

TABLE OF CONTENTS

Abstracts

★ **WEDNESDAY**, December 9, 2009

SESSION 1 - ADVANCES IN ANTI-AGING MEDICINE DOSAGE FORMS AND DOSING GUIDELINES FOR HUMAN- IDENTICAL HORMONE RESTORATION THERAPY _____ 40

Jim Paoletti, RPh, FAARFM

DRUGLESS PRESCRIPTIONS FOR RESISTANT HEADACHES _____ 40

Martin P. Gallagher, MD, DC

PSYCHOSOMATIC ENERGETICS AND ANTI-AGING HEALTH BENEFITS _____ 40

Ulrike Banis, MD, ND

LIVE TO BE 100, AND ENJOY IT: LESSONS FOR LIVING LONGER FROM THOSE WHO HAVE LIVED THE LONGEST _____ 42

T.S. Piliszek, MD

METAL-FREE DENTISTRY TO AVOID ARTERIOSCLEROSIS AND CANCER _____ 42

Hansjörg Lammers, DMD, PhD

NUTRIGENOMICS _____ 43

Kousalya V. Nathan, PhD, DNYS, ABAARM

THE PYRAMID OF HEALING AS A MODEL FOR PATIENT HEALER INTERACTIONS _____ 44

Carlos Warter, MD, PhD

REGENERATIVE INJECTION THERAPY WITH PLATELET RICH PLASMA USING ULTRASOUND GUIDANCE _____ 44

Harry Adelson, DAAPM

REVERSE MEMORY LOSS & LENGTHEN TELOMERES IN 12 MINUTES A DAY _____ 44

Dharma Singh Khalsa, MD

TOXIC CHEMICAL EXPOSURE AS A CAUSE OF MITOCHONDRIAL DAMAGE, A NEW FACTOR COMMON IN CHRONIC ILLNESS OF AGING _____ 46

William Shaw, PhD

VITAMIN D DEFICIENCY - A NATIONAL EPIDEMIC _____ 46

Thomas L. McKnight, MD, MPH

SESSION 2A - WEIGHT MANAGEMENT

THE EFFECTS OF PERSISTENT ORGANIC POLLUTANTS IN WEIGHT LOSS AND HOW TO AMELIORATE THEM _____ 48

Elizabeth Redmond, PhD, MMSc, RD

HORMONES, THE NEXT BREAKTHROUGH FOR WEIGHT LOSS _____ 48

Michael Aziz, MD

INTEGRATING MEDICAL WELLNESS PROGRAMS: NUTRITION, WEIGHT MANAGEMENT AND EXERCISE _____ 48

Christopher Breuleux, PhD, FAFB, FACW, MWD

INTEGRATING MEDICAL WELLNESS PROGRAMS: NUTRITION, WEIGHT MANAGEMENT AND EXERCISE _____ 50

Olivier Wenker, MD, MBA, ABAARM

OBESITY MANAGEMENT: OBESITIS, TOXIC LIPO GENESIS, THERMOGENESIS AND SYNDROME X _____ 50

Stephen Holt, MD, DSc, PhD, ND, LLD, et al., Distinguished Professor of Medicine (Emeritus), Scientific Advisor

OVERCOMING WEIGHT LOSS RESISTANCE USING THE FUNCTIONAL MEDICINE MODEL TO CREATE SUCCESSFUL LONG TERM WEIGHT MANAGEMENT _____ 52

JJ Virgin, CNS, CHFI

USING CUSTOMIZED AGE REDUCING EXERCISE (C.A.R.E.) FOR LONGEVITY AND ACTIVE PREVENTION OF BRAIN DEGENERATIVE DISEASES AND OTHER DISORDERS _____ 52

Erik Flowers, MA

VITALITY WEIGHT LOSS WITH HCG AND HRT	52
<i>Dr. Brian Wolstein, D.C.</i>	

SESSION 2B - CONCEPTS IN ANTI-AGING MEDICINE	
A BRIEF INTRODUCTION INTO THE PHYSIOLOGICAL FUNCTIONS OF PHYTONUTRIENTS	54
<i>John H. Maher, DC, DCBCN, BRIC</i>	

BIOPHYSICS, PULSED ELECTROMAGNETIC FIELD THERAPY AND ANTI-AGING	54
<i>William Pawluk, MD, MSc</i>	

CLINICAL THERMOGRAPHY APPLICATIONS -BREAST HEALTH AND (N)HRT	56
<i>Alexander Mostovoy</i>	

THE EFFECTS OF AMINO ACIDS IN THE ANTI-AGING PROCESS	56
<i>David I. Minkoff, MD</i>	

EYE FATIGUE (ASTHENOPIA) RELIEF BY ASTAXANTHIN	58
<i>Eiji Yamashita, PhD</i>	

GLUTEN SENSITIVITY: FUELING THE FIRE OF MITOCHONDRIAL BRAIN DETERIORATION	58
<i>Tom O'Bryan, DC, CCN, DACBN</i>	

LEARN ABOUT TWITTER AND HOW IT CAN HELP YOUR BUSINESS	60
<i>Glen Lubbert</i>	

OXALOACETATE SUPPLEMENTATION INCREASES LIFESPAN	60
<i>Alan Cash, MD</i>	

* **THURSDAY**, December 10, 2009

GENERAL CONFERENCE	
WHAT COULD BE LEARNED FROM ORGANIZATIONAL DEBUREAUCRATIZATION THAT CAN HELP ANTI-AGING EFFORTS	62
<i>Ichak Adizes, PhD</i>	

LOW VITAMIN D IS IT A ROOT CAUSE OF CHRONIC ILLNESS AND CANCER	62
<i>Mayer Eisenstein, MD, MPH, JD</i>	

A RESTORATIVE MEDICINE MODEL THAT WORKS INTEGRATING HORMONES, NUTRITION, DETOXIFICATION - CASE STUDIES	64
<i>Sangeeta Pati, MD</i>	

THE TRUE MECHANISMS OF AGING AND THE FUTURE ANTI-AGING THERAPIES BASED ON THE MEMBRANE HYPOTHESIS OF AGING (MHA) AND THE USE OF HUMAN GROWTH HORMONE (HGH)	64
<i>Prof. Imre Zs.-Nagy, MD</i>	

THE USE OF T3 AND HERBAL MEDICINE TO RESET BODY TEMPERATURE AND RECALIBRATE MANY BODILY FUNCTIONS	64
<i>E. Denis Wilson, MD</i>	

BREAKOUT 1 - INNOVATIONS IN ANTI-AGING MEDICINE	
ANNATTO TOCOTRIENOL: THE NEW ANTI-AGING VITAMIN E	66
<i>Barrie Tan, PhD</i>	

THE HIDDEN TRUTHS OF MYCOTOXINS AND AGING	66
<i>Dennis G. Hooper, MD, PhD</i>	

METABOLIC AND CELLULAR DETOXIFICATION: PREVENTATIVE AND THERAPEUTIC APPLICATION FOR ANTI-AGING MEDICINE	68
<i>Rita Ellithorpe, MD</i>	

NOVEL TREATMENTS FOR WOMEN'S ISSUES CAUSED BY BACTERIA, VIRUSES AND YEAST	68
<i>Gordon Pedersen PhD</i>	

NUTRITION THERAPY IN THE CLINIC	68
<i>Stanford A. Owen, MD</i>	

BREAKOUT 2 - PRACTICAL APPLICATIONS	
ADULT GROWTH HORMONE DEFICIENCY SYNDROME	69
<i>Mark L. Gordon, MD</i>	

INTRODUCTION TO ADULT HORMONE THERAPY	69
<i>Ronald Rothenberg, MD</i>	

TESTOSTERONE REPLACEMENT THERAPY IN MEN & WOMEN: BENEFITS, POTENTIAL RISKS AND PRACTICAL ALGORITHMS	70
<i>Ronald Rothenberg, MD</i>	

THYROID REPLACEMENT THERAPY	70
<i>Ronald Rothenberg, MD</i>	

MELATONIN AND VITAMIN D	70
<i>Ronald Rothenberg, MD</i>	

BREAKOUT 3 - CARDIOVASCULAR DISEASE ANTIOXIDANT AND ANTI-ATHEROGENIC PROPERTIES OF LIPOSOMAL GLUTATHIONE	72
<i>Tim Guilford, MD</i>	

CARDIOMETABOLIC RISK	72
<i>George P. Rodgers, MD</i>	

THE FAILURE (1% SUCCESS) OF JUPITER AND VYTORIN: THE SOLUTION TO STATIN'S GROSS INEFFECTIVENESS	72
<i>Brian Scott Peskin, BS</i>	

GARLIC THERAPY AND CARDIOVASCULAR DISEASE: THE RESULTS OF RANDOMIZED CONTROLLED TRIALS	73
<i>Matthew Budoff, MD</i>	

GENE THERAPY FOR VASCULAR METABOLIC DISEASES	74
<i>Enoc Chambi, MD</i>	

BREAKOUT 5 - PROTOCOLS FOR HRT HOW TO DECIDE THE CORRECT PRESCRIPTION FOR YOUR HORMONE REPLACEMENT THERAPY PATIENT.	74
<i>Nayan Patel, PharmD</i>	

* FRIDAY, December 11, 2009

GENERAL CONFERENCE ACUTE ANTI-AGING MEDICINE	76
<i>Ronald Rothenberg, MD</i>	

ANTI-AGING THERAPEUTIC BREAKTHROUGHS 2009	76
<i>Stephen Holt, MD, DSc, PhD, ND, LLD, et al., Distinguished Professor of Medicine (Emeritus), Scientific Advisor</i>	

CANCER: NON-TOXIC THERAPIES	77
<i>Mark Rosenberg, MD</i>	

CANCER PREVENTION WITH PHYTONUTRIENTS - REVIEWING THE LATEST RESEARCH ON RESVERATROL, OMEGA-3, GREEN TEA, CUCUMIN, GENISTEIN AND LYCOPENE	78
<i>Joseph Maroon, MD and Jeff Bost, PA-C</i>	

LION'S MANE; A MAIN WEAPON FOR YOUR BRAIN TO FIGHT ALZHEIMER'S	78
<i>Hirokazu Kawagishi, PhD</i>	

THE STRESS CONNECTION	80
<i>Eldred B. Taylor, MD</i>	

TESTOSTERONE: THREE MYTHS, ONE IMPORTANT TRUTH	80
<i>Abraham Morgentaler, MD</i>	

BREAKOUT 1 - INNOVATIONS IN ANTI-AGING MEDICINE THE BASICS OF TELOMERE BIOLOGY	80
<i>David Woyнарowski, MD</i>	

EPIGENETICS OF AGING	81
<i>Azad Rastegar, BA</i>	

INFLUENCE OF SOURCE AND QUANTITY OF SUPPLEMENTAL VITAMIN E ON SERUM AND CEREBRAL SPINAL FLUID ALPHA-TOCOPHEROL	82
<i>Robert L. Stuart, PhD</i>	

NUTRITIONAL SUPPLEMENTATION WITH CHLORELLA FOR METABOLIC SYNDROME	82
<i>Randall E. Merchant, PhD</i>	

BREAKOUT 2 - PRACTICAL APPLICATIONS COMPOUNDED DRUGS AND LAWS RELATED TO AGE MANAGEMENT	84
<i>John Grasela, RPh</i>	

INTRODUCTION TO BIO-IDENTICAL HORMONES FOR MENOPAUSE	84
<i>Angela M. Zaid, MD</i>	

THE NUTS AND BOLTS OF USING HORMONES IN AGE MANAGEMENT	84
<i>Ronald Rothenberg, MD</i>	

BREAKOUT 3 - CANCER THERAPIES 7 PRINCIPLES OF CANCER AND CHRONIC DISEASE THERAPIES	84
<i>Antonio Jimenez, MD</i>	

AN INTEGRATIVE APPROACH TO TREATING PROSTATE CANCER	85
<i>Isaac Eliaz, MD, MS, LAc</i>	

BETA-CARBOLINE ALKALOID-ENRICHED EXTRACT FROM THE AMAZONIAN RAIN FOREST TREE PAO PEREIRA SUPPRESSES PROSTATE CANCER CELLS	86
<i>John Hall, PhD</i>	

CANCER: NON-TOXIC THERAPIES	86
<i>Mark Rosenberg, MD</i>	

IS OXIDATION OF SKIN PROTEINS A MECHANISM OF
NON-MELANOMA SKIN CANCER OF OLD AGE? _____ 88
Dhrubajyoti Chakravarti, MD

NEW ADVANCES IN BREAST CANCER DETECTION –
THE PROACTIVE APPROACH _____ 88
Gloria Hakkarainen, MD, FACOG, FASBP, FABAAM

* **SATURDAY** December 12, 2009

GENERAL SESSION

ASSESSING TOXIC BURDEN AND METABOLIC AND
CELLULAR DETOXIFICATION EFFICIENCY _____ 88
J. Alexander Bralley, PhD

BEYOND CHOLESTEROL: THE IMPORTANCE OF INSULIN
FOR HEALTHY HEARTS _____ 89
Patrick J. Hanaway, MD

ALTERNATIVE THERAPIES IN THE TREATMENT OF
CARDIAC INJURY _____ 90
Hans J. Kugler, PhD

SYSTEMIC ENZYME THERAPY _____ 90
Joseph Collins, ND, RN

WHY MARS & VENUS COLLIDE: IMPROVING
RELATIONSHIPS BY UNDERSTANDING HOW MEN
AND WOMEN COPE DIFFERENTLY WITH STRESS _____ 92
John Gray, PhD

BREAKOUT 1 - INNOVATIONS IN

ANTI-AGING MEDICINE

CLINICAL RESEARCH PRINCIPLES AND THE
REGULATORY ENVIRONMENT: WHAT WE KNOW
AND WHAT WE DON'T KNOW _____ 92
Vinod Podichetty, MD,MS

DIETARY SUPPLEMENT CONTAINING
PROHORMONES AND PROSEXUAL NUTRIENTS
ALLEVIATES PMS/PERI-MENOPAUSAL SYMPTOMS AND
BOOSTS DESIRE, AROUSAL AND FEMALE RESPONSE _____ 93
Daniel S. Stein, MD

INTEGRATIVE BIOPHYSICS: THE BASIS FOR A NON-LINEAR
PATH TOWARD A NEW MODEL OF HEALTH CARE _____ 93
Wayne H. Miller, BS

OPTIMIZING ANTI-AGING MEDICINE WITH LIPOSOMES:
INTRAVENOUS IMPACT ORALLY _____ 94
Thomas E. Levy, MD, JD

HOW A HEALTHIER HEART HELPS OVERCOME
ERECTILE DYSFUNCTION _____ 94
Christopher P. Steidle, MD

TESTING FOR WELLNESS: HOW TO TEST AND INTERPRET
RESULTS FOR MAXIMUM WELLNESS _____ 96
Michael E. Greer, MD

BREAKOUT 2A - HORMONE REPLACEMENT THERAPY

A CLINICAL APPROACH TO TREATING
HORMONE DEFICIENCY _____ 96
Debra Muth, MS, ND

THE EFFICACY, SAFETY AND COST-EFFECTIVENESS OF
SCROTAL APPLICATION OF TESTOSTERONE CREAM
OVER GELS AND INJECTIONS _____ 96
Michael Buckley, BPharm

PELLET HORMONE REPLACEMENT THERAPY _____ 97
Dan Hale, MD

THE POWER OF MEDICAL DOGMA: PROGESTOGENS
AND THE BIAS AGAINST BIOIDENTICAL HRT _____ 97
Steven V. Joyal, MD

BREAKOUT 2B - SLEEP DISORDERS

CARDIOVASCULAR EFFECTS OF SLEEP APNEA _____ 98
William C. McLain III, MD

NOVEL APPROACHES TO INSOMNIA:
ASSESSING AND THEN ADDRESSING _____ 98
Kelly L. Olson, Ph.D.

