascades of immune function. Furthermore, these findings demonstrate the need for purveyors of professional dietary supplements to provide specific research information on their products, rather than the promotion of a product by the use of borrowed science or inference.

#### **GOALS & OBJECTIVES:**

• To describe the main characteristics of immune senescence and their general relationship to agerelated disease.

- To describe immunological events as a complex cascade of physiological events, amenable to modulation by natural substances; and to show the limitation of single, natural agents with specific, isolated effects on focused aspects of immune function.
- To demonstrate that complex nutritional botanical or herbal agents can be combined to provide synergistic, powerful effects on immune function, which are superior to the use of a unitary natural medical approaches.

#### OUTCOME:

- Attendees will understand components of immune senescence.
- Attendees will be introduced to the concept that versatile changes in immune status may be induced by comprehensive combinations of nutrients or botanicals that have synergistic actions, or actions at many different levels or locations in the overall immune cascade.
- Attendees will understand the limitations of "borrowed science" that is used to promote some dietary supplements that allege beneficial effects on immune function.

#### NON-SURGICAL LIPOSCULPTURE FOR FACIAL ANTI-AGING

Khalid Mahmud, MD

Since two thirds of the population of the United States is overweight, many age related changes of the face result from drifting of fat rather than volume loss. Previous attempts to reduce facial fat have focused only on the submental fat [double chin] using phosphatidylcholine injections, a practice that yielded a 37.5% patient satisfaction rate according to a large published survey. During the last 2 years, this author has pioneered a technique which addresses all age related fat drifts on the face. The results have been superior, with an over all satisfaction rate of 86% among 58 patients. The procedure typically results in re-emergence of the patient's own younger face, without any artificial look such as can be associated with surgical lifts. The 'very satisfied' patients tend to have an obvious boost in attitude and outlook on life. The technique and up to date data [along with before and after photos] will be discussed at the time of presentation.

#### **GOALS & OBJECTIVES:**

- To get the anti-aging physicians more involved in improving appearance [external anti-aging]. When patients look good, they also feel good.
- To popularize a procedure which is safer, cheaper and perhaps more effective than surgical options

#### REVERSAL OF PARKINSONIAN SYMPTOMS THROUGH INTENSIVE AUGMENTATION OF INTRINSIC EPINEPHRINE E, NOREPINEPHRINE NE, DOPAMINE DA, SEROTONIN 5-HT, MELATONIN, ACETYLCHOLINE, NEUROTRANSMITTERS Todd Ovokaitis, MD

Parkinson's disease, characterized by the clinical triad of rigidity, akinesia, and tremor, is due to deficiency of action of dopamine in the corpus striatum of the brain. While pharmacological measures offer some relief of symptoms, treatment is often limited by the need for dosage escalation and side effects that magnify with dosing. This discussion will offer a novel method of supporting the intrinsic metabolic pathways and neuronal actions of dopamine that can relieve symptoms, allow dosage reductions, and preserve neuronal function.

While intravenous glutathione has been a method of increasing efficiency of receptor action of residual dopamine and reducing or preventing neuronal degeneration, the need of intravenous access is a limiting feature. A process of transmucosal delivery of glutathione can be readily administered at home, has provided comparable benefits for the movement disorder, and allows more consistent relief through more uniform delivery levels of glutathione being made available.

Along with the glutathione, the specific amino acid precursors and metabolic support factors for endogenous generation of dopamine are concurrently provided. In addition, specific botanical extracts are used that contain natural L-dopa in their matrix, or that have been found to boost and balance both dopamine and serotonin levels, while markedly reducing adrenal stress responses.

To this combination, lipotropic nutrients can be added that increase the fluidity of neuronal cell membranes that further improves receptor efficiency and the capacity for cellular regeneration. Long-chain omega-3 essential fatty acids, particularly eicosapentaenoic and docosahexaenoic acids, can further improve cell membrane fluidity and receptor function.

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#### Nathan Goodyear, MD – Family Practice – Louisiana

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"With Dr. Taylor's help, I've dropped Obstetrics, stop taking Medicaid, and eliminated all on-call duties without any financial loss."

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The nutrients provided in this program are also treated with a process known as photoacoustic resonance. This technique uses lasers to generate waves with acoustic resonant properties that reshape molecules to be more efficient for their intended purposes gram for gram.

To a patient's existing regimen, the metabolic support program is added. As symptoms stabilize and improve, doses of medications and metabolic components can be adjusted accordingly.

#### WHOLE BODY VIBRATION (WBV)

Bill J. Johnson, MD

Whole Body Vibration (WBV) is a scientifically researched and clinically proven modality for building optimal health, wellness and functionality and is achieving great efficacy in the everyday applied practices of leading facilities and practitioners. Evidenced based research of Power-Plate is helping to treat, heal and train thousands of people in all environments from sports medicine, clinical rehabilitation, anti-aging and numerous other applied health environments.

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

- Increased cardiovascular output and circulation.
- Elevated anabolic hormones.
- Reduction of Cortisol and catabolic hormones.
- Reduction and inhibition of pain.
- Stimulation of new bone mineral and remodeling.
- Improved lymphatic flow and enhanced toxic removal.
- Improved serotonin levels and elevated mood / emotion.
- Improved joint range of motion and mobility.
- Enhanced strength, power and reaction.
- Improved postural control and balance.
- Many, many more.

In addition the multi-modality approach that this technology offers to anti-aging will be addressed, in particular how it offers applied solutions to many of the secondary impairments and dysfunctions associated with ageing, disorder and disability. Exciting new possibilities exist for exercise as an intervention, where participation and adherence are often the greatest obstacles to overcome.

### THE WILD WEST OF RESVERATROL AND OTHER POLYPHENOL SUPPLEMENTS – WHAT TO RECOMMEND *Jeff Bost, PAC*

Discussion of the explosion of new products based on the research showing Resveratrol and plant polyphenols may have significant health preserving effects in laboratory animals. What claims can be made and why issues of manufacturing process, oxidation factors, purity and dosage remain unresolved. Finally, a discussion of a logical step-wise approach as to how to recommend resveratrol and other plant derived polyphenols to the general public.

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.

Since this discovery there has been an explosion of new resveratrol and other plant based polyphenol supplements introduced as commercial products boosting a wide range of health enhancing and preserving claims. There is such a degree of confusing and overstated claims that most consumers and even those in the

nutraceutical industry can not sort out the whole truth. Other factors such as sourcing, manufacturing process, oxidation, purity and dosage issues make this subject beyond any simple or singular answer. A recent publication by Consumer Labs, a watch dog group for the nutraceutical industry, attempted to list and compare over 14 in November 2007. Today a search of the internet reveals a new product on a daily basis.

How is a person to sense of all these claims and also consider the source and manufacturing of resveratrol and similar supplements? Following a review of these issues we will propose a series of steps as to how to consume plant polyphenols, such as resveratrol and quercetin, ranging from drinking red wine and red grape juice up to and including current supplements and future pharmaceutical products currently undergoing phase I and II FDA testing.

#### **GOALS & OBJECTIVES:**

- Review the issues surrounding the many types and claims made by resveratrol product manufacturers.
- Discuss how sourcing, oxidation, manufacturing, purity and dosing of resveratrol plays a part in the end product.
- Propose a step-wise approach as to how to obtain and consume resveratrol and other concentrated polyphenol sources currently available and those that will be available in the future.

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MAYER EISENSTEIN, MD, JD, MPH MEDICAL DIRECTOR Homefirst<sup>®</sup> Health Services ASSISTANT MEDICAL DIRECTOR Blue Cross Blue Shield of Illinois HMO Alternative Medicine Integration

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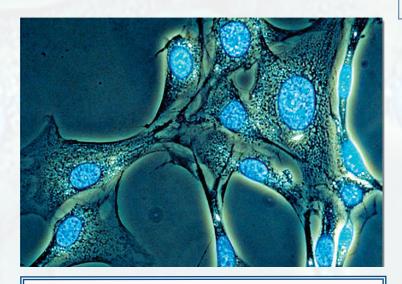


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# Advances in Electromedicine



Modern electronics and Molecular Biology research are combined to develop the specifications for a technology that promotes Healthy Anti-aging. Resonating the firings, spatial organization and rhythms of electrically excitable cells leads to healing and rejuvenation in a completely safe, noninvasive method. The pervasive presence of ionic currents in core biological functions: (1) signal transduction, (2) the electrical conductivity of DNA, (3) the electromagnetic dynamics of protein conformation, render nanoelectricity the common denominator of all integral parts composing the Gestalt of a living organism. However, to date, few devices pay attention to waveform formation that reflects the essence of cellular communications. A simple square waveform is too impoverished to resonate the harmonious complexity of a biological system, the way a two piece band is insufficient in delivering the musical richness of a symphony. The waveform is as important in cellular resonance as language is in verbal communication. Language is confined by grammar and syntax rules in order to convey a message correctly. Similarly, a waveform is confined by the spatial organization and rhythm of endogenous electrical signals that cells use in their multifaceted networking. Ion resonance has a harmonic specificity that has to be encompassed before a device is designed. There is a lot to be gained by developing a device that can emit signals capable of intertwining with those of signal transduction receptors (including G proteins, gene transcription and the activation of T cells). Such a device will not only become the protagonist in Antiaging but it will have sufficient sophistication to heal disease and enhance overall immune efficiency.

## HEALTHY ANTI-AGING

XANYA SOFRA-WEISS, PH.D

**Cell Repair Devices** 

Nanomedicine

Every organ and cell in the human body uses ionic currents in the performance of critical daily functions. Electricity is the common denominator of all parts composing the Gestalt of a living organism. Except that the electricity it takes to run a cell is so miniscule that it is estimated to be below the nano ampere range- i.e. less than one over a billion of an ampere (Neher, Nobel Prize 1991). Every cell generates a voltage of roughly 70 mV (millivolt -- one thousandth of a volt) across its outer membrane, which is used for a variety of signaling and transport functions (R. Nuccitelli, 2003). Many organ functions are coordinated with electrical signals, such as the wave of depolarisation that sweeps over the heart to trigger a synchronous contraction to pump blood efficiently. Abnormalities in this electrical signal can lead to fibrillation and heart attacks. The voltages generated by the contracting heart are so large that they can be easily detected at the surface of the body and this signal, called the electrocardiogram or EKG, is routinely used to diagnose heart disease. With this abundant use of electrical signals in cellular and organ function, it should not be a surprise that endogenous electric fields are also important for normal development, cellular regeneration and wound healing.

Endogenous wound electric fields were determined first more than 150 years ago by the German physiologist Emil Du-Bois Reymond. Such electric fields have been shown to exist naturally at the site of a lesion. Several recent experiments support a role for electric fields in the stimulation of wound healing in the developing frog neurula, and adult mammalian cornea. Some experiments indicate that when the electric field is removed the wound healing rate is 25% slower. In addition, nearly every clinical trial using electric fields to stimulate healing in mammalian wounds reports a significant increase in the rate of healing from 13 to 50% (Nuccitelli, 2003). Nucciteli (2003) studied electric fields in embryos during development, regeneration and wound healing. He found that all embryos that were investigated drive ionic currents through themselves and these currents will generate internal electric fields.

### ADVANCES IN ELECTROMEDICINE

#### ELECTRICAL CONDUCTIVITY OF PROTEINS

Transport of ions through biological membranes requires special channel proteins. One specific channel protein, ATPase, uses up as much energy as it creates, turning the cell into a constantly recharging biological battery.

Cells contain tiny protein "gates" that can allow material to enter the cell, or can shut to isolate the cell from the outside. Biophysical Journal, May 2006.

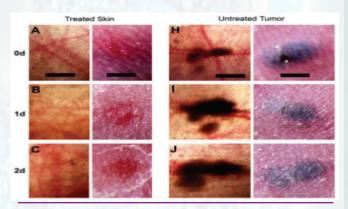
The contour of a protein backbone that determines its shape is largely determined by the interaction of electromagnetic charges among the linked amino acids. Most amino acids have positive and negative charges which act like magnets. The final shape, or conformation of a protein reflects a balanced state among its electromagnetic charges. The distribution of the electromagnetic charge within a protein, and therefore its shape, can be altered by electromagnetic fields or electric signals coming in from the organism's environment. Protein assemblies are responsible for functions such as respiration, digestion, muscle contraction and the energy generating Krebs cycle. Cells use the movements of protein assemblies to empower specific metabolic and other biological functions. The constant shape-shifting movements of proteins, which can occur thousands of times in a single second, are the movements that propel life.

#### ELECTRIC DNA

Many researchers have attempted to measure the electrical conductivity of DNA. However, it is very difficult to control all the parameters that may affect the conductivity of DNA, e.g., length, conformation, ionic environment, humidity, experimental protocols, and many other factors. Inomata et al (2007) measured the electrical conductivity of DNA using fine electrodes with a gap of about 200 nanometers and found that DNA contained both conducting and insulating parts. Electrical conduction in DNA appeared to be temperature dependent.

#### **DRUG FREE THERAPY FOR SKIN TUMORS**

Nucciteli et al (2006) discovered a new, drug-free therapy for treating solid skin tumors. Pulsed electric fields greater than 20kV/cm (1,000 volts per centimeter) with rise times of 30 nanoseconds and durations of 300 nanoseconds penetrate into the interior of tumor cells and cause tumor cell nuclei to rapidly shrink and tumor blood flow to stop. Melanomas shrink by 90% within two weeks.



#### **INACTIVATING THE AIDS VIRUS**

In March 1991, William D. Lyman and his colleagues at the Albert Einstein College of Medicine found that treatment durations as short as 6 minutes substantially incapacitated the AIDS virus, halting its ability to reproduce. In this study, 10 microliters of HIV-1 infected blood containing 105 infectious particles per ml were exposed to an electric current passing between two platinum electrodes placed in direct contact with blood in vitro. Currents ranged from 25 to 100 microamperes and exposure times ranged up to 12 minutes. Exposing the virus to direct electric current suppressed its capacity to induce the formation of syncytia, an indicator that quantifies the production of infectious particles. Passing 25 microamperes for 8 minutes through the blood reduced the number of syncytia from 50 to 65% while a charge of 50 microamps for 6 minutes through the blood reduced the number of syncytia by 90%; Also reverse transcriptase assay, an index of viral protein production, was found to be negatively impacted. Reverse transcriptase activity was almost totally ablated (reduced by 94%) with an exposure to 100 microamps for 6 minutes. Steven Kaali (1992) reported that in addition to inactivating the AIDS virus, this microcurrent treatment also left the patients' blood samples free of hepatitis. The blood cells themselves were unharmed by the treatment.

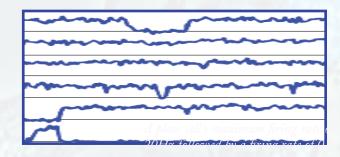


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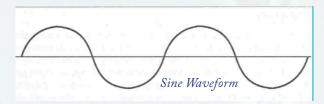
Cell Repair Devices

### ADVANCES IN ELECTROMEDICINE COMPLEX SQUARE WAVEFORM THE LANGUAGE OF CELLS

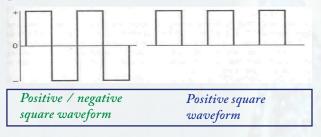
Communication systems are based on the serial order of signs and symbols. This organization is evidenced in language in the form of syntax and word morphology. Waveform formation is for electrical configurations what syntax is for verbal communication. While studying single channel ion currents, Neher (Nobel Lecture, 1991) reported "blimps which resembled square pulses" reflecting "signals of biological significance." (See below)



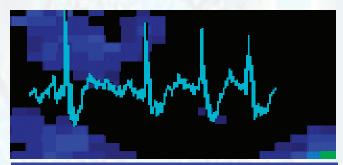
Square waveform electrical currents are known to be effective for promoting healing and anti-aging (Pollock, 2007). A complex square waveform is formed out of several sine waveforms. Sine waveform is the shape of an ideal alternating electrical signal and results from the voltage smoothly increasing from the negative maximum to the positive maximum and back again.



A simple square waveform is fairy inexpensive and is the result of the voltage shifting rather abruptly from negative to positive. Unlike the simple square waveform, a sine waveform requires fairly expensive components.



A device that combines several sine waveforms composing what is termed a "complex square waveform" will be admittedly the product of diligent work and great expense. A complex square waveform, however, will be necessary to provide a high definition signal that can resonate and become assimilated by the intricate network of biological communications. An example of such a biological signal is the Hippocampal Place cells (O'keefe, 1976; 1978; 2007). These cells are the principal cells in each of the layers that fire in complex bursts in the Hippocampus, every time an animal is moving.

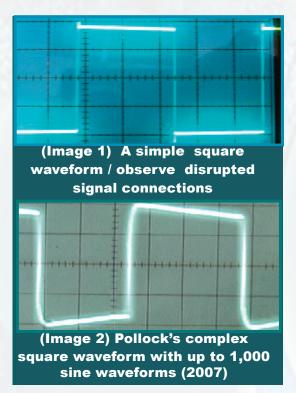


A place cell's maximum firing rate of 20Hz followed by a firing rate of 0.1 Hz

Inside its firing-field (i.e. the region in which a cell fires the most), a place cell may have a maximum rate of 20Hz or more, whereas outside its firing-field, a place cell may fire less than 0.1 Hz. The above waveform of the place cell's pattern of firing could be resonated by the complex square waveform emitted by an electronic device. Resonance, however, would occur only if the device's complex square waveform was composed by sine frequencies ranging from 0.1Hz to 20 Hz combined to reflect the firing pattern of place cells. A complex square waveform is made out of a minimum of five sine frequencies. A signal that demonstrates a certain degree of clarity requires a waveform that is made out of at least 60-100 of sine waveforms. Every added sine waveform, however, increases the expense of the electronic apparatus, which is why most manufacturer's avoid building shaped waveforms out of sine waves. The difference between a simple square waveform and a complex square waveform made out of sine frequencies is respectively equivalent to virtual memory versus RAM, or Morse code versus the telephone. Both types of waveforms may appear identical in an oscilloscope. However, the least difference inspected by an oscilloscope may trigger an unwanted response within the organism. That unwanted response is most often an aspect of biological resistance, a shutting of the door to the foreign agent that has triggered a automatic biological safety mechanism. Even in the case when an outside signal is rendered benign by the organism's cellular defences, communication between a simple square waveform and a biological signal will be as futile as trying to exchange opinions with a "talking toy" that invariably repeats itself over and over. Due to unsurpassed limitations in communication, the organism will soon discard the simple square waveform signal and the results provided by the device may end up clinically mediocre and short lasting.

(D

After seventeen years of research the coinventor of the Pacemaker (Pollock, 1990; 1993; 1996; 2004; 2005; 2006; 2008) developed a complex square waveform composed out of up to 1,000 sine frequencies. Pollock's complex square waveform has been proven useful in treating muscle atrophy and nerve wasting conditions such a Multiple Sclerosis. In these conditions, myelin-forming glial cells which wrap around nerve fibres are compromised by the disease. Speed and intensity of neuronal signals over long distances deteriorate. The brain does not replace these myelinforming glial cells very effectively because the communication between neuron and brain has been interrupted. Therefore, the brain has hardly any access to these neuron cells.



Here is a situation where a complex square waveform could substitute the weak or absent neuronal signals travelling from the neuron to the brain. Such a waveform would be successful in completing the mission provided that its complexity had the clarity and communication capacity of a naturally occurring neuronal signal that would allow it to unlock all kinds of biological gates, whispering the required passwords. The reason why Pollock's complex square waveform has had dramatic, long lasting and irreversible results in body building, in helping muscle wasting conditions, and in several anti-aging treatments, is (1) building the waveform on the basis of diligent research on neuron-firing signals and (2) the handmade composition of this waveform that surpasses any computerized program. Apart from muscle building, neuronal signal restoration and enhancement, as well as acting as an antioxidant, Pollock's signal offers a significant increase in blood circulation and lymphatic drainage than leaves the body with an overall sense of increased health and wellbeing. Examples of devices using complex square waveforms are the gems of Modern Electronics, Ion Magnum, Arasys and Perfector. How are these anti-aging devices different? Because of their specifications and the way their waveforms were formulated on the basis of two decades of research. Why is it that these devices cannot be duplicated? Because as Gerry Pollock, coinventor of the pacemaker, stated, "when you copy something from the outside, you do not know how or why it was created.' A biological system has the instinctual sensitivity or cellular intelligence to distinguish between nourishment and harmful agents or between malevolent bacteria and bacteria that are necessary for certain biological functions-- e.g. digestion. Every cell is empowered with intelligence that helps it nourish and protect itself against any danger. In the absence of cellular intelligence all types of viruses and parasites would enter and take over an organism and all life would be abolished a few hours after birth. A simple square waveform is too impoverished to resonate the harmonious complexity of a biological system, the way a two piece band is insufficient in delivering the musical richness of a symphony. It would be unrealistic to expect a large audience in a symphony performed by only two instruments and it would be even more unrealistic to expect a big applause. Similarly, not too many cells will respond to the impoverished simple square waveform that is striving to deliver the timbre of a complex signal in a rough, sketchy fashion to minimize the project expense. Such simple square waveform will most likely be experienced by the biological system like a static radio station or an incomprehensible telegram missing a few words. The waveform composition is the most crucial factor in turning an electronic device into a communication system emitting signals that become assimilated by a biological organism, thus enhancing or completing significant life functions. The waveform is as important in cellular resonance as language is in verbal communication. Language is confined by grammar and syntax rules in order to convey a message correctly. Similarly, a waveform is restricted by the specific sequence of a multiplicity of sine waveforms composing the necessary signal to resonate and spatial organization of endogenous electrical signals that cells use in their multifaceted networking. Ion Magnum, Arasys and Perfector are designed to resonate the communication signals of the biological organism within the intricate spatial organization and rhythm of electrically excitable cells, to produce results similar to those resulting from the reparative capacities of the body in its ideal state of existence where age is not a factor.

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#### FRANCIS X. ACUNZO

President/CEO of ACARA MedSpas

Francis Acunzo has over 20 years of experience and a wealth of knowledge in the spa, retail healthcare, hospitality, beauty, and fitness industries. As an entrepreneur, business owner, operator and investor, Mr. Acunzo possesses a critical perspective and an ability to provide visionary leadership to a variety of industry opportunities.