WHY SLEEP IS IMPORTANT AND HOW IT
AFFECTS EVERYTHING ELSE _____ 98
Franklin M. Douglass, MD

BREAKOUT 3 - IMMUNITY AND INFECTIOUS DISEASE

ADRENAL FATIGUE: UNDERSTANDING AND
RECOGNIZING THIS CLINICAL SYNDROME _____ 100
Lena D. Edwards, MD, FAARFM and Andrew Heyman, MD

AN OLD DRUG REDEFINES FUNCTION IN THE
IMMUNE SYSTEM WITH ITS REMARKABLE EFFECTS
ON CANCER AND AUTOIMMUNE DISEASES _____ 100
Paul Battle, PA-C

PREVENTING A PANDEMIC:
H1N1 AND ANTI-AGING MEDICINE _____ 101
Jared M. Skowron, ND

* **WEDNESDAY**, December 9, 2009

SESSION 1 - ADVANCES IN ANTI-AGING MEDICINE

DOSAGE FORMS AND DOSING GUIDELINES FOR HUMAN-IDENTICAL HORMONE RESTORATION THERAPY

Jim Paoletti, RPh, FAARFM

Patients now have an increased awareness of the potential advantages of human-identical (bio-identical) hormones over conventional hormone replacement, and are seeking advice from their health care practitioners. A proper understanding of dosage form options will help many patients reach their goals of proper balance with restorative therapy. Learn practical information on the appropriate administration of the various options for hormone restoration therapy.

GOALS & OBJECTIVES:

- Discuss the popular dosage forms used for BHRT and the applications, advantages and disadvantages of each
- Review practical considerations to take into account with topical hormone preparations
- Discuss considerations in changing therapy from one route of delivery to another

DRUGLESS PRESCRIPTIONS FOR RESISTANT HEADACHES

Martin P. Gallagher, MD, DC

45 million Americans (1 out of 6) suffer from chronic headaches. While prescriptions and over the counter medications may temporarily abate the symptoms of headache, they often contribute or cause headachd re-occurrence.

This presentation will explore the multi-factoral causes of chronic, resistant headaches (food allergy, chemical sensitivity, spinal subluxation, TMJ, hormonal imbalances, hepatic and renal toxicity, ligament laxity, vitamin deficiencies, toxic metal syndrome, etc.) and the drugless prescriptions that physicians can utilize to resolve this epidemic health problem.

Practical application based on current literature and clinical cases will be emphasized, so that, clinicians can immediately implement the protocols into their daily practices. Attention will be given to both eastern and western approaches including medical acupuncture, battlefield acupuncture, spinal manipulation, prolotherapy, LDA therapy, IV vitamin therapies, food rotation, hepatic detoxification, hormonal therapy, etc.

GOALS & OBJECTIVES:

- Recognize headache pain patterns and their corresponding organic causes
- Learn the key acupuncture points to rapidly switch headaches off
- Incorporate new IV and nutritional protocols to reverse headaches

PSYCHOSOMATIC ENERGETICS AND ANTI-AGING HEALTH BENEFITS

Ulrike Banis, MD, ND

Anti-aging is simply a matter of having abundant energy in the body, adding years to your life. The additional benefit is that increased energy will also make all other therapies more effective.

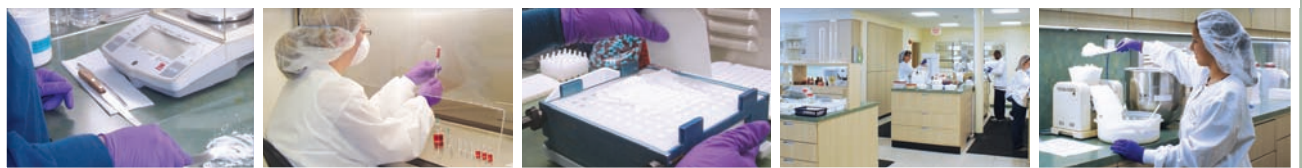
What impacts and plays an important role in aging, is our feelings towards ourselves and our emotions; either a feeling of well-being or feeling miserable. There is a quality of life that escapes blood and diagnostic tests, hormonal status or cardiovascular health, and this is where an energetic concept and emotional issues come into play.

Low emotional energy, due to past unresolved emotional traumas, has a significant influence on speeding up the aging process. If people lack energy, they age faster because the regulation and regeneration ability of the body decreases. Negative emotions are linked to weakened immune system function (psychoneuroimmunology),

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congestion of the intra- and extracellular matrix and a decreased ability for detoxification. This leads to the development of increased infections, allergies, autoimmune and chronic conditions.

With energy testing using the REBA device to identify the old emotional issues and the segment of the body where they are located, and homeopathic remedies for their resolution, the body will be given back an abundance of energy.

GOALS & OBJECTIVES:

- Anti-aging is a matter of abundant energy
- Abundant energy depends on letting go of negative emotions
- Negative emotions are an obstacle for any anti-aging therapy

LIVE TO BE 100, AND ENJOY IT: LESSONS FOR LIVING LONGER FROM THOSE WHO HAVE LIVED THE LONGEST

T.S. Piliszek, MD

The quest for optimal health and longevity is widely debated, intensely studied, and often misunderstood - yet there are unusual groups of people around the world where they manage to achieve it naturally, looking decades younger than they are, and enjoying longer life, and health spans well into their 90s, and 100s. These extra-ordinary long-lived communities share certain common elements of lifestyle, nutrition, and attitude which lead them to exceptional quality and quantity of life.

Following their guidelines, and making simple adjustments to daily activities and diet (i.e. the use of functional exercise and functional foods) one can add meaningful years to one's life expectancy.

GOALS & OBJECTIVES:

- Evidence based studies from local populations around the globe showing how the epi-genome influences nutrigenomic expressions in human aging
- Definitions of the causality / relationship between functional foods and healthy aging
- Interactions between lifestyle, outlook, nutrition, and human degenerative disease

METAL-FREE DENTISTRY TO AVOID ARTERIOSCLEROSIS AND CANCER

Hansjörg Lammers, DMD, PhD

There are several important concepts regarding the initiation of arteriosclerosis. One of these is that arteriosclerosis results from the infiltration of the endothelial lining of the arteries with toxic heavy metals, like lead and mercury. The inner lining of the artery is the side where the important vasodilator substance nitric oxide is created. The endothelium also produces prostacyclin which decreases clotting of blood and causes dilating of arteries. A third important substance is heparin, a potent substance that prevents clots from forming. Excessive deposition of heavy metals in the endothelium diminishes the endothelium's ability to produce valuable nitric oxide, prostacyclin and heparin. Removal of these toxic metals restores the endothelium's ability to produce these vital substances which stops and may even reverse arteriosclerosis.

Heavy Metals and Cancer

Metals can directly and indirectly damage DNA through free radical stress and that means an increased risk of cancer (=genotoxicity). There are also possible non-genotoxic pathways, due to irritation (changing of the cell-millieu) or immuno-toxicity.

GOALS & OBJECTIVES:

- Get an update on the advantages of metal free crowns, bridges & implants (zirconiumdioxide)
- Discussion in limiting and detoxification of a heavy metal load
- Get highly informed on how to protect the body for a toxic burden (cumulative effects of poisons)

NUTRIGENOMICS

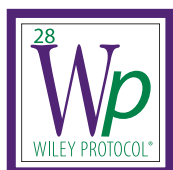
Kousalya V. Nathan, PhD, DNYS, ABAARM

Nutritional Sciences are discovering the application of the “omics” sciences. Recent studies of the human genome and the coinciding technological developments genotyping, transcriptomics, proteomics, and metabolomics are now available to nutritional research. This new research area is termed “Nutrigenomics”.

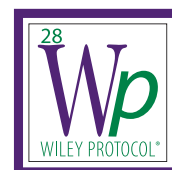
Foods provide nutrients that are used for fuel in energy metabolism, growth and development of structural components of the body. Some nutrients are essential cofactors for the proper function of life-critical enzymes that are involved in various aspects of metabolism and tissue integrity. Many nutrients selectively alter gene expression through transcription factor systems that regulate the activation of specific sets of genes in different tissues and under different environmental conditions.

In nutrigenomics various molecular tools are used to study the interaction of functional foods with genome with the ultimate goal of determining the dietary components that are most compatible with health for a specific individual. Given our current understanding of gene-nutrient interactions, a few of the practical applications of nutrigenomics are listed below.

1. Identify the genes and proteins expressed differentially in health and disease that are modifiable by nutrients.
2. Identify which genes, proteins and metabolites are influenced by specific nutrients that are known to be beneficial or harmful.
 - a. Identify genes, proteins, and metabolites that are altered by dietary fats associated with cardiovascular disease.
 - b. Identify genes, proteins and metabolites that are altered by omega-3 fatty acids.



Two Days Back on Earth Environmental Endocrinology Seminar at the Cimmarusti Science Center Planetarium, Glendale CA



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Thus Nutrigenomics may open ways to individualization from personalization in terms of diet as the designing of a food or dietary advise for the benefit of a sole, unique individual.

GOALS & OBJECTIVES:

- Emphasis on personalized nutrition in reversing functional age
- Nutrigenomics implemented in lifestyle practices
- Understanding genetic basis of disease susceptibility and other health parameters in the practice of "Preventive & Age Management Medicine"

THE PYRAMID OF HEALING AS A MODEL FOR PATIENT HEALER INTERACTIONS

Carlos Warter, MD, PhD

Using the Pyramid of Healing as an in-office model to encourage the self-management of the aging process and enhance the overall quality of life of the patient.

Spirituality is an essential part of human development and its absence leads to the fossilization of understanding. This is especially true as a person ages. This fossilization either impedes change and transformation or at the other extreme, causes extreme change to happen rapidly and with often terrible consequences.

In this workshop, Dr. Warter will explore the scientific basis for human Spirituality and use this understanding to help each participant create a new approach to their Anti-Aging Clinical Practices.

GOALS & OBJECTIVES:

- Participants will be introduced to the discipline of Neurotheology and have a basic understanding of the research being conducted and the multi-disciplinary approach to the field.
- Participants will be able to compare their current Clinical Practice with one that places the Spirituality of both the healer and the patient at the core of the healing interaction
- Participants will be able to use the Pyramid of Healing to empower patients to take responsibility for their own healing process, yet also receive the assistance and guidance that they require.

REGENERATIVE INJECTION THERAPY WITH PLATELET RICH PLASMA USING ULTRASOUND GUIDANCE

Harry Adelson, DAAPM

We will explore the mechanisms of action, indications, data, protocols, case studies and view video demonstrations of regenerative injection therapy (RIT aka prolotherapy) with the use of platelet rich plasma (PRP) for the treatment of osteoarthritis, chronic low back and neck pain, and other soft tissue musculoskeletal injuries. Also, an overview will be given on the use of ordinary ultrasound cameras for the purpose of diagnosis and needle guidance.

GOALS & OBJECTIVES:

- To have a working understanding of the proposed mechanisms of action of RIT using PRP
- To be able to identify conditions for which RIT using PRP would be indicated
- To formulate protocols for RIT using PRP
- To understand the value of the use of ultrasound cameras for the purpose of diagnosis and needle guidance

REVERSE MEMORY LOSS & LENGTHEN TELOMERES IN 12 MINUTES A DAY

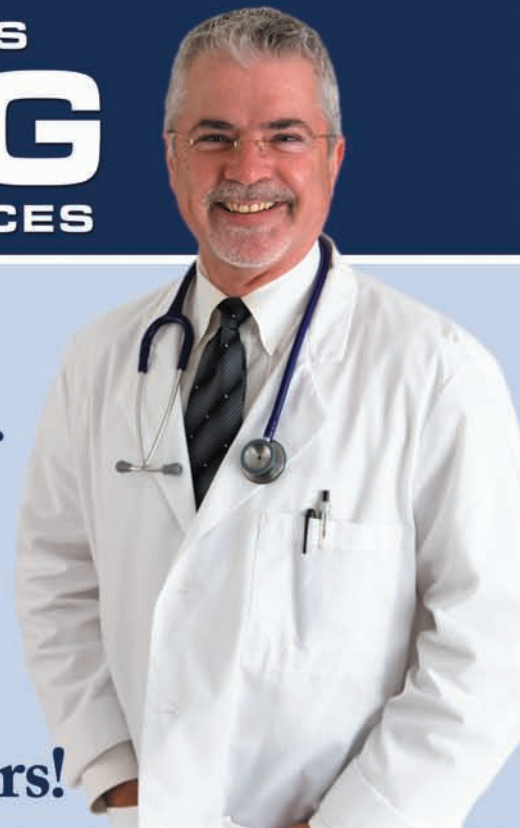
Dharma Singh Khalsa, MD

Alzheimer's disease(AD) has surpassed cancer as then baby boomers # 1 fear. A new case is diagnosed every 70 seconds and costs \$148 billion/year.

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- SHBG (sex hormone binding globulin)
- IGF-1
- LH & FSH
- Ferritin
- DHEA-S
- CRP, hs

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I will discuss my research at The University of Pennsylvania Medical School which reveals that a simple 12 minute mind/body medical exercise was associated with significant increases in both CBF and neuropsychological function in subjects with memory loss including AD.

This is the first time that any mind/body medical exercise has been shown to reverse memory loss.

Since drugs are not very effective, a low cost, side-effect free, non-pharmacological approach may prove therapeutic and cost effective in the management of memory loss patients

Beyond that, I will disclose how my study revealed that psychological well-being, the # 1 scientifically proven cause of increasing telomere length was also markedly enhanced in only 12 minutes a day for 8 weeks.