As CEO of various spa, health and wellness companies he and his team have executed upon 24 acquisitions involving over 60 spa and club locations, completed over 75 feasibility studies, operated a national chain of 22 Day Spas and managed a West Coast chain of 37 medical spas.

He is currently CEO of Acara Partners a rapidly growing spa and wellness investment, management and development company that has launched a spa home party company in the fall of 2004 and most recently spearheaded the acquisition and turnaround of a chain of medical spas under their Acara Medspas division. Acara MedSpas is the industry frontrunner in developing, managing and marketing leading medical spas.

In 1999, Mr. Acunzo had the vision to create the industry's first consolidation of day spas aggregating almost \$50M in annual revenue through the acquisition of 22 of the best spas in top U.S. markets. In 1996, he opened the country's first medical spas through a merger between his Spa Company and Candela Laser, one of the leading cosmetic laser manufacturers in the U.S. In 1985 he led the development of the first resort spa in the Northeast at the Norwich Inn in Norwich, CT.

Acunzo is a noted industry speaker and has lectured for the Medical Spa Society, International Health, Racquet and Sportsclub Association (IHRSA), Spacifically, and International Spa Association (ISPA) and has been a contributing writer for Club Business International, Spa Business International and American Spa magazines. He has also guest lectured at Cornell's School of Hotel Administration, Babson College School of Business, Boston University's School of Hotel Management and Quinnipiac University School of Business.

He is on the Board of Directors for the Medical Spa Society, past President of the ISPA Foundation, past board member of the ISPA Board, past member of the Advisory Board for the Day Spa Association, and a former Chairman of IHRSA's Spa Advisory Board. Mr. Acunzo holds a BS degree in Business Administration from Providence College, Providence, Rhode Island.



#### KARRIEM H. ALI, MD

Dr. Karriem H. Ali, MD is the CSO of iPraxic.org, a foundation focused on Natural Product Immunotherapy and Longevity research and education. He holds degrees from Harvard (Chemistry, organic-Medicinal), and Stanford (MD), earning Distinguished university Honors in Research as a Stanford-NIH Cancer Biology Fellow, and AHA Critical Cardiology-Immunology Research Fellow.



#### **DR. WILLIAM H. ANDREWS**

One of the principal discoverers of both the RNA and protein components of human telomerase. 2nd place "National Inventor of the Year" for discovering telomerase at Geron Corporation. Has 33 US issued telomerase patents. Founder and VP Research of Sierra Sciences, a Nevada biotech company focused on discovering compounds that will transiently induce the expression of endogenous telomerase in human cells.

# POLY-MVA

#### A POWERFUL DIETARY SUPPLEMENT THAT PROVIDES SUPERIOR NUTRITIONAL SUPPORT FOR OPTIMUM HEALTH

#### THE NEXT ADVANCE IN NUTRITION

Poly-MVA is the first commercially available product in a newlyrecognized class of supplements known as palladium lipoic complexes (LAPd's). Promising evidence indicates that Poly-MVA's ingredients can target and support cells to eliminate abnormal cells while benefiting healthy ones. \* While Poly-MVA's most important use is in the battle against cancer through the nutritional support it provides, its many rejuvenating and supporting effects on cellular function make it a super nutrient for optimum health.\* Poly-MVA offers free radical protection, higher energy level and is ideal for general daily support of health."

> Robert D. Milne M.D. Las Vegas, NV)

"Cellular energy is synonymous with mitochondrial function which is the power plant of the cell. A successful scientific strategy to improve mitochondrial health is to provide it with alternative energy sources and absorb free radicals, which could compromise it. This can be accomplished by using the potent redox compound Palladium Lipoic Acid Complex (LAPd). LAPd is a liquid crystal structure, which means it is far more effective as an anti-oxidant and energy provider than monomolecular vitamins, proteins and minerals."

> Frank Antonawich, Ph.D. New York, NY

#### THE NEXT ADVANCEMENT IN NUTRITION

Poly-MVA is created through an innovative, patented proprietary process whereby palladium (a rare mineral) is processed and bound to alpha lipoic acid, a powerful and unique antioxidant involved in cellular energy.\* When alpha lipoic acid, an antioxidant with many biological benefits, is connected to an electrically charged metal substrate (palladium) and joined with various vitamins, the resulting complex becomes totally soluble in both water and fat, dramatically increasing the body's absorption of Poly-MVA at the cellular level and throughout the entire body.\* With vitamins B1, B2 and B12, specific trace minerals and amino acids, this unique complex and formulation creates a synergy, action and function not found in any other dietary supplement. This formulation is designed to provide energy for the body's systems trough its proprietary and patented formulation. Poly-MVA was formulated by Dr. Merrill Garnett who, over the past 40 years, has conducted research on the actions of DNA within normal and abnormal cells. His studies focus on the intersection between biochemistry, physics and what Dr. Garnett calls "electrogenetics," the action of electrons and their energy transfer mechanism in relation to gene expression and proper metabolism.

- Superior antioxidant and free radical protection \*
- Fast acting, immediate absorption for quick results \*
- Supports energy production at the cellular level \*
- Enhances quality of life \*

THE MOST POWERFUL AND REVOLUTIONARY DIETARY SUPPLEMENT AVAILABLE TODAY, POLY-MVA IS DESIGNED TO INCREASE ENERGY, REDUCE FATIGUE, ENHANCE OPTIMUM HEALTH, PROTECT FROM RADICAL DAMAGE AND PROVIDE NUTRITIONAL SUPPORT FOR THOSE UNDERGOING CHEMOTHERAPY OR RADIATION. \*

#### THIS PATENTED FORMULATION HAS A SYNERGY, ACTION AND FUNCTION NOT FOUND IN ANY OTHER.





Join us Saturday, April 26, from 6:00pm-9:00pm for a workshop titled "Poly-MVA: The Experts Speak -Lipoic Acid Palladium Complex & Dietary Supplements in Degenerative Diseases" Speakers include: Dr. Shari Lieberman, Dr. James Forsythe, Dr. Jeffrey Mueller, Dr. Albert Sanchez, and more.

> Come listen to Dr. Shari Lieberman on Sunday, April 27 from 7:00am-7:40am as she presents "An Integrative Approach to Cancer Therapy: What Works"

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FACULTY Biographies

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 Diplomat 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**

Denise Baker, MD 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.



#### JAMES BELL, PHD

CEO of the International Fitness Professionals Association (IFPA)

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.

#### JEFFREY BOST, PAC



Jeffrey Bost, P.A.C., is a physician's assistant and clinical instructor in the Department of Neurosurgery at the University of Pittsburgh Medical Center. In addition to patient clinical duties and research he has published numerous articles on a variety of nutritional topics and has co-author the book, entitled; Fish Oil: The Natural Anti-Inflammatory.



#### **ROBERT W. BRADFORD, NMD**

Dr. Bradford is Founder and Professor of Medicine at Capital University of Integrative Medicine, Washington, D.C>, since 1996, and he founded American Biologics in 1978. Nearly two decades of research and development at the Bradford Research Institute (BRI) have culminated in the most advanced variable projection multi-phase optical microscopy system available. He has developed the correlation between functional imbalances, stresses and toxicities with biochemical abnormalities as the underlying cause of disease processes. Since 1978 Dr. Bradford has pioneered the concept of Oxidology, the study of reactive oxygen

toxic species (ROTS) in health and disease as a medical subspecialty. He holds over ten patents, including worldwide patents on the Bradford Variable Projection Microscope (BVPM), has authored several text books, over 70 scientific papers and is an authority on Oxidology, Functional Peripheral Blood Assessments, Cancer and Lyme.



#### ERIC BRAVERMAN, MD

Director, PATH Medical, New York NY

Dr. Eric Braverman is the Director of The Place for Achieving Total Health (PATH Medical), with locations in New York, NY, Penndel, PA (metro-Philadelphia), and a national network of affiliated medical professionals. Dr. Braverman received his B.A. Summa Cum Laude from Brandeis University and his MD with honors from New York University Medical School, after which he performed post-graduate work in internal Medicine with Yale Medical School affiliate. Dr. Braverman is 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.



#### AMBER BROWN, MD

Amber Brown, MD has been practicing Cosmetic Medicine for over seven years. Prior to her commitment to cosmetic medicine, Dr. Brown was an emergency medicine physician and had a private internal medicine practice. Dr. Brown is the medical director of Cosmetic Care Clinic, with locations in Barrie and Branford, Ontario, Canada. She is a clinical advisor and instructor for Allergan Canada, Orion Lasers, and NexGen Lasers.



#### STANISLAW R. BURZYNSKI, MD, PHD

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 220 patents and 220 publications.



#### JOEL P. CARMICHAEL, DC

Dr. Carmichael is the second chiropractor in the U.S. to complete a hospital residency. He directs The Center for Spine Pain in Colorado and is President of the North American Academy of Energy Medicine. He treats the U.S. Olympic Weightlifting Team and has served at two world championships.



#### ERIC CONN, PT

Eric Conn, PT is a Licensed Health Care Risk Manager and President of Universal Healthcare Consulting, a firm specializing in helping medical professionals bring their practices into state and medical compliance via development, education, and ongoing assistance with the ultimate goal of providing the highest quality of patient care.



#### **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. She is also the administrator for the Aesthetic Anti-Aging Fellowship. Janette lectures nationally on aesthetic practice development and has been featured in many aesthetic publications.



#### EDUARDO H. DEROSE, MD, PHD

Full Professor of Sports Medicine, Rio Grande do Sul State University, Porto Alegre, Brazil (UFRGS); Foundation Board and Medical Commission of the World Anti-Doping Agency, (WADA); IOC Medical Commission, Games Group, (IOC-MC);

Honorary President International Federation of Sports Medicine, (FIMS); Medical Commission of the Pan-American Sports Organization, (PASO-MC).

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#### 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.



#### **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. Bryan was named in 2008 one of the "Top 20 People to Know in the Beauty Industry" by Global Cosmetic Industry Magazine. Durocher Enterprises provides coaching, consulting, global industry trends, marketing solutions for med spas, spa and industry professionals internationally.

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



#### MAYER EISENSTEIN, MD, JD, MPH

Dr. Mayer Eisenstein, MD, JD, MPH, 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" and "Hannity and Colmes". His weekly syndicated radio show "The Dr. Mayer Eisenstein Show", airs on XM Satellite Radio as well as multiple affiliates. He has formulated natural pharmaceuticals which can be used to treat many chronic medical conditions. One of his goals is to lower the use of pharmaceuticals in the American population.



#### **RITA R. ELLITHORPE, MD**

Medical Director, Tustin Longevity Center

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

Dr. Ellithorpe is a graduate and guest faculty member of Capitol University of Integrative Medicine, Washington, D.C. since January, 2001. There she taught anti-aging medicine and natural hormone replacement therapy for women and men. She is a Diplomat of the Board of Anti-Aging Medicine as well as the founder and medical director of Tustin Longevity Center. A national speaker on the topics of Oxidative Stress and Anti-Aging, she also has published her research in several peer reviewed journals. She participated in cancer investigations with Dr. Stanislaw Bruzynski at his research institute in Houston, Texas and was later published as a co-author in literature describing his unique therapy. A staff physician and Director of Women's Studies at Whitaker Wellness Medical Clinic in Newport Beach, CA, she went on to help in the development of natural medicinal therapies at Great Smokies Medical Center in Asheville, North Carolina. Dr. Ellithorpe holds a second doctorate in integrative medicine focusing on health at the cellular level.

With a determined commitment to her patients' nutritional road to health, she regularly reviews modalities and documents results. This is done in an effort to share, through journal publications, research of successful interventions. Dr. Ellithorpe provides a practice rooted in a functional approach which integrates the best of standard, western medicine with effective, natural therapies.



#### JAMES W. FORSYTHE, MD

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 affects 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.



#### JOSEPH GEORGHY, MD

He completed his medical degrees in former Yugoslavia. In 1986 migrated to Sydney, Australia. He and his wife, Fellow in Microdentistry have established North Shore Cosmetic: Medical & Dental. Dr Georghy's main interest was always Light & Laser Therapy. He believes that PTT is the most revolutionary treatment for the humankind.



#### MITCHELL J. GHEN, DO, PHD

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.

#### ROBERT M. GOLDMAN, MD, PHD, DO, FAASP



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

Dr. Robert M. Goldman has spearheaded the development of numerous international medical organizations and corporations. Robert Goldman. M.D., Ph.D., D.O., FAASP has served as a Senior Fellow at the Lincoln Filene Center, Tufts University, and as an Affiliate at the Philosophy of Education Research Center, Graduate School of Education, Harvard University. Dr. Goldman is a Clinical Consultant, Department of Obstetrics and Gynecology, Korea Medical University. He also serves as Professor, Department of Internal Medicine at the

University of Central America Health Sciences (Belize). In addition, Goldman presently holds the position of Visiting Professor at Udayana Medical University (Indonesia). Dr. Goldman is a Fellow of the American Academy of Sports Physicians and a Board Diplomat in Sports Medicine and Board Certified in Anti-Aging Medicine.

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

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

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

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



#### MARK L.GORDON, MD

The Millennium Health Group for Anti Aging Medicine

After 14 years of Clinical Orthopedics and 20 years as a residency trained board certified Family Physician, Dr. Mark 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



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#### RAYMOND L. GOTTLIEB, OD, PHD

Ray Gottlieb, O.D., Ph.D., FCOVD, invented the Read Without Glasses Method for presbyopia reduction. He is Dean of the College of Syntonic Optometry (ocular phototherapy); was research editor for Brain/Mind Bulletin; wrote Attention & Memory Training: practices Vision Therapy Optometry in Rochester, NY and for the Chautauqua Institution Piano Department.



#### JOHN GRASELA, RPH

Owner, University Compounding Pharmacy

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

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



#### STEVE HALTIWANGER, MD, CCN

Steve Haltiwanger, M.D., C.C.N. graduated from the Medical College of Georgia in 1980. He completed a Psychiatry and Neurology residency at the University of South Carolina in 1984 and he was board certified in Psychiatry and Neurology in 1985. In 2003, he was appointed to the scientific counsel of the International and American Association of Clinical Nutritionists.

### PATRICK HANAWAY, MD



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.



#### THIERRY HERTOGHE, MD

President of the World Society of Anti-Aging Medicine (WOSAAM) President of the European Academy of Quality of Life and Longevity medicine (Eaquall) 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, MD, PHD**

Dr. Stephen Holt, MD 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 bestselling 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.



#### PETE A. HUESEMAN, RPH, PD

Consultant Pharmacist and Co-owner of Bellevue Pharmacy

Primarily responsible for patient consultation, Pete Hueseman has a breadth of experience that includes ownership of an independent retail pharmacy in St. Louis in the 1970s and 1980s, sales, chain retail pharmacy, and practice within compounding pharmacies. He has more than 14 years experience in compounding pharmacy and consulting on bioidentical hormone replacement therapy. In 2002, Pete and his partners, Paul Hueseman, Pharm D., and Brock Smith, R.Ph. founded Bellevue Pharmacy to better serve patients.

Pete graduated with a Bachelors of Science degree in Pharmacy from St. Louis College of Pharmacy in 1973. He is a member of the Missouri Pharmacy Association (MPA), the American Pharmaceutical Association (APhA), the North American Menopause Society (NAMS), the American Academy of Environmental Medicine (AAEM), and the Academy of Alternative Medicine (ACAM).

#### BILL J. JOHNSON, MD



Dr. Johnson was born in Dallas, Texas. Dr. Johnson graduated with honors from Texas Tech University with a pre-med degree. Dr. Johnson graduated from Texas Tech University School of Medicine in 1981 and completed his internal medicine residency at Tech in 1984. From 1984 until 2000, Dr. Johnson practiced as a partner of Lubbock Diagnostic Clinic, serving many of those years as the president of the group. Dr. Johnson has practiced internal medicine in Grapevine since January 2002. In 2005, Dr. Johnson added esthetic medicine to his practice. In 2006, Innovations MedSpa was created. Innovations MedSpa expanded to

include an office in Dallas in October 2007. Dr. Johnson has introduced a number of esthetic innovations during the past few years,

Dr. Johnson brings his years of experience as an internist to provide extremely safe esthetic procedures. As an internist, Dr. Johnson has cleared patients for surgery for over 25 years. Dr. Johnson was chosen from among all the esthetic practices to appear on the National Medical Report (NMR) hosted by Hugh Downs. The report centers on procedures Baby Boomers are having done to combat aging. NMR appears on CNN, PBS, MSNBC, and several other networks. Dr. Johnson is a member of the Texas Medical Association, the American Collage of Physicians, the American Medical Association, American College of Physician Executives, American Society for Laser Medicine and Surgery and Alpha Omega Alpha Medical Honor Society.

Dr. Johnson has been married to Rhonda K. Johnson, Ph.D., MBA, since 1978. They have two children, Meredith and Will. Meredith earned an information systems degree at the University of Texas at Arlington. She is married works as a manager and consultant at Innovations MedSpa. Will is an honors graduate of Southern Methodist University's Cox School of Business. Will is married and is the head of marketing for Easter Seals DFW.



#### L.D. KING

Executive Director and Executive Vice President International Academy of Compounding Pharmacists

L.D. King has been the Executive Director and Executive Vice President of the International Academy of Compounding Pharmacists (IACP) since 2001. Prior to that, he served as the organization's Associate Director beginning in 1999.

Under King's leadership, IACP has made significant progress on behalf of the profession of pharmacy compounding. King led efforts to establish the IACP Foundation, creating an endowment to advance pharmacy compounding through education and research. To recognize the interests of patients and prescribers who rely on compounded medications, King co-founded Patients and Professionals for Customized Care—a 37,000 member organization of patients, physicians, pet owners and veterinarians who support pharmacy compounding.

King's commitment to the profession of pharmacy goes beyond his leadership of IACP. He is a founding board member of the Pharmacy Compounding Accreditation Board, an endeavor that has established an enhanced, profession-wide system of standards by which each compounding pharmacy can test its quality processes. King was integral in establishing the *International Journal of Pharmaceutical Compounding*. He also serves as a member of the NIOSH Hazardous Drug Working Group, which is working to develop a policy that makes a clear statement about the presumed health effects associated with hazardous drugs.

King is a member of the American Pharmacists Association and the American Society of Health-Systems Pharmacists. In addition, he belongs to the Direct Marketers Association, the Nonprofit Federation and the American Society of Association Executives.

King graduated Summa Cum Laude with a bachelor of business administration from the University of Houston Honors College and then earned his master of business administration degree from there as well. He was honored with the Outstanding Graduate Award from his alma mater, and he is active in the University of Houston Alumni Organization.

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#### 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, 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).

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.

#### PHILLIP R. LANGSDON, MD

Dr. Langsdon serves as Chief of the Division of Facial Plastic Surgery in the Dept. of Otolaryngology-Head & Neck Surgery, University of Tennessee. His practice has been limited to Facial Plastic Surgery for his 22 year career. He has been selected as a member of "Best Doctors in America", has appeared on NBC's Today Show, as well as Headline News, and he has been interviewed by Glamour and People magazines including medical journal articles, book chapters, co-authorship of a medical textbook, and serving as guest editor for the journal "Facial Plastic Surgery". He has served as director or co-director for 15 university accredited

national CME courses on facial aesthetic surgery. He trains residents full time in the University of Tennessee residency program and received the "Resident's Teaching Award", and runs h is full time facial cosmetic surgery, medical aesthetics practice...The Langsdon Clinic.



#### JIM LARKEY, MBA

Jim Larkey 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.



#### JIM LAVALLE, RPH, MS, CCN, ND

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) 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

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#### JILL LEZAIC, DO

Jill 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.



#### 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 Specialist; and immediate past Presi-

dent 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' 4th 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' 5th Edition of Drug Evaluations; a peer reviewer for scientific publications; a published scientific researcher and a presenter at numerous scientific conferences. Dr. Lieberman is a frequent guest on television and radio and her name is often seen in magazines as an authority on nutrition. She has been in private practice as a clinical nutritionist for more than 20 years.



#### DANIEL J. LYNCH, MS

Dan Lynch has been developing and executing medically integrated health and fitness for 35 years. He has worked in the corporate, commercial and hospital arenas. He is President & CEO of VisionBridge, a company that consults with a number of hospital and physician's on how to prepare for medically integrated programming. Dan was responsible for the creation of the American College of Sports Medicine's Heath & Fitness certification, is a past president of the Association for Worksite Health Promotion, a frequent author in ACSM's Health & Fitness Journal and is currently chairing the Medical Fitness Association's (MFA) initiative on facility certification for medically

integrated centers. He has a Bachelor of Science from Manhattan College, Bronx, NY and a Master of Science from Queens College in the City University of NY. He holds ACSM certification as a Program Director and Health/Fitness Director and a Fellowship in Integrative Medicine from the Kaiser Institute. Dan has lectured in Africa, the Middle East, Europe and the Far East on the medically integrated model.

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#### JOHN H. MAHER, DC, DCCN, FAAIM

Vice President of Education and Research

Vice Presia Dr. Mahe Dr. Bruce based ant fessionals

Dr. Maher oversees both physician and consumer education for BioPharma Scientific. With Dr. Bruce Howe, he co-founded both "Doctors For Nutrition" and the successful internet based anti-aging research business mentioned above. He has taught nutrition to health professionals nationally for the past 14 years.

He is a regular columnist on health and wellness for Dynamic Chiropractic, which enjoys the world's largest chiropractic periodical circulation.

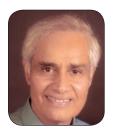
Dr. Maher is past post-graduate faculty of NYCC Academy of Anti-Aging Medicine, a Diplomate of the College of Clinical Nutrition, and a Fellow of the American Academy of Integrative Medicine. Dr Maher, who received his doctorate as valedictorian in 1978, maintained an active complementary medicine practice for 25 years. Dr. Maher writes regularly on nutrition in publications for health professionals and is a regular columnist on health and wellness for Dynamic Chiropractic, which enjoys the world's largest chiropractic periodical circulation.