GOALS & OBJECTIVES:

- Understand the basics of mind/body medicine
- Discover latest research to reverse memory loss in 12 minutes a day
- Understand the # 1 scientifically proven factor to increase telomere length

TOXIC CHEMICAL EXPOSURE AS A CAUSE OF MITOCHONDRIAL DAMAGE, A NEW FACTOR COMMON IN CHRONIC ILLNESS OF AGING

William Shaw, PhD

Mitochondria are the powerhouse of the cell. Mitochondrial problems are characterized by the inability to do muscle work and use the brain. This inability is implicated as a possible reason for susceptibility to vaccine adverse effects. Mitochondrial damage is associated with a wide array of diseases including schizophrenia, bipolar disease, dementia, Alzheimer's disease, epilepsy, migraine headaches, strokes, neuropathic pain, Parkinson's disease, ataxia, transient ischemic attack, cardiomyopathy, coronary artery disease, chronic fatigue syndrome, fibromyalgia, retinitis pigmentosa, diabetes, hepatitis C, and primary biliary cirrhosis.

The Mitochondrial Function Profile created at The Great Plains Laboratory, Inc. is a test that screens for markers of mitochondrial disorders caused by exposure to toxic chemicals. Mitochondria are important in all cells in the body but are especially important to organs that utilize large amounts of energy, such as the muscles, heart, and brain. The markers used to assess mitochondrial function are indicators of metabolic pathways that can be affected due to mitochondrial deficiency including cofactors such as NAD+ flavin-containing coenzymes and coenzyme Q-10. The new Mitochondrial Function Profile is also useful for measuring the efficacy of different therapies for detoxification as well as measuring the improvement in mitochondrial function during a particular treatment.

GOALS & OBJECTIVES:

- Know the causes of mitochondrial disorders and treat some symptoms of mitochondrial disorders
- Understand the processes of energy production in the mitochondria and how these processes are impaired in mitochondrial dysfunction
- Become familiar with the most common chemical exposures and how common chemicals and drugs may cause mitochondrial damage

VITAMIN D DEFICIENCY - A NATIONAL EPIDEMIC

Thomas L. McKnight, MD, MPH

Vitamin D: 1. Is a hormone, not a vitamin; 2. Has both endocrine and autocrine function; 3. Insufficient amounts are linked to multiple cancers, heart disease, infectious conditions, and neurodegenerative disorders; 4. Levels can safely be raised by oral D3.

Vitamin D's endocrine function involves calcium and phosphorus transport into the body and enhancement of bone matrix. The autocrine function, a recent discovery, occurs in every major organ system impacting over 200 genes. On the cellular level, Vitamin D enhances apoptosis, decreases angiogenesis, enhances cellular adhesion, stimulates formation of antibody peptides, and reduces the cytokine, TNF-alpha. The sum impact enables the cell to remain healthy.

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At A4M Booth #551 R. Steven Mulholland, MD will be presenting "Beautiful Skin from the Inside Out Using Smartskin and Smartlipo MPX". For full details and to register for this event, visit www.cynosure.com/a4mevent



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NHANES data comparing 1988-1994 to 2001-2004 shows the deficiency rate (<20 ng/ml) going from 22% to 36%. However, a meta-analysis of 18 RCTs showed a supplementation of only 526 IU of Vitamin D per day reduced all cause mortality by 7%. Epidemiological data shows that optimal levels of Vitamin D are associated with a reduced relative risk of diabetes Type I, coronary artery disease, 17 cancers, rheumatologic disorders, and neurodegenerative diseases.

Clinicians can assess and safely optimize Vitamin D levels. Toxicity from Vitamin D is not a great concern, as will be presented.

GOALS & OBJECTIVES:

- Understand the Vitamin D epidemic
- Recognize the autocrine impact of Vitamin D on a person's health
- Develop a plan to assess and treat patient's who are Vitamin D deficient and insufficient

SESSION 2A - WEIGHT MANAGEMENT

THE EFFECTS OF PERSISTENT ORGANIC POLLUTANTS IN WEIGHT LOSS AND HOW TO AMELIORATE THEM

Elizabeth Redmond, PhD, MMSc, RD

Persistent organic pollutants, such as polychlorinated biphenyls (PCBs), hexachlorobenzene (HCB), and p,p'-dichlorophenyldichloroethylene (DDE) are ubiquitous microcontaminants that are lipid soluble and bioaccumulate in stored fat. Weight loss can lead to a significant releases of these toxins, often leading to an increase of symptoms which may contribute to unsuccessful weight loss attempts. Though banned these toxins are an ever increasing problem that may affect the endocrine, nervous and immune systems, storing them may be a defense mechanism. Due to these issues the CDC has expanded their evaluation of these toxic compounds in the NHANES study. Physicians need to be aware of their patient's levels of toxins, how these toxins are released during weight loss, the possible effects they can have, and ways to ameliorate their release.

GOALS & OBJECTIVES:

- The clinical impact of organotoxins released during weight loss
- How to evaluate a patients organotoxix burden
- How to decrease levels of organotoxins released during weight loss

HORMONES, THE NEXT BREAKTHROUGH FOR WEIGHT LOSS

Michael Aziz, MD

This lecture focuses on many of the hormones that pay a role in weight. The audience would learn about the negative effect of low-fat, low-carb and the Mediterranean diets on hormones. They ALSO would be introduced to a hormone-friendly diet.

Several hormones that play a role in weight are also discussed as well as the latest research on cholesterol.

GOALS & OBJECTIVES:

- Negative effect of low-fat , low-carb, the AHA and the Mediterranean diet on hormones.
- A hormone -friendly diet is presented.
- Latest research on cholesterol.

INTEGRATING MEDICAL WELLNESS PROGRAMS: NUTRITION, WEIGHT MANAGEMENT AND EXERCISE

Christopher Breuleux, PhD, FAFB, FACW, MWD

"What is medical wellness? How is it best defined and understood?" Before a new discipline or profession develops standards, it should have a clear conceptual definition. The future success for medical wellness will be driven by both qualitative and quantitative research. Physicians, therapists, health professionals, wellness



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practitioners and companies can utilize wellness programs to provide real solutions for today's changing healthcare environment. The demand for wellness programs and therapies has increased, and progress toward reducing the barriers with conventional medicine continues. "Defined by the Medical Wellness Association" Medical Wellness is the practice of health and medical care relating to wellness outcomes. The more specific definition of medical wellness is: an approach to delivering health care that considers multiple influences on a person's health and consequently multiple modalities for treating and preventing disease as well as promoting optimal well-being. Medical Wellness integrates healthcare providers through; medical and wellness practitioners working together. Medical wellness integrates and brings together the stakeholders in healthcare: medical and wellness practitioners, providers and consumers. It is often viewed as the integration of wellness practices and programs within a clinical environment. Medical wellness evolves continually, as practices and treatments that are proven effective merge into conventional medicine and as new approaches to health, well-being and wellness emerge. The foremost goal of worksite wellness programs is to promote an optimal state of health through practicing an active wellness lifestyle and preventing disease and illness. Successful Medical Wellness Programs reviewed include Wellness Nutrition, Weight Management and Exercise as Medicine.

GOALS & OBJECTIVES:

- Participants will be able to define wellness, medical wellness, set goals and learn of the opportunities and standards for professional medical wellness programs.
- Participants will be able to discuss the key elements and components for a successful wellness program planning including nutrition, weight management and prescribed exercise
- Participants will learn Medical Wellness standards, terms and the value of integration.

INTEGRATING MEDICAL WELLNESS PROGRAMS: NUTRITION, WEIGHT MANAGEMENT AND EXERCISE

Olivier Wenker, MD, MBA, ABAARM

Diseases resulting from conditions such as obesity and lack of exercise result in premature aging. Diseases of premature aging include accelerated cardiovascular disease and cancers to mention just a couple. Weight gain and obesity are clearly linked to high blood pressure, high cholesterol and triglycerides, and high blood sugars. The changes in nutrition used by the American people over the past few decades are significant and the resulting effects are devastating. A substantial increase in body mass index as measure of obesity and the resulting increase of heart disease, diabetes, and cancers will be demonstrated. It will be shown to the audience how better nutrition and exercise alone or in combination will literally change lives and life expectancy.

GOALS & OBJECTIVES:

- Participants will be able to define changes in nutritional behaviors leading to obesity and its effect on premature aging
- Participants will be able to make a link between obesity and increased risks for cancer, heart disease and diabetes
- Participants will learn how to increase life expectancy by changing some of their nutritional behaviors and including exercise into their daily activities

OBESITY MANAGEMENT: OBESITIS, TOXIC LIPO GENESIS, THERMOGENESIS AND SYNDROME X

Stephen Holt, MD, DSc, PhD, ND, LLD, et al., Distinguished Professor of Medicine (Emeritus), Scientific Advisor

Obesity and Related diseases have become the most common causes of premature death and disability in industrialized nations. The metabolic Syndrome X goes hand in hand with an overweight status and it affects approximately 70 million individuals in the US. Syndrome X forms a unifying concept that explains modern chronic disease evolution (Syndrome X, Y, Z,...). Not only does Syndrome X underlie the cause of heart attack and stroke, it contributes to polycystic ovary syndrome, depressed immunity, liver disease, inflammatory disorders and Alzheimer's disease... To name a few disorders. Over the past fifty years evidence has accrued that obesity is an inflammatory disorder which is driven by underlying oxidative stress. Recently, the role of environmental toxins (notably organo chemicals) in the alteration of energy and fat metabolism (toxic lipogenesis) has become apparent. This circumstance highlights the importance of body detoxification programs in obesity management. An added factor in the cause of the complexities of the obesity epidemic is wide spread sleeplessness among people in urban societies. These factors taken together underscore the need for more comprehensive and holistic

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- The ingredient *piperine* is an antioxidant that increases the absorption of curcumin, PG, and amino acids contained in BLF.*

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interventions for weight control. The value of thermogenesis in weight control has undergone renaissance interest as it appears possible to induce fat burning without excessive cardiovascular stimulation. Putative thermogenic agents include sea weed extracts, green tea and special extracts of citrus aurantium such as Advantra Z. It is clear that unitary approaches to obesity and related diseases are increasingly obsolete in clinical practice.

OVERCOMING WEIGHT LOSS RESISTANCE USING THE FUNCTIONAL MEDICINE MODEL TO CREATE SUCCESSFUL LONG TERM WEIGHT MANAGEMENT

JJ Virgin, CNS, CHFI

Seventy percent of the population is now overweight or obese. The recidivism rate of dieting exceeds 50%. Clearly the outdated model based on caloric restriction and aerobic exercise is not working and may in fact be exacerbating the crisis by damaging both metabolism and psyche further.

The current weight loss model fails because it doesn't look for the cause of the problem and assumes that it is simply one of overconsumption and low energy output without taking into account hormonal factors that could shift the metabolic requirements and impair the body's ability to burn off fat weight while holding onto or increasing lean mass.

Over the past two decades I have identified 7 different modifiable weight loss resistance factors that can slow down or stop fat loss despite the patient's best efforts of eating healthy balanced meals, repleting core nutrient deficiencies and doing cross training exercise consistently. I define weight loss resistance as the inability of an obese individual to lose 1-3 pounds of fat a week despite adherence to healthy eating and exercise habits.

By evaluating your patient for these factors and then repairing their metabolism you can help them finally achieve a successful healthy body composition for life.

GOALS & OBJECTIVES:

- Understand the challenges with the current model for weight loss
- Learn the basic model of balanced eating, cross training exercise and core nutrient supplementation
- Identify the 7 areas of weight loss resistance

USING CUSTOMIZED AGE REDUCING EXERCISE (C.A.R.E.) FOR LONGEVITY AND ACTIVE PREVENTION OF BRAIN DEGENERATIVE DISEASES AND OTHER DISORDERS

Erik Flowers, MA

C.A.R.E. is an integrated program of cognitive exercise that retrains the brain and body systems to create neurogenetic response. Developmental benefits of C.A.R.E. are: heightened reflexes, improved balance, greater strength and self-confidence, sharper auditory perception, more developed somatosensory system, improved visual cognition. C.A.R.E. can help mitigate or reverse: brain degenerative diseases, senior falling, concussive disorders, essential tremors, anxiety/mood swings, depression, lack of focus, short-term memory loss. C.A.R.E. can help these populations: mobile/immobile 40+, Dementia/Alzheimer's, Parkinson's, Huntington's, PTSD, ADHD, depression and mood disorders, former athletes with history of concussions, HIV+, addictions, also young athletes and professional bodybuilders.

GOALS & OBJECTIVES:

- Introduce the urgent need for a practical exercise solution that promotes longevity and preventative self-care
- Present why retraining areas of strength, balance and reflexes help adults 40+ and special populations
- Hands-on demonstrations of Customized Age Reducing Exercises

VITALITY WEIGHT LOSS WITH HCG AND HRT

Dr. Brian Wolstein, D.C.

Discuss how most diets slow metabolism and cause long term fat gain.

Discuss how metabolism is affected by weight-loss programs and yo-yo dieting.

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The HCG diet protocol will be explained in detail and the science of the diet that should be followed for maximum results.

Discuss how HCG therapy and balancing proper nutrition will promote significant fat loss and inches lost while sparing lean muscle (Includes trouble shooting the HCG diet protocol for different patient scenarios).

Discuss when to integrate HCG and HRT in a weight loss regiment. This will include patients that have tried every fad diet and have not succeeded in achieving their weight loss goals.

I will also discuss based on my experience when is the best time to integrate HCG in weight-loss....with and without HRT. I will also show before and after testimonials of fascinating results using HCG.

GOALS & OBJECTIVES:

- How metabolism is affected by diets and other weight loss programs
- How HCG works in optimizing long-term weightloss results
- How Bioidentical HRT affects weight gain and long-term weight loss results
- Weight loss nutrition with HCG and BHRT
- Weight loss supplementation with HCG and BHRT

SESSION 2B - CONCEPTS IN ANTI-AGING MEDICINE

A BRIEF INTRODUCTION INTO THE PHYSIOLOGICAL FUNCTIONS OF PHYTONUTRIENTS

John H. Maher, DC, DCBCN, BRIC

The term phytochemical refers to a classification system of botanical chemicals. Broadly stated, phytochemicals are chemicals that plants produce to perform metabolic functions. For example, wood creating cellulose, sugar cane manufacturing sucrose, and opium poppies producing morphine.

Phytonutrient, within the context of natural health and nutrition, has come to refer to bio-active plant chemicals that humans eat and have or may well have significant positive effects on human metabolism. Phytochemicals that are concentrated or prepared in such a dosage as to have likely therapeutic effects are generally becoming referred to as nutraceuticals.

Phytonutrients are not essential for life, but they appear to be essential for optimal health and longevity. They therefore may properly be classified as micro-nutrients, along with vitamins and minerals. The technical classification of the major groups of phytonutrients found in our diets includes: terpenes, amines, organosulfurs, phenols, polysaccharides, organic acids, and lipids. One food can contain several classifications of phytonutrients. For example, an orange contains terpenes (carotenoids and limonoids) and phenols (bioflavonoids).

Phytochemicals can be grouped into families based on their chemical structure and biological activity. In this introductory overview, we will briefly examine the major groups and some of the sub-groups of phytonutrients and how they may contribute towards optimal biological function.