Dr. Maher has been married to his wife, Linda, for 25 years, and lives with her and their teenage daughter and son, Halle and Lee, in Carmel Del Mar



#### **KEVIN MIRCH**

Kevin Mirch is an experienced trial attorney and CPA with a BA degree from the University of Nevada Reno, Juris Doctor from Santa Clara University, and a Masters of Law in Taxation from New York University. Mr. Mirch successfully defended Dr. James Forsythe in USA vs. James Forsythe.



#### KHALID MAHMUD, MD, FACP, ABAAM

Dr. Mahmud is the founder and medical director of Innovative Directions in Health, the only anti-aging and preventive medicine clinic in Minnesota. He provides both internal and external body anti-aging services. He has a special interest in breast cancer prevention and has authored the book "Keeping aBreast: Ways to Stop Breast Cancer."

Dr. Mahmud learned the art of Lipodissolve from an Austrian physician and introduced it to Minnesota. During the last 2 years, he has developed and pioneered a new procedure, Non-

surgical Facial Liposculpture, restoring facial youthfulness to a degree that was so far not possible with other means.

Previously, Dr. Mahmud served as chief of medicine and medical director of oncology at North Memorial Medical Center in Minneapolis, and as associate clinical professor, family medicine, University of Minnesota.



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.



#### DR. M. NICHOLAS MARTIN, MD, ABFP, ABAAM

Dr. M. Nicholas Martin M.D., ABFP, ABAAM, is a family physician in Lancaster, Kentucky with over 30 years experience of successfully treating mitochondria-related disorders. Dr. Martin is a volunteer clinical faculty member of the University of Louisville and University of Kentucky. Dr. Martin served as an assistant professor of family medicine at the University of Kentucky. Ongoing research includes mitochondrial dysfunction in autism spectrum disorders and related metabolic disorders. His research has yielded effective treatments in these mitochondrial diseases.



#### SHARON MCQUILLAN, MD

Dr. Sharon McQuillan is a Board certified physician who specializes in both Aesthetic and Anti-Aging Medicine. Dr. McQuillan lectures internationally on Aesthetic Medicine for many organizations. She is also a nationally certified trainer and lecturer for Sciton, Allergan, Medicis, and Bioform Medical.

In 2007 Dr. McQuillan instituted The Aesthetic Anti-Aging Fellowship in conjunction with The American Academy of Anti-Aging Medicine.

Dr. McQuillan owns and operates Ageless Institute in Sarasota, Florida offering Anti-Aging and Aesthetic treatments.. Dr. McQuillan formed The Ageless Aesthetic Institute, the only level 4 ACCME accredited aesthetic training program for medical professionals in order to standardize and elevate the practice of Aesthetic Medicine. Dr. McQuillan has been featured in Dermatology Times, Vogue, Medical Spa Report, Elevate, MedEsthetic, and Healthy Aging magazine.



#### JAY H. MEAD, MD

Dr. Jay H. Mead is a leading expert in salivary hormone testing. For five years, he served as the medical director of one of the nation's largest salivary testing laboratories. Dr. Mead has been practicing as a clinician for over twenty years and understands the need and value of accurate and reliable hormone testing. Dr. Mead is a board certified pathologist, a flight surgeon in the United Air Force Reserves (retired) and cofounded of a progressive full service complementary and alternative medical clinic; The Center for Integrative Medicine. He has certification in blood banking and lead the American Red Cross as medical director

for over 10 years.

#### CHRIS D. MELETIS, ND

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 s Dean of Naturopathic Medicine and Chief Medical Officer for 7 years, is a master formula-

tor and was awarded the 2003 physician of the year by the American association of Naturopathic Physicians.



#### DAISY MEREY, MD, PHD, FAAP, PA

Renowned diet guru, Daisy Merey, MD, PhD, F.A.A.P., PA is also the author of two other published books, *The Palm Beach Diet Doctor's Prescription* and *Don't Be A Slave To What You Crave*. In addition to her 26 years experience in clinical practice, she is the past president of The International Academy of Bariatric Physicians and Trustee of The American Academy of Bariatric Physicians, a Fellow of the American Academy of Family Practice with an M.D. and Ph.D.s in Genetics and Pharmacology. She is presently the President of the Women Physicians of Palm Beach County, where she resides with her physician husband. Frequently interviewed

as a weight loss expert by local TV stations, her Manalapan, Florida Center serves as a save harbor to those who have become perplexed by too many diet choices and too little results. The office is a veritable one-stop shop specializing in all the latest methods for successful weight loss, maintenance and rejuvenation; offering information and recommendations for exercise, behavior modification, safe and natural products to control hunger, increase metabolism and burn fat as well as fat-burning injections of vitamins and amino acids – anything and everything to enhance weight loss and restore one's healthy, balanced lifestyle. Those who want to avoid surgery's downtime and complications are also able to achieve the same results from various breakthrough non-invasive methods offered there. For more information, visit her website at **www.weightlossbymerey.com**.



#### **JASON MYERS, DO**

Dr. Jason Myers is the CEO of Bay Point Family Care and Laser Clinic in Traverse City, Michigan. Dr. Myers graduated from Michigan State University Osteopathic School of Medicine and served three years of active duty as a medical office in the United States Navy. A board- certified Family Practitioner, Dr. Myers is a nationally recognized expert and speaker on aesthetic and laser medicine and is a national speaker for Candela Laser Corporation.



#### JAMES L. OSCHMAN, PHD

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.



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#### **TODD OVOKAITYS, MD**

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



#### **MEGAN PACKARD**

Megan Packard, a graduate of the University of Virginia, is a licensed independent insurance broker and the Executive Vice President of Professional Liability Solutions, LLC. She specializes in providing personalized, comprehensive insurance and risk-management solutions for healthcare professionals throughout the United States. With a variety of clients, her specialty focus in on the medical spa, aesthetic, anti-aging, and wellness segments of the medical industry. Her articles on insurance have recently been featured in Aesthetic Trends and Technologies.



#### WARREN PETERS, MD

Dr. Warren Peters is the Director for the Loma Linda University Center for Health Promotion and is Assistant Professor in the Loma Linda University School of Medicine and Public Health. He has devoted his clinical practice to the treatment and prevention of chronic degenerative deseases. Regenerative lifestyle therapies such as nutrition, physical activity and well-rounded mind care are at the core of his therapies.



#### **MANON PILON**

World Spa and Medical consultant, researcher and medical esthetician, internationally Director of Education Renowned & Acclaimed speaker, recognized author, Talk Show Radio Host, guest foe several television shows, mistress of ceremonies at international esthetic conferences, founder of multiple Day Spas and private aesthetic school in Montreal.



#### **JASON POZNER, MD**

Jason Pozner, MD is Board Certified in Plastic Surgery by the American Board of Plastic Surgery and in General Surgery by the American Board of Surgery. He has authored many scientific articles and book chapters on many aspects of cosmetic surgery and has taught many physicians from throughout the world his innovative techniques. His recognized expertise in laser techniques has led to his being invited to teach many courses to other physicians.

#### THOMAS RAU, MD

Thomas Rau, M.D., has been the Chief Medical Director, CEO and part owner of the Paracelsus Klinik Lustmühle, Center for Biological Medicine and holistic dentistry, in Switzerland since 1992. Dr. Rau is trained in natural therapies such as Homeopathy, Isopathy, Complex-Homeopathy, Darkfield-Microscopy, Thermography, Neural-therapy, and Chinese Medicine, and has done intensive teachings of these methods since 1993, in Austria, Germany, U.S., Switzerland, and Spain. Dr. Rau is a Founder and Board Member of the Paracelsus

Biological Medicine Network US www.pbmn.org. His articles are widely published and he

lectures internationally. www.paracelsus.ch.



#### MARTA RENDON, MD

Dr. Marta Rendon is a board-certified dermatologist and world-renowned researcher. She is Clinical Associate Professor of Dermatology at the University of Miami School of Medicine and Clinical Associate Professor or of the Department of Biological Sciences at Florida Atlantic University. Dr. Rendon currently is in private practice at The Dermatology and Aesthetic Center in Boca Raton, Florida. She has authored multiple books, and published extensively in peer-reviewed journals. Through her skill, determination, and compassion for patients, she has achieved national and international acclaim in the field of dermatology.



#### BRETT RIBOTSKY, DPM

Dr Ribotsky was born and raised in Miami Beach. He is a fellow of both the American College of Foot & Ankle Surgeons and the American College of Foot & Ankle Orthopedics & Medicine. Additionally, Dr. Ribotsky is the Past President of the American College of Foot and Ankle Orthopedics & Medicine. Recently, Dr. Ribotsky was inducted into the National Academy of Practice as a Distinguished Practitioner. Podiatry Management Magazine chose Dr. Ribotsky as one of the top 150 VIP DPM's. In addition to often being a national and international speaker he is on the editorial boards of many publications.



#### 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.



#### DAVED ROSENSWEET, MD

Dr. Rosensweet graduated from the University of Michigan Medical School in 1968. In Holistic medical practice since 1971, his knowledge is based in his traditional training and methods learned from renown pioneers and practitioners in the Holistic and Healing fields. He has been in charge of health promotion for the State of New Mexico, has lectured widely, and has taught Holistic Medicine to Physicians, Nurse Practitioners, and the public. He is the author of the book *Menopause and Natural Hormones*. He currently is in private holistic medical practice in Southwest Florida.



#### RON N. ROTHENBERG, MD

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

As a pioneer in the field of Anti-Aging Medicine, Ron 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 USCD School of Medicine Clinical Faculty in 1997 and was promoted to full Clinical Professor of Preventive and Family Medicine in 1989. In addition to his work in the field of Anti-Aging medicine, Dr. Rothenberg is an Attending Physician and Director of Medical Education at Scrips Memorial Hospital in Encinitas, California. Dr. Rothenberg travels extensively to lecture on a variety of topics, which include Anti-Aging Medicine and Emergency Medicine and is the author of Forever Ageless. He has recently been featured in the University of California MD TV series in the shows on Anti-Aging Medicine.



#### NEAL ROUZIER, MD

Neal Rouzier, M.D., is an emergency physician and was assistant director of a large trauma center in Southern California. After completing residencies in family practice and emergency medicine at U.C.L.A., he has practiced emergency medicine for 18 years. He has been in private practice for five years where his special interest has been natural hormone replacement for men and women. He lectures nationally on this new paradigm in medicine. Dr. Rouzier teaches a comprehensive medical seminar on the clinical application of natural hormone replacement. Because optimal hormone levels play such an important role in

health, metabolism and well-being, he will elaborate on how this exciting therapy is a natural addition to any clinical practice.



#### **ROBERT J. ROWEN, MD**

Dr. Rowen is a Phi Beta Kappa graduate of Johns Hopkins University. He subsequently received his MD from U.C San Francisco Medical School, and became doubly board certified. He discovered oxidation therapies in 1986. Since 1993 he has taught hundreds of physicians on the practices. After the oxidation association of which he was president, merged with ACAM, he became chairman of ACAMs new oxidation workshop for physicians.