GOALS & OBJECTIVES:

- Enable the listener to fully and accurately define phytochemicals and phytonutrients
- Present the classification and main subclassifications of phytonutrients in an organized manner
- Increase familiarity with and appreciation for the wide set of physiological functions that can be effected via phytonutrients

BIOPHYSICS, PULSED ELECTROMAGNETIC FIELD THERAPY AND ANTI-AGING

William Pawluk, MD, MSc

Biophysics spans all levels of biological organization, from the molecular scale to whole organisms and ecosystems. Biophysical research shares significant overlap with biochemistry, bioengineering, and systems biology. There is virtually no biophysics taught in Medical Schools around the world, yet biophysics effects all human physical systems and can be harnessed for many benefits beyond pharmacology.

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The use of Pulsed Electromagnetic Fields (PEMFs) in medicine, paradigmatic of biophysics, is gradually increasing as more devices become available and approved by the FDA. The literature on the biologic effects of magnetic fields (MFs) is vast. FDA approved technologies include: MRI, bone stimulation systems, nerve, muscle and brain stimulation systems, brain imaging, magnetic beads for localizing cancer therapies, wound healing, edema reduction, etc. There are many indirect PEMF systems approved by the FDA that use electrical stimulation.

This presentation will touch on the myriad aspects of the clinical aspects of MF effects. Most disease conditions are benefited by PEMFs by virtue of the basic physiologic actions of PEMFs. These include: reduction of edema, inflammation reduction, improved circulation, decreases bruising, increased RNA/DNA activation, pain reduction, improved wound healing, osteonogenesis, anti-coagulant/fibrinolytic effects, increased nitric oxide, increased calcium ion transport, immune effects, anti-microbial effects, increased myosin phosphorylation, enhanced nervous system tone, among many others. Anti-aging and health maintenance benefits result

GOALS & OBJECTIVES:

- Demonstrate the lack of biophysics education in medicine today
- Review the range of electromagnetic effects that are important to human health
- Review the opportunities to use pulsed electromagnetic fields in health and disease

CLINICAL THERMOGRAPHY APPLICATIONS -BREAST HEALTH AND (N)HRT

Alexander Mostovoy

The use of Breast Thermography as a risk assessment tool is well known and has been well documented in the past 30 years. More recently, it has been proving to be a valuable tool in monitoring the clinical progress of (N) HRT and other therapeutic interventions.

This presentation will provide a systematic approach of using Breast Thermography as a treatment monitoring modality, its clinical uses and applications. (N)HRT is widely used with perimenopause and menopausal women with blood serum level measurement being the standard monitoring tool; however using blood serum levels is not an indicator of how the breast metabolizes hormones, specifically estrogens."In fact, it may inadvertently increase the risk for breast cancer.

With the use of thermal imaging we can assess patients with a visual aid to identify those who are at higher risk for developing breast cancer. Thermal imaging is a non-invasive screening method that uses no radiation or compression and provides clinicians with accurate and predictive information of who is at risk and who is not responding to (N) HRT in a "normal" healthy way.

GOALS & OBJECTIVES:

- Understand the use of Infrared Imaging in a clinical setting
- Learn the proper protocols of infrared imaging and reporting
- Visualize how (N) HRT can affect breast health

THE EFFECTS OF AMINO ACIDS IN THE ANTI-AGING PROCESS

David I. Minkoff, MD

Loss of lean body mass is one of the most significant markers of biological aging. In fact, the average person loses 25-30% of their lean body tissue between age 20 and 60.

This includes loss of bone, connective tissue, skeletal muscle, immune proteins, hormones and enzymes. The primary reason for this is insufficient intake, digestion, and/or assimilation of essential amino acids.

Dietary proteins are digested into amino acids and then absorbed into the blood stream. Protein quality is measured by the amount of nitrogen utilized as precursors of body protein synthesis versus that excreted as waste. This is the Net Nitrogen Utilization (grams of nitrogen eaten/ grams of nitrogen excreted). Nearly all amino acid blends have NNU values under 20% and end up being low level precursors for protein biosynthesis.

When an inadequacy of high NNU proteins are ingested, body protein synthesis, repair and turnover are compromised, leading to premature aging. Therefore the cornerstone of anti-aging practice, and prior to



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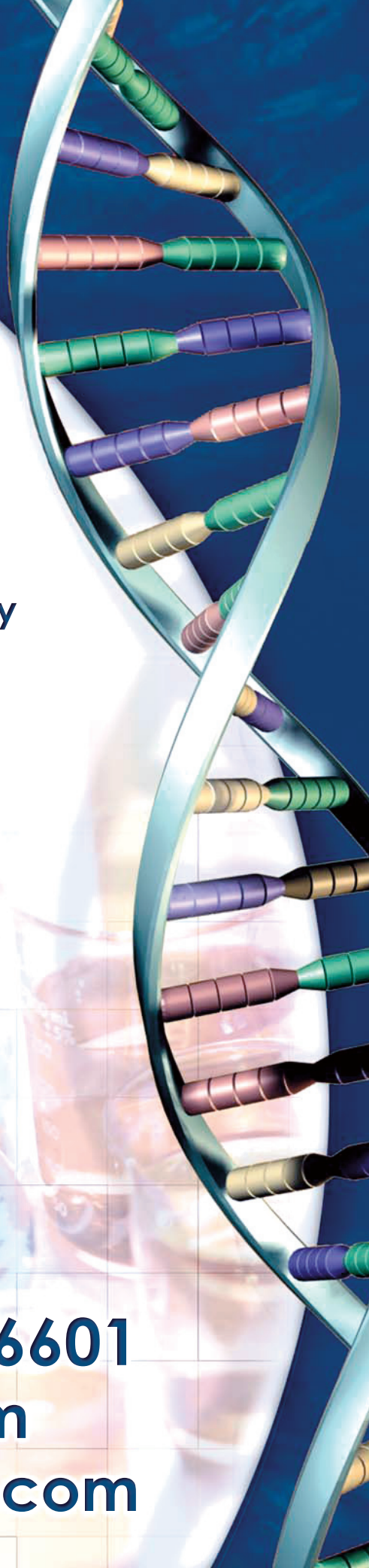
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hormone supplementation, should be attention to protein nutrition and essential amino acid supplementation to attain nitrogen balance.

This lecture will describe how to calculate the amounts of essential amino acids required via dietary protein intake, to preserve lean body tissue and produce an anabolic response in those who have already suffered from loss of lean body tissue.

GOALS & OBJECTIVES:

- To review for the treating practitioner that biological aging as measured by loss of lean body mass, which includes loss of bone, connective tissue, skeletal muscle, immune proteins, hormones and enzymes, is due to a large extent (in the absence of other macro or micro nutrient deficiencies) from lack of sufficient intake, digestion, or absorption of essential amino acids.
- To elucidate for the treating practitioner how to determine protein quality (as measured by Net Nitrogen Utilization) so that he can be more effective in dietary management and prevent or repair the catabolic state of his patients.
- To illustrate that the cornerstone of an anti-aging practice, and prior to hormone replacement, should pay attention to protein nutrition and essential amino acid supplementation to attain nitrogen balance, so that lean body tissue can be preserved throughout one's lifetime, and with therapy one can produce an anabolic recovery in those who have already suffered from loss of lean body tissue.

EYE FATIGUE (ASTHENOPIA) RELIEF BY ASTAXANTHIN

Eiji Yamashita, PhD

Asthenopia or eye fatigue is an ophthalmological condition with nonspecific symptoms such as eye pain, eye strain, blurred vision, headache, shoulder stiffness. Symptoms often occur after reading, computer work, or other activities that involve visual display terminals (VDT). There is, however, no effective therapeutic approach to date. Most commonly eye fatigue is caused by straining the ciliary body, the eye muscle responsible for accommodation. We performed further 4 clinical studies with the different measurements and an animal study using the same material of astaxanthin derived from the microalgae *Haematococcus pluvialis*. Based on the results it's suggested that astaxanthin supplementation might be a practical and beneficial approach for eye fatigue relief working in ciliary body.

GOALS & OBJECTIVES:

- Contribute to eye fatigue (asthenopia) relief by astaxanthin supplementation
- Increase QOL by anti-fatigue property of astaxanthin
- Decrease medical expenses by astaxanthin supplementation

GLUTEN SENSITIVITY: FUELING THE FIRE OF MITOCHONDRIAL BRAIN DETERIORATION

Tom O'Bryan, DC, CCN, DACBN

Neurological deterioration diseases are a decades-long inflammatory process. Numerous studies identify food sensitivities and allergies as significant catalysts to this inflammatory cascade. Antibodies to gluten are neurotoxic. Recent work has found deposition of anti-transglutaminase antibodies in the cerebral vessels and brain tissue of patients with gluten ataxia, thereby suggesting that the antibodies themselves may contribute to the neurologic complications. Gluten Sensitivity causing brain deterioration without abnormal small bowel mucosa is well referenced in the literature. From Parkinson's and Alzheimer's, Autism-Spectrum Disorders and ADHD, Depression and Epilepsy, Gluten Sensitivities have been identified as a primary trigger fueling the fire of mitochondrial and DNA damage.

We will look at these mechanisms, in-office diagnostic indicators, current testing options and treatment protocols for both Gluten Sensitivity and Celiac Disease.

GOALS & OBJECTIVES:

- Recognize the likelihood of Gluten Sensitivity and CD being associated with various Neurological and Cognitive Complications



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- Understand the physiology by which Gluten Sensitivity and CD may impact on the Brain, Mood Disorders and Cognition
- Become familiar with the effectiveness of treatment for cognitive and mood disorders associated with Gluten Sensitivity and CD
- Recognize the importance of early testing and follow-up monitoring of Gluten Sensitivity and CD

LEARN ABOUT TWITTER AND HOW IT CAN HELP YOUR BUSINESS

Glen Lubbert

In this session doctors will learn the differences in old media vs. new media. How they can gain patients via new media sources like Twitter. They will also learn how to not only gain patients but also maintain relationships with current patients. The following is an outline of the presentation:

1. Explain the differences between old media vs. new media
2. Benefits of new media
3. Examples of new media
4. Communication (blogs, micro blogging, social networking)
5. How to follow and gain followers in Twitter
6. Tweet the right mixture
7. How to manage Twitter

GOALS & OBJECTIVES:

- Learn how social media, like Twitter, can be used to manage your brand and handle customer service complaints and concerns
- Learn how to increase traffic to your website, blogs and articles
- Utilize new media to prospect and connect with patients

OXALOACETATE SUPPLEMENTATION INCREASES LIFESPAN

Alan Cash, MD

The human metabolite oxaloacetate is central to metabolism. Our tests indicate that supplementation with oxaloacetate increases lifespan by 25% ($p < 0.001$) in a variety of short-lived species. The longevity is due to the stimulation of molecular and genomic pathways also stimulated by calorie restriction, starting with an increase in the NAD⁺/NADH ratio and requiring AMPK activity.

Prior to our work showing oxaloacetate to be a calorie restriction mimetic, oxaloacetic acid has been implicated in various life-extending molecular pathways, including mitochondrial DNA protection, reduction in fasting glucose levels, neutral anti-oxidant protection, protection of cells in the retina, pancreas and prevention of the spread of some types of cancer.

Since oxaloacetate is a human metabolite with high bioavailability, low toxicity and high tolerance levels, our results suggest that it may provide a feasible means to access the health benefits of calorie restriction without the requirement of reducing caloric intake.

GOALS & OBJECTIVES:

- Oxaloacetate supplementation increases lifespan and normalizes glucose metabolism
- Oxaloacetate provides for DNA and cellular protection in many tissues
- Oxaloacetate down regulates the molecular pathways that create and store fat
- Oxaloacetate is an unstable molecule and only stabilized product should be used at room temperatures

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Module V:

Clinical Intensive: Case Studies in Anti-Aging
Medicine and Implementation of these Treatment
Modalities into Everyday Practice

Module VI:

Nutrigenomics and The Functional Regenerative
Matrix

Module VII:

Mitochondriopathy, Advanced Nutrigenomics,
A Regenerative and Functional Approach to
Autoimmune Diseases and Cognition
Enhancement

Module VIII:

Genomics and Proteomics,
A Regenerative and Functional Approach to
Psychiatry and Cancer Therapies, Nutrition and
the Athlete, A Regenerative and Functional
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In this age of consumer awareness, it is critical for anyone who wishes to practice Anti-Aging Medicine – the fastest growing medical specialty – to have their credentials in order. The A4M offers an elite Fellowship Program in Anti-Aging Regenerative Medicine that will give you the knowledge needed to run a successful Anti-Aging practice.

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* **THURSDAY**, December 10, 2009**GENERAL CONFERENCE****WHAT COULD BE LEARNED FROM ORGANIZATIONAL DEBUREAUCRATIZATION THAT CAN HELP ANTI-AGING EFFORTS***Ichak Adizes, PhD*

This presentation will focus on:

1. What causes organizational aging? What are the similarities to human aging?
2. How organizations get rejuvenated and what can be learned from it for human rejuvenation?
3. Can an organization stay in Prime condition and how? What is Prime anyway and how does it apply to people?
4. What predicts organizational aging before it is manifested in their financial statements and is there a parallel to humans that predicts aging before it is manifested in the blood and urine tests?

GOALS & OBJECTIVES:

- Give insights from a totally different field of knowledge
- Get people curious

LOW VITAMIN D IS IT A ROOT CAUSE OF CHRONIC ILLNESS AND CANCER*Mayer Eisenstein, MD, MPH, JD*

Seventy seven percent (77%) of U.S. teens and adults are deficient in vitamin D (less than 30ng/mL), ten years earlier, fifty-five percent (55%) were deficient, in the so-called “sunshine vitamin” whose deficits are increasingly blamed for everything from cancer and heart disease to diabetes.

Recent scientific studies have found that the level of Vitamin D in most people, while adequate to protect against rickets, is not high enough to lower the probability of other medical conditions that may be caused by insufficient amounts of Vitamin D.

W. Michael Hooten, MD, et al., from Mayo Comprehensive Pain Rehabilitation Center in Rochester, Minn. reported that about one in four patients who have chronic pain also have inadequate blood levels of vitamin D, which might contribute to their pain. Patients who did not have enough vitamin D also needed higher doses of morphine for a longer period of time.

Dr. Philippe Autier, et al., found that... Ecological and observational studies suggest that low vitamin D status could be associated with higher mortality from life-threatening conditions including cancer, cardiovascular disease, and diabetes mellitus that account for 60% to 70% of total mortality in high-income countries.

Higher serum levels of the main circulating form of vitamin D, (25(OH)D), are associated with substantially lower incidence rates of colon, breast, ovarian, renal, pancreatic, aggressive prostate and other cancers.

In a 2009 study, Dr. Garland, et al., projected that raising the minimum year-around serum 25(OH)D level to 40 to 60 ng/mL (100–150 nmol/L) would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year, and three fourths of deaths from these diseases in the United States and Canada, based on observational studies combined with a randomized trial. Such intakes also are expected to reduce case-fatality rates of patients who have breast, colorectal, or prostate cancer by half.