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#### KIM RUBY, BS

Kim Ruby, B.S., Senior Certified Nutritionist for University Compounding Pharmacy, has been leading her patients to success utilizing "Quality of Life Nutritional Intervention" and customized weight management programs for the past five years. Her unique focus on "farm-to-fork, earth-to-table" dietary philosophy helps shape new habits and healthier lifestyles for her patients. Kim also appears as a regular guest on KUSI, San Diego's leading morning news show.

#### 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 though 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.



#### ALBERTO SANT ANTONIO, MD

Dr. Sant Antonio graduated from the University of Maryland School of Medicine in 1979. He completed a residency in General Surgery in Baltimore Maryland and following that he practiced Surgery in the Baltimore, Maryland metropolitan area for 25 years. He developed an interest in aesthetic medicine and relocated to South Florida in 2001. He opened Alyne Medical Rejuvenation Institute in 2004 which offers a variety of Aesthetic treatments and less invasive cosmetic surgeries. Dr. Sant Antonio, was the co-founder of the SA Bodysculpture procedure and since he began performing this procedure in January 2006. He has

personally performed over 1300 procedures and has trained numerous physicians with non-surgical backgrounds his technique of the SA Bodysculpture procedure.

#### 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).

#### FRANK SHALLENBERGER, MD

Dr. Shallenberger graduated from the University of Maryland School of Medicine in 1973, and received post graduate training at Mt. Zion Hospital in San Francisco. He is a member of the American College for the Advancement of Medicine, The American Preventive Medical Association, and the American Academy of Anti-Aging Medicine. He has served as a founding board member of the International Bio-Oxidative Medical Foundation, and is also a board member of the Society for Orthomolecular-Health Medicine. He is a past Clinical Instructor of Family Medicine at the U.C. Davis School of Medicine, and has been appointed

by the governor of Nevada to serve on the Nevada State Board of Homeopathic Medical Examiners. He is board certified by the American Board of Anti-Aging Medicine.



#### JOHN SHIEH, MD

Dr. John Shieh 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 Andropuase 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 sub-

jects of testosterone deficiency and treatment.



#### **IGOR SMIRNOV, PHD**

Igor Smirnov graduated from St. Petersburg Naval Academy, Russia, obtaining M.S. in Mechanical Engineering in 1975. In 1986 he graduated from St. Petersburg State University obtaining his Ph.D. in Clinical Psychology. In 1980's he was actively involved in advanced research regarding the influence of low frequency electromagnetic oscillations on human cellular structure conducted at St. Petersburg University. Based on this research program he developed Molecular Resonance Effect technology (MRET) which was patented in the USA in 2000. He was also involved in advanced research and study of the psychosomatic development of children swimming in infancy.

This research program was conducted at St. Petersburg Children Hospital. The results of this scientific research program

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- Non-biased, evidence-based medical curriculum
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- 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









# FELLOWSHIP AND CERTIFICATION Practice of Aesthetic Medicine

#### **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 I Credits<sup>TM</sup>* 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 I Credits<sup>TM</sup>*.

Become one of the first Fellowship Trained in Aesthetic Medicine by contacting The American Academy of Anti-Aging Medicine at 800-558-1267

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was published and disseminated through the office of World Health Organization in Munich, Germany [http://www. dissertation.com/book.php?method=ISBN&book=1581122845]. Dr. Igor Smirnov is also extensively lecturing and conducting workshops.

He gave lectures and presentations at the Human/Dolphin Foundation of Dr. John Lilly (Malibu, CA), Washington Research Institute (San Francisco, CA), Water Retreat Center (Boston, MA), National University of Singapore (Singapore), Rutgers University (New Brunswick, NJ), The First Asian and Oceanic Congress for Radiation Protection (Soul, Korea), Asia-Pacific EMF Conference (Bangkok, Thailand), just to name a few. He is a President of Global Quantech, Inc., biotech research company.

He has scientific publications in St. Petersburg University Press, Explore Magazine, Electric Space Craft Journal, Electronic Journal of Biotechnology, European Journal of Scientific Research, etc. He is a Member of the Bioelectromagnetics Society of America, Biophysical Society and Association of American Engineers. Awards: two US Patents.



#### PAMELA SMITH, MD, 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.



#### JAMES SMOLIGA, PHD

James Smoliga is an Assistant Professor of Exercise Physiology at Marywood University in Scranton, PA. He earned a PhD in Sports Medicine from the University of Pittsburgh and a DVM from Cornell University. His general research focuses on the relationships between neuromuscular and physiologic factors during exercise, and how limitations within these systems may be targeted by training programs and nutritional interventions to improve athletic performance. He is currently studying xenohormesis technology through studying the effects of oral Resveratrol on human performance.



#### JAMES STOXEN, DC

President, Team Doctors Treatment and Training Center

Dr James Stoxen, D.C., owns and operates Team Doctors Chiropractic Treatment and Training Center. Team Doctors is one of the first care centers in the world to combine anti-aging treatment, training of world-class athletes for national and international competitions. Dr Stoxen provides anti-aging consultation and care to numerous top celebrity entertainers.

Dr James Stoxen, D.C., owns and operates Team Doctors Chiropractic Treatment and Training Center. Team Doctors is one of the first care centers in the world to combine chiropractic care, therapy, active rehabilitation and strength training for world class athletes in a private rehab training center for national and international competitions. Dr Stoxen provides chiropractic care and anti-aging consultation and care to numerous top celebrity entertainers. Dr Stoxen served as the chiropractor for the American Powerlifting Federation from 1986 – 1992. He has been the meet and team chiropractor to over 50 national and world championships. He has chaired medical committees for numerous international sports organizations and has been a chiropractor for many national and world championships in Algeria, England, USSR, Canada, Italy and other countries. He was a pioneer, organizing competitions between the US and the former Soviet Union before perestroika. In fact, in 1989, Dr. Stoxen developed and organized the first sports medicine course for western doctors at the famed National Institute of Physical Culture and Sports Sciences in Moscow USSR

Dr Stoxen is a sought after speaker internationally. His unique treatment approach has received worldwide attention in the medical field. In addition to speaking at the 15th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies 2007, Dr Stoxen has organized over 1000 live presentations in Chicago and all over the world including the famed National Institute of Physical Culture and Sports Sciences in Moscow USSR, the members of the Mexican Olympic Committee, at the 10th Annual World Congress of Anti-Aging Medicine and Biomedical Technologies, Las Vegas Nevada 2002, Conference on Anti-Aging Medicine in Bangkok Thailand, 2005, Anti-Aging Conference, Royal College of Physicians, London, England, 2005, The Asian-Pacific Conference and Exhibition, Bali, Indonesia, 2005 and the 3rd Annual Malaysian Conference and Exhibition in Kuala Lumpur, Malaysia, 2006 and 1st Anti-aging International Symposium & Exposition Tokyo AISET20, 2006, First Anti-ageing conference in Hangzhow, China, 2006, the Congress Internacionaly V Congress of la Sociedad Espanolade Medicina Antienveiecimiento y Longevidad in Madrid, Spain, 2006 and recently the The 1st Anti-aging International Symposium & Exposition, Cape Town, South Africa 2007, the World Congress of Anti-aging Medicine, Monaco and the 2nd International Congress of Anti-aging Medicine in Guangzhou China, 2007.

Dr. Stoxen is an avid writer and author. He was appointed a member of the editorial advisory board for Muscle And Fitness magazine, American Fitness Quarterly and has written and published numerous articles and textbook chapters for other international publications too numerous to list.



#### **ELDRED TAYLOR, MD**

Dr. Taylor is a renowned international lecturer on Integrative Medicine, BHRT, Breast Cancer Prevention and co-author of Are Your Hormones Making You Sick. He is a sought-after radio and television personality and has been featured in local and national publications. His inspirational seminars are straight-forward, relevant, and rich in practical applications. Eldred B. Taylor MD is a board certified obstetrician/ gynecologist out of Emory University where he served as Associate Professor at Emory University.



#### **LISA TRAVIS**

Director of Consulting for the Ageless Business Consulting Inc.

Lisa Travis is the Director of Consulting for the Ageless Business Consulting Inc. Since 2000, Lisa has worked with physicians in integrating aesthetic and anti aging services into their practices. Before working exclusively with physicians, Lisa worked in the Resort and Wellness industry and has extensive background in Retail and Merchandising, Staffing and Recruiting and Executive management. As the National Sales Director with both Dermdex SpaMD and Universal SpaMD, she worked with hundreds of doctors nationwide to inte-

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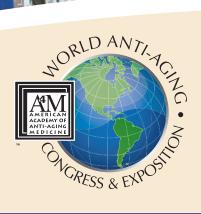
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# Show Guide ORLANDO ANTI-AGING EXPOSITION

Spring 2008 | April 25-27, 2008 | Orlando, FL

### **EXPOSITION HOURS:**

## Saturday & Sunday April 26th & 27th

**Saturday** 11:00 am - 6:00 pm **Sunday** 11:00 am - 5:00 pm

Consult the Conference Program section in this issue of *Anti-Aging Medical News* for information about the Scientific Program Offered by the 16th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies. Refer to the Show Guide Addendum, available on-site at the 16th World Congress Spring 2008 Session for the latest Exhibitor information.



#### **BADGES**

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

The 16<sup>th</sup> Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies issues the following categories of badges:

**FULL PASSPORT:** All-inclusive admission: Pre-conference session on Friday; General Session (Saturday and Sunday); Evening Workshops; plus Exposition.

GENERAL SESSION: All General Session (Saturday and Sunday); Evening Workshops; plus Exposition.

**DAILY CONFERENCE:** All General Sessions on the day selected (Friday, Saturday or Sunday); Evening Workshops (of selected day); plus Exposition (of selected day).

PRE-CONFERENCE: Pre-Conference Session (Friday) only.

**EXHIBIT HALL ONLY:** Exposition during exhibit hours.

**FELLOWSHIP:** FAARM Fellowship Anti Aging and Regenerative Medicine, Fellowship in Aesthetic Medicine **WORKSHOP/SEMINARS:** Paid for workshops and seminars

#### **SHOW REGULATIONS**

- 1. Name badge must be worn at all times during show hours and official events.
- 2. No one under the age of 18 will be admitted to the Exhibit Hall.
- 3. Event is open to healthcare professionals and their invited registered guests only.
- 4. Still photography is permitted in the Exhibit Hall only by press, with the prior permission of Show Management, and prior permission from the firm(s) whose booth(s) are being photographed. Videography in the Exhibit Hall (motion video, film, or digital) is permitted only at the discretion and with advance permission of Show Management and the prior permission of individual(s) and/or firm being photographed.
- 5. Audiorecording (tape or digital) of Pre-conference Session, Eye Opener, General Session, and Workshop speakers is expressly prohibited. Still photography and videography (motion video, film, or digital) of Pre-conference Session, Eye Opener, General Session, and Workshop speakers by any party(ies) other than Show Management requires prior advance permission and authorization.
- 6. Unauthorized solicitation is prohibited. Solicitation of business on the premises of the Exposition Hall by anyone other than official Anti-Aging Exposition exhibitors is strictly forbidden. Solicitation of business during, in, and in the immediate proximity of, the Pre-conference Session rooms and the General Session lecture hall is expressly prohibited. In addition, non-A4M and/or commercial literature of any kind may not be distributed near or at the Congress Registration area and all conference-related general public areas.
- 7. No medical procedures are permitted to take place in Exposition exhibit hall booths without prior permission of Show Management.
- 8. Smoking is prohibited on the Anti-Aging Exposition exhibit floor and in all meeting rooms.
- 9. Show Management reserves the right to expel any individual and/or company without recourse or refund at its sole discretion.