Based on the latest findings, raising the year-around 25(OH)D level above 40 to 60 ng/mL could have a significant impact on overall cancer rates.

GOALS & OBJECTIVES:

- Teach how to lower cancer rates
- Teach how to increase longevity
- Teach how to lower the incidence of colds and flu, even swine flu

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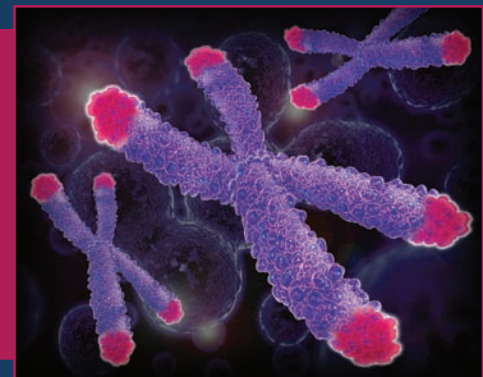
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A RESTORATIVE MEDICINE MODEL THAT WORKS INTEGRATING HORMONES, NUTRITION, DETOXIFICATION - CASE STUDIES*Sangeeta Pati, MD*

The current medical model is oriented towards the alleviation of symptoms and the treatment of disease. If we have high blood pressure; we can use a B-blocker. If we have gastric reflux; we can block acidity. If we have arterial stenosis; we can stent the artery or bypass it. If we have high cholesterol, we can suppress HMG-CoA reductase. If we get cancer, we try to remove it and destroy it. Multiple imbalances that collect over time contribute to these diseases including arthritis, arteriosclerosis, diabetes and cognitive decline. Multiple imbalances contribute to symptoms such as fatigue, weight gain, low sex drive, anxiety, depression and the litany of symptoms that plagues us with age.

In this presentation learn about a model, through case presentations, which we have used for 5 years to restore optimal health to those with fatigue, weight gain, low sex drive, depression, anxiety, insomnia, fibromyalgia, rheumatoid arthritis, chronic fatigue and more. Learn how to integrate hormones, nutrition and detoxification to restore optimal function through case presentations.

GOALS & OBJECTIVES:

- How to apply a model that integrates (i) hormones, (ii) nutrients, (iii) toxins, (iv) mind and (v) body
- Why hormone therapy alone does not allow a full restoration to an optimal state
- How to help patients come off anti-depressants, anti-anxiolytics, hypnotics, H2-blockers, allergy medications and statins
- How to integrate homeopathy, acupuncture, chiropractic care, mind and body interventions to affect a better result

THE TRUE MECHANISMS OF AGING AND THE FUTURE ANTI-AGING THERAPIES BASED ON THE MEMBRANE HYPOTHESIS OF AGING (MHA) AND THE USE OF HUMAN GROWTH HORMONE (hGH)*Prof. Imre Zs.-Nagy, MD*

This presentation will summarize the multidisciplinary research of 30 years on the role of the cell plasma membrane in the cell maturation and aging processes, outlining the main points and evidences for the validity of the membrane hypothesis of aging (MHA). The recent developments in connection with the anti-aging effects of the human growth hormone (hGH) will be described, putting in the center of this story the general presence of membrane receptors for hGH in all types of cell membranes, and the species specificity of this hormone.

GOALS & OBJECTIVES:

- To review the overall logic of the MHA
- To recommend a general consensus of gerontologists in considering aging as an adult growth hormone deficiency syndrome (AGHDS)
- To clarify many confusing ideas about the replacement therapy with the hGH

THE USE OF T3 AND HERBAL MEDICINE TO RESET BODY TEMPERATURE AND RECALIBRATE MANY BODILY FUNCTIONS*E. Denis Wilson, MD*

This presentation will summarize using sustained release T3 to maximize benefits and minimize side effects.

GOALS & OBJECTIVES:

- He will discuss the thyroid endocrinology and physiology doctors must understand to use T3 therapy effectively
- He will also discuss the synergy between the use of T3 and herbal medicine in the treatment of these patients
- Patient management concepts and resources will also be discussed

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A landmark glutathione workshop – *Absorption of Oral Glutathione and Implications for Human Health* – will be sponsored by Kyowa Hakko USA during A4M at Mandalay Bay Resort and Convention Center on Thursday, December 10, 6-8 p.m. The workshop features presentations on clinically relevant science from PhDs currently researching glutathione and practicing medical doctors discussing glutathione application use in their clinical practice.

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BREAKOUT 1 - INNOVATIONS IN ANTI-AGING MEDICINE**ANNATTO TOCOTRIENOL: THE NEW ANTI-AGING VITAMIN E***Barrie Tan, PhD*

As we age, our risk for developing chronic conditions increase. Diseases associated with aging include cardiovascular disease, cancer, and diabetes. A risk factor associated with developing chronic diseases and an underlying problem of aging is the loss of ability to quench free radicals that increase cellular damage. Free radical damage alters fatty layers in cellular membranes, increases chemotaxis with consequent loss of arterial vasculature, and changes the DNA within cells, compromising cellular integrity. Free radicals are produced by oxidative processes in the body and contribute to aging.

As a first line of defense against oxidation, antioxidants like vitamin E have long been used to prevent decay of cell membrane lipids and to remove free radicals. Of the vitamin E family of antioxidants, only one member – alpha-tocopherol – has been popularized, while the remaining three tocopherols and the tocotrienol subfamily of vitamin E have been obscured to practitioners and consumers alike. New research confirms that vitamin E tocotrienols have more potent antioxidant capabilities than their tocopherol relatives and show antioxidant-independent benefits against age-related diseases. This lecture presents the notable anti-aging benefits of tocotrienols, especially those of the delta- and gamma-isoform as the two most potent members of the vitamin E series.

GOALS & OBJECTIVES:

- Discuss the risk factors and chronic conditions associated with aging
- Discuss the antioxidant vitamin E, its scientific background, and differences between its tocopherol and tocotrienol family members
- Explain the anti-aging benefits of tocotrienols

THE HIDDEN TRUTHS OF MYCOTOXINS AND AGING*Dennis G. Hooper, MD, PhD*

Fungal metabolites (mycotoxins) cause cell damage by producing free radical and adduct formation in human tissue. Until now, there have been no reliable laboratory tests available to measure mycotoxin in human tissue and/or body fluids. Knowledge obtained from such a test would help anti-aging caregivers to understand mechanisms of effective mycotoxin neutralization and removal of the mycotoxins from patients. When normal mechanisms of removal of toxins are compromised by affecting intracellular mechanisms to eliminate toxins, cell aging and cell death occur.

Free radical stress contributes to aging and disease. There are transcription factors (Nrf2) and Keap1 which up-regulate numerous free radical defense enzyme systems which protect cells. Mycotoxins and other exogenous sources of free radical stress create critical depletions of Nrf2 and Keap1 and others.

Mycotoxins are carcinogenic and are contributory to certain neurological diseases. Mycotoxins such as Ochratoxin A, aflatoxins, and tricothecenes activate and deactivate biochemical pathways causing an imbalance and dysregulation of normal healthy cell activity.

This presentation explains how mycotoxins measurement in human body fluids and tissues and how dangerous they are to cells. The presentation will also demonstrate how the effects of specific mycotoxins can possibly be prevented and/or reversed at the cellular and organ level.

GOALS & OBJECTIVES:

- Describe what a mycotoxin is and what is the basic chemical structure of the major mycotoxins
- Understand the mechanism of toxicity of mycotoxins at the cellular level and what factors regulate defenses in normal cells against toxins
- Understand the testing available for mycotoxins in certain body fluids and tissues and the meaning of such testing

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METABOLIC AND CELLULAR DETOXIFICATION: PREVENTATIVE AND THERAPEUTIC APPLICATION FOR ANTI-AGING MEDICINE*Rita Ellithorpe, MD*

World-wide exposure to toxins in food, water and air are becoming increasingly evident and worrisome in anti-aging and integrative medical practices. Many integrative practitioners have the foresight to recommend the diagnosis of systemic biological burdens of heavy metal toxins. In particular, the accumulation of low levels of toxic heavy metals occur in tissues and bone can eventually cause chronic illness and diseases of aging. Treatment modalities of combining CaNa₂ EDTA chelation suppositories for detoxification, Lipid Replacement Therapy (LRT), enzymes and certain antioxidants have been researched and validated. In our published clinical studies we found significant excretion of toxic heavy metals identified within laboratory blood and feces values, improved cardiovascular blood markers (LDL/HDL), reduction of symptoms of chronic prostate conditions, improved erectile function, reduced as well as overall quality of life enhancement. These integrative approaches have far-reaching health benefits for the application of anti-aging medicine in standard clinical practice

GOALS & OBJECTIVES:

- Awareness of the ubiquitous nature of heavy metal toxicity and the impact it has on the health of the world's population.
- Understanding of the importance of the diagnosis and detection of heavy metals in the blood, urine and feces.
- Various integrative approaches to metal detoxification will be discussed as well as combination therapies for cellular repair.

NOVEL TREATMENTS FOR WOMEN'S ISSUES CAUSED BY BACTERIA, VIRUSES AND YEAST*Gordon Pedersen PhD*

Women have specific needs for diseases that are caused by bacteria, viruses and yeast. Topical and Intra-vaginal treatments with novel ingredients like the newly patented Silver Sol liquid and gel, work individually and synergistically in combination with antibiotics to destroy many causes of serious and persistent diseases (2). In this new study Silver Sol gel (FDA Approved May 2009), demonstrates activity against MRSA, Vancomycin Resistant Enterococcus faecalis, Staphylococcus aureus Candida and Pseudomonas aeruginosa (1).

GOALS & OBJECTIVES:

- Introduce silver sol technology and novel uses for women's issues.
- Present research data that shows silver sol is beneficial against bacteria, viruses, and yeast that cause women's issues.
- Everyday applications

NUTRITION THERAPY IN THE CLINIC*Stanford A. Owen, MD*

Presenter will review elements essential for successful Medical Nutrition Therapy (MNT) application, the science relating MNT intervention to cytokine endocrinology, and the impact of that MNT intervention to clinical outcome measures. Specific focus on cytokine metabolism with respect to aging-related disease will be reviewed.

Distinction between Medical Nutrition Therapy and Weight Management will be described and why the former is preferable for clinical application. Specific medical conditions treatable with MNT will be reviewed and clinical scoring methods will be highlighted.

Discussion will involve the business aspects of MNT and the need for use in every medical condition responsive to Nutrition Therapy.

GOALS & OBJECTIVES:

- Review scientific aspects of Medical Nutrition Therapy (cytokine endocrinology)
- Outline medical conditions treatable with MNT and methods of scoring clinical response
- Review business aspects of offering MNT in any clinical setting.

BREAKOUT 2 - PRACTICAL APPLICATIONS**ADULT GROWTH HORMONE DEFICIENCY SYNDROME***Mark L. Gordon, MD*

Growth hormone deficiency is rampant and the impact on our health and continued health is significant. Understanding that the loss of growth hormone production is due to more causes than genetic predisposition is important to the clinician so that the predisposing clinical history may be sought after and documented. It is the firm belief that Traumatic Brain Injury, toxic food, water and air along with an array of medications put us at risk of down-regulation of growth hormone production. How best to assess the patient and begin the healing process with the appropriate application of either injectable growth hormone or one of the newest functional secretagogues will be discussed and supported with clinical research and numerous scientific studies. Secretagogues - the responsible first step in growth hormone replacement therapy.

GOALS & OBJECTIVES:

- To understand the mechanisms of causation for GH deficiency
- To learn how to assess patients for GH deficiency by history and laboratory testing
- To learn about treatment options between rhGH and a Secretagogue

INTRODUCTION TO ADULT HORMONE THERAPY*Ronald Rothenberg, MD*

The overview of hormones will discuss and evaluate adult hormone deficiencies. The connection between hormone deficiencies, inflammation and disease will be explored. General signs and symptoms of hormone deficiencies will be reviewed. Current medical literature that supports treatment and a basic understanding

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of how these hormones interrelate will be discussed. Information presented will be a stepping stone to more thorough investigations of these hormones in the lectures that follow.

GOALS & OBJECTIVES:

- Know what inflammation is and how it relates to disease.
- Get a basic understanding of signs and symptoms of hormone deficiencies.
- Begin to put together how hormone deficiencies and disease coincide.

TESTOSTERONE REPLACEMENT THERAPY IN MEN & WOMEN: BENEFITS, POTENTIAL RISKS AND PRACTICAL ALGORITHMS

Ronald Rothenberg, MD

Testosterone replacement therapy is an overview of the pathophysiology of testosterone in both men and women. It explores the effects of testosterone deficiency on the cerebral, cardiovascular, immune and musculoskeletal systems. Current literature reviews to evaluate the scientific evidence on safety and efficacy of treatment will be critiqued. Prostate cancer risk and testosterone replacement will be discussed. Female testosterone deficiency will be evaluated and the need for testosterone replacement in women will be explored.

GOALS & OBJECTIVES:

- Learn the symptoms of testosterone deficiency in men and women.
- Learn the effects of testosterone replacement therapy on sexual, cognitive, cardiovascular and inflammatory function.
- Learn the relationship of testosterone to prostate disease.

THYROID REPLACEMENT THERAPY

Ronald Rothenberg, MD

Thyroid replacement therapy will begin with the basic pathophysiology of thyroid hormones. It will explore signs and symptoms of disease. Evaluation of thyroid testing and the misconceptions and changing strategies in the management of thyroid disease will be reviewed. Options for thyroid treatment will be discussed and application to patient management will be applied.

GOALS & OBJECTIVES:

- Learn the basic pathophysiology of thyroid
- Signs and Symptoms of thyroid disease
- Learn some common misconceptions associated with thyroid disease and the scientific literature that supports new management
- Learn how to apply thyroid treatment to hypothyroid patients

MELATONIN AND VITAMIN D

Ronald Rothenberg, MD

Melatonin is an important hormone and deficiency impacts sleep, immune system and cognitive function. This lecture will explore the pathophysiology of melatonin. It will show current scientific data on melatonin deficiency. The use of melatonin from immune system to jet lag will be explored. Dosing options will be discussed. Vitamin D is an important hormone in the body. It serves to improve bone health and immune function. Vitamin D deficiency is associated with increased risk of cancers, heart disease, diabetes, autoimmune disease and MS. Treatment of Vitamin D deficiency will reduce these risks significantly. Toxicity of Vitamin D is low and can be monitored. Vitamin D ranks as one of the most important supplements for prevention of disease.

GOALS & OBJECTIVES:

- Basic understanding of the pathophysiology of Vitamin D and melatonin
- Knowledge of the implications of vitamin D and melatonin deficiency
- Be able to adequately know how to supplement Vitamin D and melatonin



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BREAKOUT 3 - CARDIOVASCULAR DISEASE**ANTIOXIDANT AND ANTI-ATHEROGENIC PROPERTIES OF LIPOSOMAL GLUTATHIONE***Tim Guilford, MD*

Both inflammation and oxidative stress have been implicated as obstacles to healthy aging and the biochemical glutathione is known to be involved in both of these mechanisms. Depletion of glutathione, which is known to occur as we age, has been shown to correlate with the progression of atherosclerosis. Glutathione depletion, either systemically or locally in tissues is associated with several health conditions including Parkinson's disease and asthma. A recent study using liposomal glutathione shows, for the first time, that the enzyme glutathione peroxidase, that depends on glutathione availability for its function prevents the oxidation of LDL (OxLDL) cholesterol and is embedded in the LDL complex. Macrophage ingestion of oxLDL is known to create foam cells, which are directly related to the formation of atherosclerotic plaque. The presentation will review the basic biochemistry of glutathione as an antioxidant, detoxifying agent and immune cell signal. Studies with liposomal glutathione are demonstrating the role that glutathione plays in maintaining cell function. Clinical testing for oxLDL is now available and may serve as a biomarker for the progression of conditions associated with low glutathione.

GOALS & OBJECTIVES:

- Understand the role of glutathione in cell function.
- Be able to name 3 diseases with low glutathione
- Understand the association of glutathione and oxidized LDL cholesterol

CARDIOMETABOLIC RISK*George P. Rodgers, MD*

Cardiometabolic risk is the new term for risk associated with obesity, metabolic syndrome and type 2 diabetes mellitus. This term includes the full spectrum of obesity associated abnormalities that increase risk for cardiovascular disease. These include an abnormal lipid profile, inflammation, hypercoagulation, hypertension and insulin resistance. Serum biomarkers have provided new insights into cardiometabolic risk. Routine measurement of advanced lipid profiles including LDL particle size, Apo A and Apo B ratios as well as HDL and triglyceride provide insights into potential treatment opportunities. Furthermore, markers of inflammation including hs C-reactive protein, interleukin-6, tumor necrosis factor alpha and plasminogen activator inhibitor-1 provide further information regarding inflammation and hypercoagulability. Finally, insulin resistance can be better assessed by the measurement of glucose, hemoglobin A1C, insulin and key adipokines including adiponectin, leptin and resistin. Studies have shown that measurement of this wider spectrum of biomarkers provides improved risk stratification for cardiometabolic risk.

GOALS & OBJECTIVES:

- Learn the contributions of obesity, metabolic syndrome and type 2 diabetes mellitus to cardiovascular risk
- Understand the central role of inflammation in cardiometabolic risk
- Learn key biomarkers involved in obesity and cardiometabolic risk

THE FAILURE (1% SUCCESS) OF JUPITER AND VYTORIN: THE SOLUTION TO STATIN'S GROSS INEFFECTIVENESS*Brian Scott Peskin, BS*

The clinical failure of Vytorin in the ENHANCE trial, supports the need to reevaluate the efficacy of widespread use of statin drugs for the treatment and prevention of coronary artery disease (CAD). Statins were marketed on the precept that lowering so-called "bad" cholesterol while raising "good" cholesterol significantly improves cardiovascular outcomes. The number needed to treat (NNT) is, however, often greater than 100 (99% failure rate) with statin use. Examination of the biochemical and physiological nature of atherosclerotic plaques suggests a reason for statin failure. Plaques rupture because of oxidized linoleic acid (LA), the parent omega-6 essential fatty acid, and while statins hinder transport of nonfunctional LA (trans and oxidized) entities to the

intima, they also lower the bioavailability of fully functional LA. This lower bioavailability promotes platelet adhesion, lowers the antiinflammatory levels of key prostaglandins, and interferes with cell membrane fluidity and oxygen transmission. Moreover, pharmacologically raising high-density lipoprotein cholesterol (HDL-C)—“good cholesterol”—levels is strongly associated with adverse cardiovascular events. An exciting solution obtaining “remarkable” hard plaque reversal results even in smokers (MDCT 64-slice scan data) is given.

GOALS & OBJECTIVES:

- Explain what “number needed to treat” (NNT) means and why statin’s high NNT by the pharmaceutical industry means they are not successful in preventing or treating CVD
- Explain physiologically why lowering LDL cholesterol is not “the answer” to preventing CVD.
- Explain a significantly better solution to preventing and reversing CVD as verified by recent MDCT scans

GARLIC THERAPY AND CARDIOVASCULAR DISEASE: THE RESULTS OF RANDOMIZED CONTROLLED TRIALS

Matthew Budoff, MD

This program will review the available literature in regards to the cardiac effects of garlic, including cholesterol therapy, hypertension, endothelial function and atherosclerosis. There is new and emerging data that garlic therapy can improve endothelial function and slow plaque build up in the coronary arteries, on top of statin therapy. This application of integrative medicine has been well received and continuing to build evidence as to the efficacy of these therapies.



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GOALS & OBJECTIVES:

- To educate physicians and scientists to the benefits of garlic therapy
- To update physicians and scientists to the differences between garlic preparations and physiologic activities
- To educate physicians and scientists to the possible clinical utility of garlic therapy

GENE THERAPY FOR VASCULAR METABOLIC DISEASES*Enoc Chambi, MD*

Gene therapy offers a potential therapeutic approach to difficult clinical problems. Gene transfer technologies in both synthetic DNA and recominant viral technologies, with improvement of structure and function of expression vectors may help to resolve the course of vascular metabolic diseases. (Evolution) E-gene development from endothelial cells may have the qualities to change and prevent vascular metabolic diseases. E-gene under ambient hypoxia has properties to correct and balance physiologic reactions as well as modified to prevent some of the vascular metabolic diseases at high altitude in animals and humans. E-gene enables over-expression with local and systemic changes in vascular metabolic disorders due to physiological changes. Clinical studies of ambient hypoxia show a decrease in MI and diabetes. E-gene transfer may be used to explore the pathophysiology of vascular diseases in experimental models, and available data suggests that this method may eventually become a therapeutic alternative for vascular metabolic disorders such as myocardio ischemia and neogenesis of diabetes.

Due to the complexity of cardiovascular disorders, it is most likely that a cocktail of therapeutic genes rather than a single particular gene will be the most effective treatment. E-gene may become part of an effective therapeutic gene and suitable vectors must be identified and developed.

GOALS & OBJECTIVES:

- (Evolution) E-gene development
- E-gene from endothelial cells
- E-gene decrease MI and DM incidence

BREAKOUT 5 - PROTOCOLS FOR HRT**HOW TO DECIDE THE CORRECT PRESCRIPTION FOR YOUR HORMONE REPLACEMENT THERAPY PATIENT.***Nayan Patel, PharmD*

This workshop is designed to help physicians and health care practitioners how to evaluate, assess and apply common protocols for hormone replacement therapy (HRT). You will learn how to prescribe hormones to provide symptomatic relief and how to use pharmacokinetic data to effectively dose hormones including but not limited to estrogen, progesterone, DHEA, testosterone, thyroid and cortisol.

Compare your prescribing habits with this commonly used protocols to achieve the best outcomes for your patients.

This is must for general practitioner, Physican Assitants, Nurse practitioners, Naturopathic Doctors and veteran prescribers of hormone replacement therapy.

GOALS & OBJECTIVES:

- Identify commonly prescribed hormones
- How to prescribe hormones for symptomatic relief
- Evaluate laboratory results while prescribing HRT
- How to use pharmacokinetics for drugs dosing
- Compare effectiveness of your HRT prescribing habits



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* **FRIDAY**, December 11, 2009**GENERAL CONFERENCE****ACUTE ANTI-AGING MEDICINE***Ronald Rothenberg, MD*

There is an astounding number of emergency department physicians in anti-aging regenerative medicine. This course will explore a fusion of anti aging treatments in the acute care settings. The use of antioxidants and nutritional supplementation in cardiovascular events, shock, sepsis and trauma will be reviewed. Hormonal deficiencies associated with these events will be addressed. The future of this fusion of scientific practices will be discussed.

GOALS & OBJECTIVES:

- Hormone treatments for head injuries, stroke, cardiovascular events
- Herbal supplements for treatment of resistant infections
- Opportunities for the fusion of anti aging and acute medicine treatment modalities

ANTI-AGING THERAPEUTIC BREAKTHROUGHS 2009*Stephen Holt, MD, DSc, PhD, ND, LLD, et al., Distinguished Professor of Medicine (Emeritus), Scientific Advisor*

Many interventions to promote longevity have a questionable evidence base. There are no single anti-aging tactics and there will be no “magic anti-aging pills.” Two areas of scientific discovery may dominate anti-aging research and the development of new therapies over the next decade. First, dietary calorie restriction is the only feasible intervention that enhances average and maximum lifespan, but its physiological effects may be mimicked by Calorie Restriction Mimetics. Second, genetic manipulation of humans or stem cell therapies could be used to promote longevity but ethical and practical limitations exist. Manipulation of Adult Stem Cells [ASC] is promising. Calorie Restriction Mimetics: Specific biophysiological changes occur, in parallel, in many animal species (including primates and humans) when dietary calorie restriction occurs at a level of about 50% below the average calorie intake of free-feeding animals. To undertake this kind of calorie restriction to promote longevity is impractical and the average human will not engage in compliance with continuous hunger sensations that are inevitable with this degree of restricted calorie intake. Innovative scientists have proposed the use of agents that may mimic the biological consequences of dietary calorie restriction, without the necessity of engaging in “punitive dieting.” There are several proposed or documented effects of calorie restriction on body structures and functions, including: insulin sensitization, apoptosis regulation, and decreased oxidative stress, stimulation of endogenous growth factors, enhanced tissue repair, anti-stress actions and modulation of protein metabolism. Experimental calorie restriction often improves protein metabolism by the variable elimination of cross-linked protein products (AGEs) as a consequence of down regulation of chaperone molecules, with resulting increase in hepatic protein elimination. Calorie restriction has been associated with reductions in total blood cholesterol and blood markers of inflammation, with improvements in glucose tolerance or an anti-diabetic effect. Several drugs, nutrients or botanicals have been proposed as agents that can mimic the effects of calorie restriction, in a variable manner. A number of examples of calorie restriction mimetics have beneficial effects on glucose metabolism and they can modulate genes that are involved in aging, e.g. resveratrol and apoptosis regulation, the oxidized form of nicotinamide adenine dinucleotide in the activation of Sir2p and the restoration of gene activity (daf-2 and age-1) in nerve cells. Well defined examples of calorie-restriction mimetics include: resveratrol, hydroxycitrate, gymnema alkaloids, alpha lipoic acid, cinnamon (methylhydroxychalcones), indoacetate, oxaloacetate, metformin and thiazolidinediones. Stem Cell Support and Induction of Adult Stem Cell Recruitment (IASCR): The process of mobilization and recruitment of in-situ ASC is an exciting non-invasive proposition for stem cell therapies. A number of natural agents, e.g. blue-green algae, fucoidans, D3 etc may mobilize stem cells, which may be recruited by diseased and ailing tissues to regenerate organ function. This concept of stem cell support appears futuristic, but it is within our management strategy to apply a number of nutrients, herbals and botanicals that can mobilize stem cells and exert anti aging benefits. Conclusion: The use of synergistic nutraceutical formulations in the form of Calorie Restriction

Mimetics or Stem Cell Support are attractive, innovative, novel options to provide nutritional support for the promotion of longevity. Reference: www.naturalclinician.com

CANCER: NON-TOXIC THERAPIES

Mark Rosenberg, MD

The efficacy of treatment for Stage III and Stage IV cancer has progressed minimally since the inception of chemotherapy. The initial approach was to use relatively broad spectrum chemotherapy drugs that attempt to kill rapidly dividing cells. Results for the majority of cancers (with the exception of the leukemias, choriocarcinoma, testicular cancer, ovarian cancer, and the lymphomas) have been dismal. At best, we may see a temporary response which may extend survival by up to 2-3 months; unfortunately, the minimally extended life span is frequently associated with intolerable side effects.

The effectiveness of chemotherapy has recently come into question, as is reflected in an article written in the British Journal, "Oncology" in June 2004. The authors of this article (two radiation oncologists and one medical oncologist) undertook a literature search for all randomized-controlled trials that reported a statistically significant increase in 5-year survival due solely to cytotoxic chemotherapy in adult malignancies. The search period was from January 1990 to January 2004. The results were disappointment. "The overall contribution of curative and a adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be 2.3% in Australia and 2.1% in the US."

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



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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

CANCER PREVENTION WITH PHYTONUTRIENTS - REVIEWING THE LATEST RESEARCH ON RESVERATROL, OMEGA-3, GREEN TEA, CUCUMIN, GENISTEIN AND LYCOPENE

Joseph Maroon, MD and Jeff Bost, PA-C

In this presentation, we will summarize several hundred ongoing studies from the most prestigious cancer institutes and universities in the United States that are evaluating the chemo preventive and potential therapeutic value of various phytonutrients currently used in the prevention and treatment of cancer.

Cancer, the second leading cause of death in the United States and the scourge of those 55 and older is secondary to genetic dominance in approximately 30% of cases. 60-70% of cancers, therefore, can be considered environmentally induced and often preventable with the use of lifestyle changes. Regular exercise, a reduction in environmental toxins/pollutants and stress reduction with prayer, meditation and spirituality have all been shown to promote health and disease prevention.

Through the activation of intracellular transduction molecules, improved lifestyle activities can induce epigenetic factors on a cellular level to modulate inflammation, apoptosis, and directly impact DNA stability to mitigate the risk of cancer development.

Natural dietary compounds and supplements can also work as epigenetic activators to promote health and reduce cancer risk. Referred to as nutrigenomics, for centuries even millennia ancient cultures, although unaware of the science behind it, utilized specific phytonutrients from their environment for therapeutic purposes. Chinese green tea, Japanese knotwood (Resveratrol), Indian curcumin and omega 3 fatty acids from nuts and fish have all been in the medicinal pharmacopia of ancient cultures.

GOALS & OBJECTIVES:

- Discuss the modern understanding of cancer development and genetic activation
- Review natural products, such as phytonutrients, that have shown promise in both cancer prevention and treatment
- Review recent research discussing outcomes using phytonutrients

LION'S MANE; A MAIN WEAPON FOR YOUR BRAIN TO FIGHT ALZHEIMER'S

Hirokazu Kawagishi, PhD

Nerve Growth Factor (NGF) is closely related to dementia including Alzheimer's disease. The disease may be prevented or its symptoms may be improved when NGF is given into the brain. However, since NGF cannot pass through the blood-brain barrier, active substances to pass through the barrier inducing NGF synthesis in the brain has been the target among researchers. The compounds, hericenones and erinacines, isolated from Lion's Mane mushroom by us showed remarkable activity of stimulating the production of NGF. Another compound in the mushroom called amyloban has also shown to inhibit the toxicity caused by amyloid beta peptide which is also heavily associated with Alzheimer dementia. Results of Water Maze Test indicated the improvements of the recognition of space and memory in Alzheimer's model rats administered with a fraction containing hericenones and amyloban. NGF contents in hippocampus and cerebral cortex in the rats significantly increased. Comparison of such activities with donepezil that is used worldwide as a drug for dementia and the synergistic effect of combining the drug and the mushroom fraction will be also discussed. Results of preliminary clinical trials showed that the mushroom was effective in patients with dementia.