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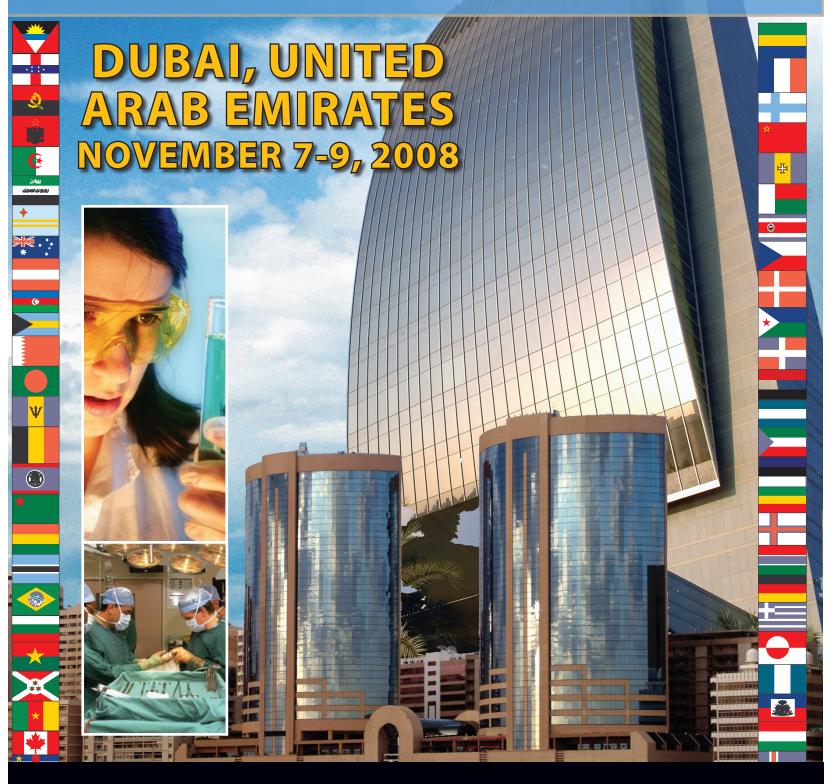
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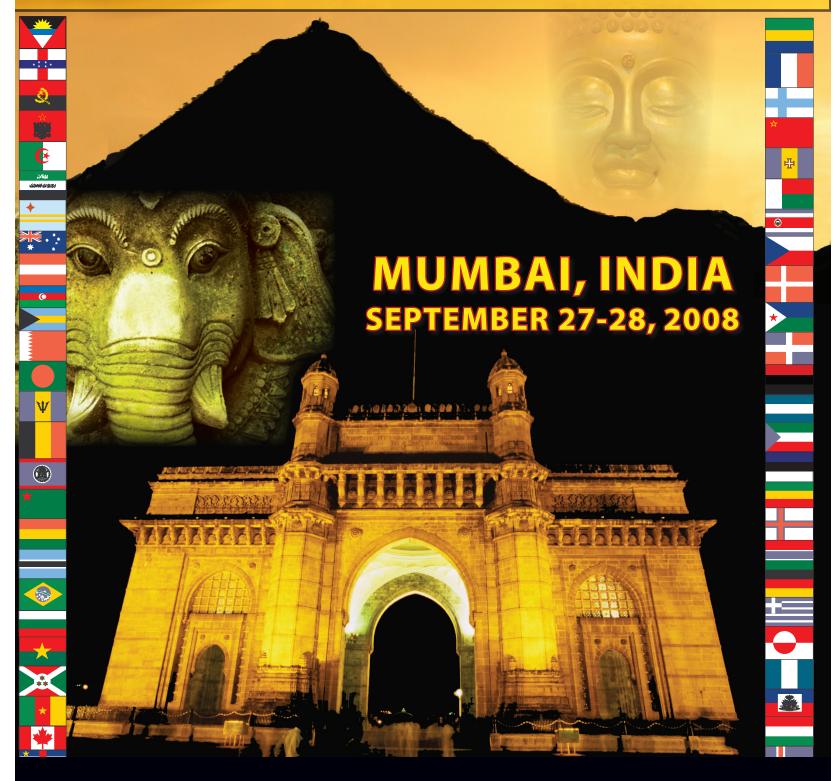
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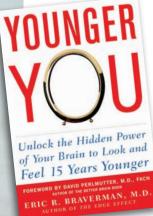
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Eric Braverman, M.D. is the best-selling author of *Younger You* and other popular titles, including *The Edge Effect, The Healing Nutrients Within, The Amazing Way to Reverse Heart Disease Naturally* and *Male Sexual Fitness.* 

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 Orlando April 25-27<sup>th</sup>, and appearing at the PATH Medical booth (#517) 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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Eric Braverman, MD is the best-selling author of *Younger You, The Edge Effect* and other popular titles. He was recently featured on NBC's Today Show, was a special expert guest on The Tyra Banks Show, and was interviewed by Pat Robertson on CBN's 700 Club! Join Dr Braverman and the PATH Medical staff at booth 517 for post lecture Q&A and sign up for limited Brain test apppointments. Books, Vitamins & Research available at booth.

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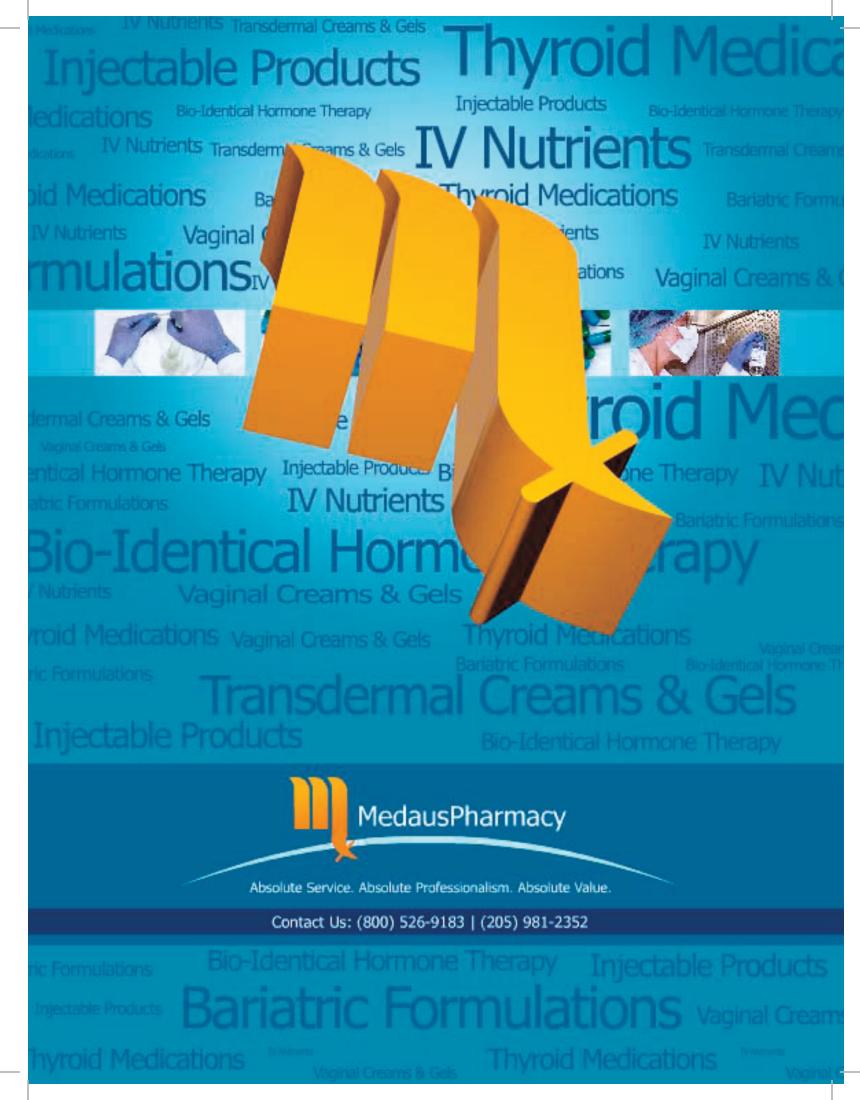
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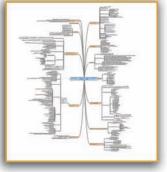
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# Colostrum's Proteins and Peptides: **A Brief Overview**

By John Maher, DC, DCCN, FAAIM

Colostrum is Mother Nature's very first food for all mammals. Colostrum is, gram for gram, the most zoonutrient dense of all foods. Zoonutrients in animals, much like phytonutrients in plants, are "quasi-nutrients" that have salubrious effects on the health beyond the provision of energy and structural "raw" materials garnered from fats, proteins, carbohydrates, vitamins and minerals.

The zoonutrients in colostrum generally are in the form of proteins, glycoproteins and peptides. The major functions of colostrum are to provide passive immunity factors from the mother; to provide signals to initiate active immunity in the neonate; and to provide growth factors to stimulate growth.

Generally, the protein subfractions of colostrum are most potent in relation to their passive immunity effects. These have great import in that the neonate has had neither the time nor the exposure to produce antibodies and related defenses against potential microbial pathogens and opportunists in its environment.

The peptides tend rather to be signals and/or bits of information for the production of proteins and glycoproteins related to active immunity and growth/repair, and can act as modulators to keep the inflammatory cascade and growth/repair activities in balance. Above is a chart<sup>1</sup> of some of the more important subfraction proteins and peptides in colostrum and some of their functions.

### COLOSTRUM FACTORS: ACTIVE AND PASSIVE IMMUNITY

Colostrum generally has been known for its immune globulins (Ig) and their ability to support intestinal health and

Colostrum proteins ubfraction/peptide	Growth Factor*	PRP	Interferon- gamma	Interleukin -1, 2, 6	Ig	Lactoferrin	Lacto- peroxidase	Lysozyme
Antibacterial			+	6	+		+	+
Antibody promotion				2,6		+		
Antifungal			+	6	+	+	+	+
Antiviral			+	6	+	+		
Immune modulation		+		2,6	+	+		
Immune stimulation		+	+	2,6	+			
Macrophage activation			+	1				
Phagocytosis promotion					+			
T-cell activation				1				
T + B-cell growth				2,6				
Tissue repair	+							
Peptide	+	+	+	+				
Protein subfraction					+	+	+	+
*IGF I and II; Platelet Derived, Epidermal, Nerve and Fibroblast Platelet Growth Factors, Transforming GF Alpha and Beta								

resistance through the predominantly passive immunity they provide. However, when colostrum is processed to achieve higher Ig levels, some other proteins and peptides that promote active immunity are diminished, including the peptide that is quickly becoming the focus of interest: proline-rich polypeptide (aka PRP).