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GOALS & OBJECTIVES:

- Recognize the research on NGF and amyloid-Beta-peptide as possible causes of Alzheimer's type dementia
- Discuss bioactive compounds isolated from Lion's Mane; stimulators of NGF-synthesis and inhibitor of toxicity of amyloid-Beta-peptide
- Discuss possible application of the mushroom fraction for preventing or treatment of Alzheimer's type dementia by itself or combining with a widely used pharmaceutical drug

THE STRESS CONNECTION

Eldred B. Taylor, MD

Seventy-five to ninety percent of all visits to primary care physicians are for stress related complaints or disorders. Stress has been linked to all the major causes of death in the US. But how much do we as health care providers know about stress and the connection to many of the most common conditions that we see everyday. This lecture will discuss the connection between stress and cardiovascular disease, metabolic syndrome, immune dysfunction and cancer, reproduction and hormone balance, thyroid dysfunction, gastrointestinal dysfunction, chronic fatigue, insomnia, fibromyalgia, depression and premature aging. After understanding the connection we will discuss the best way to measure diurnal cortisol secretion and how to return the diurnal cortisol secretion pattern to normal.

GOALS & OBJECTIVES:

- Understand the connection between stress and disease
- Understand how to measure diurnal cortisol and interpret the results
- Understand how to identify specific diurnal patterns of cortisol and initiate treatment to restore normalcy to the pattern

TESTOSTERONE: THREE MYTHS, ONE IMPORTANT TRUTH

Abraham Morgentaler, MD

There is a great deal of misinformation regarding testosterone in men. This presentation will address three myths regarding testosterone and provide an overall perspective on "the truth" regarding the scientific evidence regarding testosterone. These myths are: 1) the benefits of testosterone treatment are unproven, 2) the diagnosis of testosterone deficiency is so complex that only a specialist can make it, and 3) there is a significant risk of stimulating prostate cancer by raising testosterone levels. I will show why none of these are correct. And in a review of the literature I will also show why the identification of low testosterone in men and its treatment may turn out to be one of the most important things that health care providers can do to improve the well-being of our patients.

GOALS & OBJECTIVES:

- Review the benefits of testosterone therapy
- Review the relationship of testosterone to prostate cancer
- Discuss the overall risk/benefit assessment regarding testosterone therapy in men

BREAKOUT 1 - INNOVATIONS IN ANTI-AGING MEDICINE

THE BASICS OF TELOMERE BIOLOGY

David Wojnarowski, MD

My presentation will cover basics of telomere biology starting with a historical perspective of Hayflick limit and moving into the discovery of the telomere, telomerase and telomerase inhibitors and activators that culminated in recent Nobel Prize in Medicine for telomere biology (Blackburn, Sostack and Grider)

I will also cover disease related to short telomeres and their relation to aging , supplements may or may not be telomerase active, the health implications to longer telomeres.

Finally I will sum up knowledge the anti-aging doctor needs to be current in this field as it will be a major influence on anti-aging medicine in the future!

GOALS & OBJECTIVES:

- Briefly review telomere biology from its inception to now
- Explain basics of human telomere biology and its implications in disease and aging
- Review current developments in the field and how they might directly influence the physician's practice of anti-aging medicine

EPIGENETICS OF AGING

Azad Rastegar, BA

Epigenetic mechanisms will silence or activate our gene expression and control the aging process as well as susceptibility to diseases. There are three epigenetic mechanisms however, methylation of gene promoters is the main mechanism associated with gene silencing. Methylation of gene promoters will silence a gene, and excessive methylation will accelerate the aging process. Countless studies confirm that gene silencing occurs during aging. Peptides, amino acid derivatives and some organic acids, such as A10, PG, isoPG, PN, and PB, are naturally occurring and found in certain foods. They are the ingredients of supplements and cosmetics which can restore optimal gene expression. Human clinical trials with a topical formulation containing PG and isoPG confirmed the anti-aging affects on the skin, the most prominent being anti-wrinkle effect. Studies on animals by a different group of scientists at Stanford University confirmed anti-wrinkle effects when reducing the expression of a select gene. Focusing on aging and disease via the engagement of epigenetic switches (which can silence or activate a gene) is one of the most promising anti-aging approaches.



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GOALS & OBJECTIVES:

- Understanding epigenome and it's relationship to aging
- Gene silencing/activation - What it is, how it happens, and it's effects
- Understanding the gene silencing theory of aging
- Accelerated methylation patterns and their effects on aging and disease
- Potential ways of restoring optimal gene expression
- Human and animal studies which demonstrate longevity and anti-aging effects due to gene silencing/activating

INFLUENCE OF SOURCE AND QUANTITY OF SUPPLEMENTAL VITAMIN E ON SERUM AND CEREBRAL SPINAL FLUID ALPHA-TOCOPHEROL*Robert L. Stuart, PhD*

Oxidative stress has been implicated in neurological disorders. Spontaneous motor neuron disease occurs in domestic animals, including the horse that can have Equine motor neuron disease (EMND) affecting the nervous and muscular systems. Vitamin E supplementation has been shown to reduce the severity of the disease in horses. The paper discusses that higher levels of alpha-tocopherol in serum and cerebral spinal fluid were obtained when natural vitamin E was fed compared to synthetic vitamin E to adult horses. These results may have application in humans as to what source and level of vitamin E should be recommended to patients displaying various neurological disorders.

GOALS & OBJECTIVES:

- Importance of form and source of vitamin E for enhancing alpha-tocopherol levels in animals
- Natural vitamin E is superior to equal I.U.'s of synthetic vitamin E in enhancing alpha-tocopherol status
- Can the horse be used as a model to study neurological disorders that affect humans

NUTRITIONAL SUPPLEMENTATION WITH CHLORELLA FOR METABOLIC SYNDROME*Randall E. Merchant, PhD*

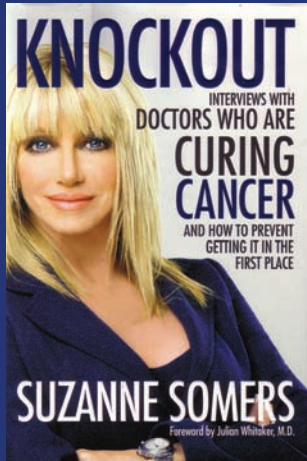
Metabolic syndrome is diagnosed according to specific criteria related to waistline, triglyceride and HDL levels, blood pressure, and fasting blood glucose. The incidence of metabolic syndrome increases directly with age and affects approximately 40% of the elderly. People with metabolic syndrome are at increased risk for developing type II diabetes, cardiovascular disease and stroke. To reverse these risks, one needs to lose weight, exercise, and make dietary changes that include more "whole foods" with their complex combination of macro- and micro-nutrients. One such whole food is Chlorella, a unicellular green alga that grows in fresh water, which is particularly rich in chlorophyll, proteins, and phytochemicals. Its proteins and carbohydrates can provide a steady energy stream to the body without spiking insulin secretion. In this presentation, research will be described which shows that daily ingestion of Chlorella helps ameliorate the symptoms of metabolic syndrome by reducing percent body fat, blood pressure, total serum cholesterol, and fasting glucose levels. The results show that the daily consumption of Chlorella with its complex of proteins, carbohydrates, fats, vitamins, minerals, and phytochemicals may play a role in diminishing the symptoms of metabolic syndrome by triggering the expression of genes of the insulin signaling pathway.

GOALS & OBJECTIVES:

- To define what metabolic syndrome is, its incidence, etiology, and how it can be treated by dietary means.
- To understand what Chlorella is, how it is produced, and what it offers nutritionally.
- To learn about research on the genetic mechanisms that underlie the physiological responses to Chlorella and how adding Chlorella to the diet might reverse the conditions that contribute to metabolic syndrome.

ROAD TO WELLNESS

Suzanne Somers in her new book **KNOCKOUT** gets you on the road to wellness. And **ONDAMED**.



In her last best-seller **BREAKTHROUGH**, Suzanne Somers called **ONDAMED** “truly miraculous!” In her new book **KNOCKOUT**, actress-turned-activist-turned-best-selling-author Suzanne Somers

interviews doctors who are successfully using the most innovative cancer treatments—treatments that build up the body rather

than tear it down. This is a subject Somers writes about as well as anyone—if not better—since she has gone toe-to-toe with the fear of this disease and came out stronger than ever to bring the message to millions. Now Suzanne shares her personal choices and outlines an array of options from doctors across the country.

Says alternative medicine guru Burton Goldberg in Suzanne Somers’ book **KNOCKOUT—Interviews With Doctors Who Are Curing Cancer And How To Prevent Getting It In The First Place**: “Ondamed is a

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Replies Suzanne Somers:

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BREAKOUT 2 - PRACTICAL APPLICATIONS**COMPOUNDED DRUGS AND LAWS RELATED TO AGE MANAGEMENT***John Grasela, RPh*

This presentation will include information on laws related to a physician prescribing compounded drugs and a pharmacist dispensing the drugs. Also discussed will be an overview of commonly prescribed hormone drugs along with strength and dosage forms.

GOALS & OBJECTIVES:

- Understand laws related to compounded drugs
- Understand prescribing of hormones
- Inform the audience on dosage forms, prescribing and methods of prescribing

INTRODUCTION TO BIO-IDENTICAL HORMONES FOR MENOPAUSE*Angela M. Zaid, MD*

There is no need to suffer. Women going through the transition of life called menopause can maintain and even improve their quality of life through bio-identical hormone therapy. This therapy is safe and effective when prescribed by an educated practitioner.

GOALS & OBJECTIVES:

- Understand what bio-identical hormones are
- Understand which patients are candidates for bio-identical HRT
- Understand how to individualize therapy and fit each patient's needs

THE NUTS AND BOLTS OF USING HORMONES IN AGE MANAGEMENT*Ronald Rothenberg, MD*

In Nuts and Bolts of hormone management step by step algorithms for patient initiation and management of hormones will be reviewed. Hormone replacement will be explored as to the specifics of method of delivery, testing, dosing and treatment guidelines. Management initially and in follow up will be discussed.

GOALS & OBJECTIVES:

- Identifying signs and symptoms of hormone deficiencies
- Choosing which hormone and method of delivery would be best
- How to evaluate the safety and usage for each hormone
- How to initiate and follow up on hormone replacement

BREAKOUT 3 - CANCER THERAPIES**7 PRINCIPLES OF CANCER AND CHRONIC DISEASE THERAPIES***Antonio Jimenez, MD*

Dr. Jimenez' treatment philosophy includes:

1. Cellular Nutrition
2. Detoxification and Anti-Microbial Therapies
3. Emotional - Spiritual Healing
4. Oxygenation
5. Hormonal Balance
6. Immune Modulation
7. Anti-Cancer Therapies

GOALS & OBJECTIVES:

- To provide information on 21 years of experience in treating cancer that will empower people to make more informed decisions as to their treatment options so they can have better quality of life;
- Have a truly holistic treatment plan
- Learn how to maximize benefits of conventional therapies

AN INTEGRATIVE APPROACH TO TREATING PROSTATE CANCER

Isaac Eliaz, MD, MS, LAc

Prostate cancer is currently the most common cancer in men in the United States. This year, an estimated 230,000 men will be newly diagnosed with prostate cancer (CaP) and the majority will be among men over 50 years old. CaP remains the second most common cause of cancer death in men in the United States.

The principles of Integrative Medicine in cancer care in general and in CaP specifically will be presented. . Evaluation and treatment strategies based on stage, grade, conventional treatments used and additional factors will be discussed

Taking the holistic approach into account is essential for the proper integrative treatment of prostate cancer. Unquestionably, the mind/body connection, the environment, stress management and focused dietary therapies should be part of such a protocol. Part of this treatment plan may include some innovative agents such as Modified Citrus Pectin (MCP), various poly botanicals, and other ingredients such as curcumin, vitamin D, Diinodolymethane (DIM), broccoli extracts and medicinal mushrooms. The latest research on these will be presented.

GOALS & OBJECTIVES:

- The principles of integrative medicine and cancer
- The principles of integrative medicine in CaP



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- Sangeeta Pati MD, FACOG



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lifestyle. Following his program will definitely improve your quality of life"

- Dr. Bob Delmonteque



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talking about. His superfoods are fantastic to use every day. I'm much healthier now and I feel more alive.

- Author, John Gray



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- The use of nutritional supplements in CaP care
- Design of Integrative protocols based on stage, grade and conventional therapies utilized
- Latest research on the use of poly botanicals and MCP in the treatment of cancer

BETA-CARBOLINE ALKALOID-ENRICHED EXTRACT FROM THE AMAZONIAN RAIN FOREST TREE PAO PEREIRA SUPPRESSES PROSTATE CANCER CELLS

John Hall, PhD

Prostate cancer is one of the most prevalent cancers in men, especially those aged 65 and older. The fact that most prostate cancers advance slowly makes the disease an excellent model for holistic medicine in which conventional treatments are combined with alternative therapies, focusing on supporting prostate health and preventing the development of more aggressive disease. In his close to 50 years of research as a molecular biologist at the Pasteur Institute in Paris, Mirko Beljanski, PhD was able to discover two plant extracts that have recently been clinically studied at Columbia University's Department of Holistic Urology in conjunction with prostate cancer with very promising results.

Beljanski found that certain natural molecules, specifically those from the tropical plants Pao pereira (*Geissospermum vellosii*) and *Rauwolfia vomitoria*, could specifically recognize and bind to the destabilized DNA that has been exposed to carcinogens and thereby inhibit the replication of abnormal DNA. John Hall, PhD will present an overview of the Beljanski theory of carcinogenesis and the research conducted at Columbia University, focusing on a paper recently published in the *Journal of the Society for Integrative Oncology* (JSIO Vol 7, No 2 (Spring), 2009: pp-59-65) about the ability of the Pao pereira extract to suppress prostate cancer cells.

GOALS & OBJECTIVES:

- Prostate cancer is well suited to prevention and treatments by alternative medicine
- Background of Beljanski's research and the natural plant extracts that he discovered
- Presentation of recent JSIO paper on Pao pereira

CANCER: NON-TOXIC THERAPIES

Mark Rosenberg, MD

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It is time for a paradigm shift in the treatment of cancer. Cancer growth and metastasis is fueled through a myriad of mechanisms. It would therefore be cavalier to think that we can manage such a disease process by merely blocking one, two, or even three mechanisms of growth. Cancer may be cured or managed as a chronic disease, however, using numerous modalities simultaneously. If managed as a chronic disease, these modalities should allow the individual to coexist in harmony with their existing cancer; the cancer should be stabilized so there is no progression and no symptoms. The management of HIV is an excellent analogy. There was a time when HIV was an automatic death sentence. Now, HIV is often managed as a disease that individuals may live with, symptom free, for decades.