#### **PROLINE-RICH POLYPEPTIDES (PRPs)**

PRPs may well be the premier immune factors in colostrum, continually modulating our immune system activity throughout life.<sup>2</sup> H.S. Lawrence discovered PRPs in 1949, when he demonstrated that an immune fraction of a person's white blood cells was able to transfer immunity in a nonsensitized individual – PRP as transfer factor.<sup>3,4</sup>

PRPs are very small peptide chains (3,500-6,000 daltons) of less than a dozen amino acids, with proline predominating. In the past, they were derived from dialyzed white blood cells (WBC), but now can be purified from bovine colostrum. PRP are produced by T-lymphocytes and:

• can transfer the ability to recognize a pathogen to cells that have never been in contact with the pathogen (memory function);

continued on **next page** 

- are involved in triggering T-cell recognition of antigen and can heighten the immune system's ability to react to pathogens (Th-1 inducer function); and
- can block the response of the T-cells, and signals a down regulation of the immune response (Th-2 suppressor function).<sup>5,6</sup>

#### TH-1 AND TH-2 HELPER PARADIGM

The main function of PRP is to modulate the cytokine and antibody production to keep our immune system responses in balance. To best appreciate this function, it is helpful to have a basic understanding of the Th-1 helper/ Th-2 helper paradigm.

Th-1 cells, which modulate cell-mediated immunity, produce the immune cell signaling peptides called cytokines, including for example interleukin-2, interferon-gamma and tissue necrosis factor-alpha (TNF-a). Cell-mediated Th-1 helper responses are important in the body's ability to defend itself against viruses, fungi, parasites, cancer and intracellular organisms.<sup>7</sup>

Th-2 cells, which modulate humoral immunity or antibody production, produce IL-4, IL-5, IL-6, IL-10, and IL-13. If one has a Th-2-dominated condition, with decreased cellular immunity and heightened humoral immunity, the conditions that tend to prevail are:

- allergies, chronic sinusitis, atopic eczema, asthma and ulcerative colitis;
- systemic autoimmune conditions such as lupus erythematosus, mercury-induced autoimmunity and vaccinationinduced states;
- hyper-insulinism and hyper-cortisolism;
- malaria, helminth infection, chronic giardiasis, chronic candidiasis, viral infections (herpes, HIV, hepatitis C); and
- cancer.8

Pregnancy is a Th-2-dominant state. This is an advantage during pregnancy, since a Th-1 dominant cell-mediated immune response might induce rejection of the fetus and placenta. Indeed, certain autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, which are Th-1-dominant states, are ameliorated during pregnancy.<sup>9,10</sup> Because it stimulates a Th-1 response in most cases as a precaution, PRP should not be used in pregnancy, though there are no adverse events reported in the literature of which I am aware.<sup>11</sup>

#### **BIOAVAILABILITY**

Peptides are by definition simple chains of amino acids and, as such, are very susceptible to denaturization (deactivation) by digestive acids and PH. Therefore, PRP as a separate nutraceutical product often is delivered sublingually. Alternately, the use of lecithin and/or milk-based phospholipids liposomes are used to enhance alimentary bioavailability.<sup>12</sup>

#### CONCLUSION

Immune-system functioning is at the heart of the many disorders seen in clinical practice. Whole colostrum<sup>13</sup> provides unique immune and tissue repair supporting zoonutrients, especially when fortified with PRP and nanoencapsulated in a liposomal delivery system to maximize the bioavailability of the more delicate peptides. Its use as a nutritional adjunctive therapy to support a return to and the maintenance of immune-system balance often might be well indicated, especially when it is challenged by tumor growth, chronic fatigue, viral infections, allergies, chronic infections and autoimmune diseases. iglet

#### REFERENCES

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- 13. By whole colostrum, I mean colostrum that has not been processed to heighten passive immune factors at the expense of other proteins and/or peptides. Generally, colostrum is defatted to prevent rancidification.



**DR. JOHN MAHER** is vice president of education and research for Bio-Pharma Scientific. He is a diplomate of the College of Clinical Nutrition, a Fellow of the American Academy of Integrative Medicine and a past post-graduate faculty member of New York Chiropractic College.



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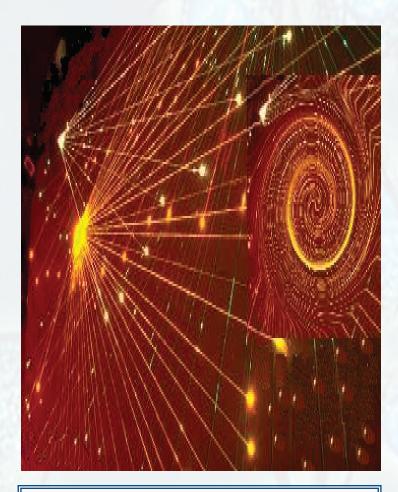


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### Cell Repair Devices

In the cells of our bodies, natural radiation and noxious chemicals split molecules, producing reactive free radicals, ultimately leading to aging and disease. If our cells did not have the capacity to repair themselves the slightest attack would damage the central controls resulting in a very short lifespan. Research that studies the biological processes of self repair is bound to set the grounds for cell repair devices designed to regulate the electrical activity of the cells, so that ion channels which are membrane proteins can continue their complex life functions: i.e. respiration, transport of molecules into and out of cells, cell nourishment and protection from harmful agents, cell recognition, cell-to-cell communication, etc. With increasing technological sophistication, such cell repair devices would build and repair molecular structures every day to reverse disease and aging. The committed sceptic will immediately bring up the statistics of past failures in prolonging life span, or changing the inevitable deterioration of biological systems. However, repairing damaged tissue structures and rejuvenating them, is nothing new. The body does it naturally throughout life. The science of resonating these reparative biological processes will gear technology toward. The massive statistics of past failure to reverse aging are simply irrelevant, because never before we had the electronic capability to develop cell repair devices that can do that the body's microengines of life naturally accomplish. How can a sceptic support the argument that cell repair machines are not the logical answer to the problem of aging, when the biological mechanisms in our bodies keep us alive by regenerating and repairing cells every minute?

Cell Repair Devices

Nanomedicine

## CELLULAR INTELLIGENCE

#### A DYNAMIC MODEL OF AGING

Many fundamental questions on aging are under intense debate. These questions are frequently not addressable by examining a single gene or a single pathway, but can best be addressed at the systems level. Some of the questions that research is targeting are: (1) Are there many or only a few biological processes contributing to aging? What are they?

(2) Are aging changes irreversible or reversible?(3) Is it possible that a single gene mutation recapitulates all the aging phenotypes?

Lu et al (2004) collected 30 post-mortem human brain frontal cortex samples and through microarray analysis found approximately 440 differentially expressed genes between the old and young brains. Han et al, (2004) postulated that genes associated with aging aggregate into a few dynamically organized network modules. Xia et al, 2006 focused on the dynamic modular structure of the protein-protein interaction (PPI) networks during aging as revealed by gene expression profiles. Proteins are formed by amino acids joined together as pearls on a string by virtue of their electrical charges. Protein to protein interactions (PPI) reflect an electric communication network responsible for all the vital functions of a living organism that reflect cellular intelligence. Xia et al (2006) found four primary biological processes associated with aging: Cellular proliferations and differentiation mentioned above, protein - protein interactions and Immunity. The common denominator of these biological processes is nano-electrical. The backbone, conformation and communication of proteins are based on electrical signalling. Cellular proliferation and differentiation are dependent on ATP, the energy necessary to complete the regeneration cycle. Immunity involves signal transduction electric processes crucial to T cell activation. Recent research has shown evidence regarding the electrical conductivity of DNA.

Xia et al, (2006) found that the gene expression related to cellular differentiation decreases with age. On the other hand, gene expression related to cellular proliferation increases with age. The passage from cellular proliferation to terminal cellular differentiation is critical for normal development and is often perturbed in malignancies. Cancers often reflect excessive cellular proliferation that lacks differentiation. During vertebrate development, undifferentiated cells undergo multiple rounds of cell division before they differentiate into specialised cell types with tissue-specific functions. Thus, differentiation enables the cells to fulfill new, cell typespecific functions. To clarify the concept of differentiation vs undifferentiation, imagine someone talking, one word merging into another with no breaks, no pauses; or imagine a jungle where different plantations and trees are growing onto each other.

Xia's et al (2006) also found that the trend of increased proliferation and decreased differentiation observed during aging, stops and even reverses in the longestlived people (ages>85). If nature allows for a reversal in the anti-correlational relationship between proliferation and differentiation, then we can potentially formulate devices that can enhance the rate of differentiation and reduce the rate of proliferation seen as a result of aging, thus maintaining the relative values of proliferation and differentiation seen during youth.

In our research, we have primarily focused on the regenerative effects of nanocurrent that has clinically shown dramatic anti-aging results (Weiss, 2008). Whether or not and how nanocurrent reverses the anti-correlational relationship between cellular proliferation and differentiation continues to be an area of scrutiny. However, the assumption that the proliferation - differentiation anti-correlation seen in aging can be reversed by the use of nanocurrent is supported by the pervasive presence of microelectricity in all life sustaining and cell repair functions as well as the electrical backbone of both proteins and DNA. We conceptualize aging as a dynamic process that can only be addressed as a whole by what appears to be the common denominator of all vital cellular functions, nanoelectricity.



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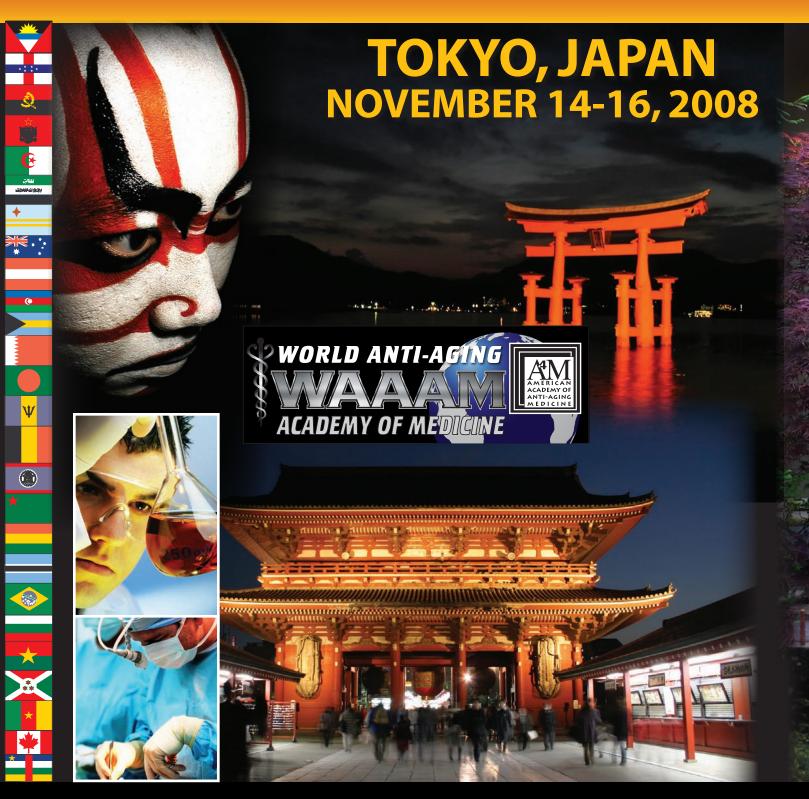
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