This lecture will delineate approximately 15 different receptors, growth factors, and mechanisms, through which cancer sustains and promotes itself. A novel comprehensive protocol for the treatment of cancer will be explained, followed by case reports of patients with metastatic cancer who have undergone this protocol.


Michael Buckley
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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

IS OXIDATION OF SKIN PROTEINS A MECHANISM OF NON-MELANOMA SKIN CANCER OF OLD AGE?

Dhrubajyoti Chakravarti, MD

Non-melanoma skin cancer is initiated by the exposure to carcinogens found in organic smoke as well as by the harmful UV rays of the sun. These exposures generate cancer-causing mutations in skin cells, which generally stay dormant until the surrounding cells are altered by promoting mechanisms. At this point the surrounding cells cannot suppress the proliferation of the initiated cells, and they grow to form tumors. Studies with artificial tumor promoters indicated that the oxidative stress is a primary mechanism of promotion. Similarly, a number of studies indicate that initiated cells are not efficiently suppressed by aged cells. Aging induces a number of physiological changes in the skin, a number of which could contribute to increased incidence of cancer. Among these, aging-related increase in oxidative stress, which induces oxidation of proteins, could be a major factor for the loss of tumor suppression. We are studying the proliferative mechanism of oncogenically-mutated cells in mouse skin and exploring whether selected anti-oxidants or other natural compounds can block this proliferative mechanism.

We hope that our studies will lead to the formulation of a daily skin lotion that will prevent skin cancer associated with old age.

GOALS & OBJECTIVES:

- Discussion of available data on initiated cell proliferation in a mouse skin model system
- Discussion of unpromoted proliferation of oncogenically-mutated cells, what it means for tumorigenesis
- Our idea for studying the suppression of tumor progression

NEW ADVANCES IN BREAST CANCER DETECTION – THE PROACTIVE APPROACH

Gloria Hakkarainen, MD, FACOG, FASBP, FABAAM

This lecture presents a clear path for the Anti-Aging Physician to counsel women regarding breast cancer risks and the newest innovative technology that provides a more pro-active approach to assessment, breast health and disease risk.

Protocols utilizing The Halo, 3D Ultrasound, Thermography, Estrogen Metabolites & detoxification of the estrogen pathways will be reviewed.

Learn which supplements protect against breast cancer and how to offer these along with a breast cancer prevention nutrition plan.

*** SATURDAY** December 12, 2009

GENERAL SESSION**ASSESSING TOXIC BURDEN AND METABOLIC AND CELLULAR DETOXIFICATION EFFICIENCY**

J. Alexander Bralley, PhD

The human body is constantly in the presence of potentially harmful agents including food-born, environmental, pharmaceutical, xenobiotic, and endotoxins such as microbial metabolites and metabolic end products. Since increased toxicant exposure is a modern fact of life, the degree to which disease outcomes are influenced depends on levels of exposure and how well the protective mechanisms (influenced by genetic

factors) keep tissue toxic levels in check. Gut-barrier health, biotransformation enzyme activity, nutritional status, and elimination and detoxification efficiency are important factors to consider when trying to reduce the toxic burden, and improve overall health and longevity. Learn direct and indirect ways of assessing toxic burden including, heavy metal, toxic chemical, metabolic and porphyrin testing as well as ways to assess detoxification ability including SNP testing.

GOALS & OBJECTIVES:

- To understand the extent to which humans are exposed to xenobiotic chemicals
- To understand what potential mechanisms exist to cause damage and disease in human
- To learn ways of assessing body burden of potential toxic chemicals

BEYOND CHOLESTEROL: THE IMPORTANCE OF INSULIN FOR HEALTHY HEARTS

Patrick J. Hanaway, MD

20% of people with a normal BMI, 50% of overweight individuals (BMI 25-30) and 75% of obese individuals have metabolic syndrome, the clinical manifestation of insulin resistance. The early changes from insulin resistance lead to subtle changes in lipid metabolism, as well as changes in inflammation, oxidative stress, hyperglycemia, hypertension, abdominal obesity, and increased cardiovascular risk. More than 50% of American adults have some degree of insulin resistance, most of them unaware of this fact. This information **MUST** be considered when nearly 50% of all heart attack victims have normal levels of typical markers for CVD, including total cholesterol.

Evaluation of advanced lipid measures with NMR spectroscopy, markers of inflammation and insulin resistance allow physicians to identify nearly 85% of individuals with cardiovascular disease. Treatment strategies for insulin resistance utilize diet, exercise, nutritional supplements, and targeted pharmaceuticals; but the effective use of these therapies are based upon the degree of insulin resistance.

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The CryoProbe X has a more sophisticated design with three micro-applicators and a trigger delivery mechanism that can use eight gram and sixteen gram cartridges. The CryoProbe X is priced at \$2,950 and includes 24 eight gram cartridges and 6 sixteen gram cartridges.



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GOALS & OBJECTIVES:

- Define the relationship between metabolic syndrome, insulin resistance, and cardiovascular disease
- Review physiology of lipid metabolism and effects of insulin resistance
- Identify individualized treatment strategies for patients with insulin resistance

ALTERNATIVE THERAPIES IN THE TREATMENT OF CARDIAC INJURY

Hans J. Kugler, PhD

Patient: 68-year old Caucasian male, impact-induced (2 severe car accidents) Atrial Fibrillation (non-reversible; shock, chemical, ablation), left atrium 6.8 (normal is < 4.0), ejection fraction 28% (normal is > 50%), 4/6 heart murmur. Besides “three drugs and a pacemaker/defibrillator,” mainstream medicine has no treatment protocol for such a patient, especially not for a full recovery. Using a multi-factorial approach, combining several alternative modalities, with an emphasis on re-building the muscles of the heart, and re-vascularization of regenerated heart muscles, we achieved a full recovery. Heart rhythm has been 100% sinus for 3 years now, ejection fraction 80%, left atrium 3.7 (normal again), and 1/6 heart murmur. The key alternative modalities that were combined ranged from organ-specific (heart, mesenchym, muscle) cell extracts, to EECP (Enhanced External Counter Pulsation), super circuit weight training and small amounts of HGH, supported with meditation, breathing techniques, and a number of nutrients that are heart-specific and anti-inflammatory.

ADDENDUM: 62 year old male patient, extremely poor state of health (bronchitis, poor skin color, CHF, CAD, heart irregularities uncontrollable with pacemaker, ejection fraction 18%, on priority list for heart transplant) followed the same recovery protocol in two 4-months segments, and is off the heart transplant list, ejection fraction nearly tripled, pacemaker now effective, “in good health with lots of smiles” back working on his farm, lifting bails of hay for weight training exercises.

GOALS & OBJECTIVES:

- Show effectiveness of the multi-factorial approach in reversing left atrium enlargement
- Show the effectiveness of combining several modalities in reversing heart irregularity
- Show the effectiveness of combining resistance exercise with special nutrients in heart health

SYSTEMIC ENZYME THERAPY

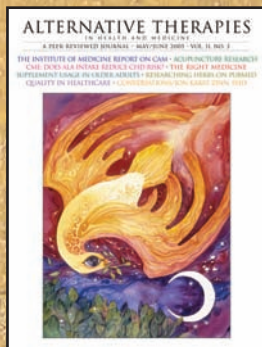
Joseph Collins, ND, RN

Since chronic inflammation is a characteristic feature of aging, systemic enzymes play a critical role in addressing the problems associated with human aging and the senescence process. Fifty years of research supports the use of orally administered proteolytic enzymes for the reduction of inflammation and management of inflammatory conditions, such as osteoarthritis. Proteolytic enzyme preparations may include various combinations of enzymes from plant (bromelain and papain) and animal (trypsin, chymotrypsin, and pancreatin) sources, along with antioxidant and anti-inflammatory flavonoids. These proteolytic enzymes break down specific protein bonds and when administered orally and as directed have been shown to have anti-inflammatory and anti-edematous (anti-swelling) properties throughout the body (systemic effects). Perhaps more importantly, the mechanism of action for orally administered proteolytic enzymes includes the interaction with endogenous anti-proteinases, such as alpha-2-macroglobulin (A2M), which has been reported to decrease with advanced age. Binding of proteolytic enzymes with A2M, results in a conformational change in the anti-proteinase, resulting in the exposure of binding sites for various inflammatory mediators, such as inflammatory cytokines. As a result, systemic enzyme therapy has been reported to regulate inflammatory processes by balancing cytokines. The reported anti-inflammatory effects of systemic enzyme therapy include a reduction in CRP and erythrocyte sedimentation rate, cytokine balancing, specifically promoting a decrease in inflammatory Th1-type cytokines, and the degradation of circulating immune complexes implicated in the pathophysiology of rheumatoid disorders [1]. Numerous randomized, double-blind comparative trials document the success of proteolytic enzymes in the treatment of pain in the treatment of various rheumatic disorders, such as osteoarthritis in both knee [2] and hip [3]. In both of these studies, systemic enzymes were as effective as the non-steroidal anti-inflammatory drug (NSAID) diclofenac in reducing pain. A large retrospective study (2139 patients reviewed over a period of 2 years) concluded that systemic enzymes had a 50% higher success rate than NSAIDs in the management of pain symptoms. There were no negative interactions reported when enzymes

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and NSAIDs were taken in combination [4]. Taken together, the results of animal studies and controlled comparative studies in patients with various rheumatoid disorders suggest that these oral systemic enzymes produce anti-inflammatory and analgesic (pain reducing) effects. Systemic enzyme therapy is well tolerated and may be used alone or in combination with NSAIDs. Additional studies are underway and results from ongoing clinical trials will be discussed.

GOALS & OBJECTIVES:

- A brief history of the science behind systemic enzyme therapy, beginning with initial observations by Max Wolf and Helen Benitez, which led to the creation of the first commercially available systemic enzyme product, Wobenzym® (Wolf + Benitez)
- A detailed discussion on the mechanism of action behind proteolytic enzymes in the reduction of inflammation, including a review of the literature suggesting the prevalence of inflammatory conditions associated with the aging process
- A review of published clinical results on the efficacy of systemic enzyme therapy in managing inflammatory conditions, as well as an update on newly emerging research. This review will include data from a number of double blind studies, as well as extensive clinical trials.

WHY MARS & VENUS COLLIDE: IMPROVING RELATIONSHIPS BY UNDERSTANDING HOW MEN AND WOMEN COPE DIFFERENTLY WITH STRESS

John Gray, PhD

In today's hectic and career-oriented environment, relationships have become more complicated, and men and women are experiencing unprecedented levels of stress.

In *Why Mars & Venus Collide*, John Gray focuses on the ways that men and women misinterpret and mismanage the stress in their daily lives, and how these reactions ultimately affect their relationships.

Backed up by ground-breaking scientific research, Gray offers a clear, easy-to-understand program to bridge the gap between the two planets, providing effective communication strategies that will actually lower stress levels.

GOALS & OBJECTIVES:

- Learn about how are differences are intensified by stress – instead of seeing our different reactions to stress as the problem, we need to recognize that our attempts to change our partners are more often the real problem
- Learn why we are stressed and how are thinking can make it worse – women mistakenly expect men to react and behave the way women do, while men misunderstand what women really need
- Learn the realistic expectations lead to real love – by focusing on giving ourselves what we need, we will have more to give our partners

BREAKOUT 1 - INNOVATIONS IN ANTI-AGING MEDICINE

CLINICAL RESEARCH PRINCIPLES AND THE REGULATORY ENVIRONMENT: WHAT WE KNOW AND WHAT WE DON'T KNOW

Vinod Podichetty, MD,MS

The presentation discusses clinical research principles and changing regulatory environment in the 21st century. The role of the Food and Drug Administration (FDA) in regulating supplements, drugs and devices for anti-aging will be reviewed with emphasis on conduct of good research and issues concerning utilizing data to establish outcome claims. The methodology will involve sharing information and experiences to an audience who are involved or influenced by anti aging clinical research and its findings either primitively or at an advanced level. This will protect and improve the care of our patients and at the same time give the providers the right tools to do this. Three important considerations that are pertinent to the topic are 1) Physicians should adopt and adapt to the changing regulatory environment in United States, 2) to develop scientific standards of evidence in evaluating research findings, and 3) to develop an overall framework of good clinical research principles.

GOALS & OBJECTIVES:

- Describe the conceptual framework of clinical research and issues in collecting research data
- Evaluate the principles of Good Clinical Research Practice (GCP)
- Review the necessary steps when planning a FDA regulated clinical study
- Define the current regulatory environment as it relates to investigators

DIETARY SUPPLEMENT CONTAINING PROHORMONES AND PROSEXUAL NUTRIENTS ALLEVIATES PMS/PERI-MENOPAUSAL SYMPTOMS AND BOOSTS DESIRE, AROUSAL AND FEMALE RESPONSE

Daniel S. Stein, MD

Naturally derived prohormones (DHEA and Pregnenolone) when combined with time honored prosexual herbal ingredients are helpful in improving a variety of hormone and age related symptoms in middle age and older women.

GOALS & OBJECTIVES:

- What are prohormones and how do they contribute to global health
- What are the major herbal contributors to optimize a woman's sexual health
- Why is intimacy the vital connection to youth, mind, body, and spirit

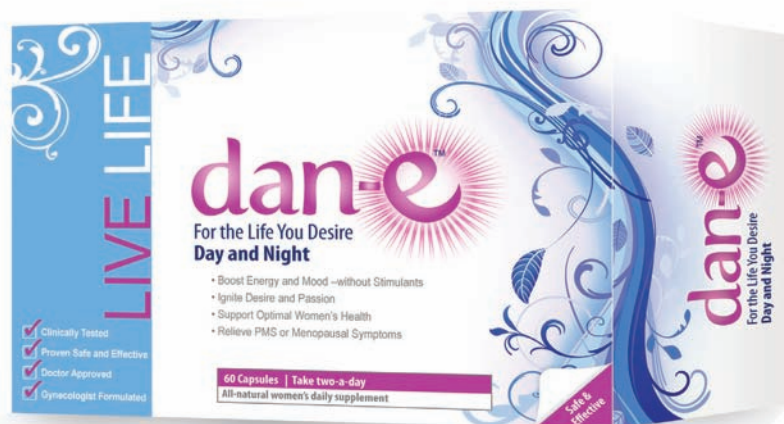
INTEGRATIVE BIOPHYSICS: THE BASIS FOR A NON-LINEAR PATH TOWARD A NEW MODEL OF HEALTH CARE

Wayne H. Miller, BS

Throughout human history, new technologies have always led to a new way of thinking. The behavioral adaptation required of individuals, organizations, communities and cultures has represented an evolutionary (disruptive) challenge.

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This presentation synthesizes the classic text *The Structure of Scientific Revolutions* by Thomas Kuhn (MIT/Columbia), Daniel Goleman's (Harvard), pioneering work in Emotional Intelligence and the speaker's work in fiduciary governance in the management of \$100+ billion in retirement assets. Having consulted with Fortune 100 companies, foreign governments and the US Federal Reserve, the speaker's work as an efficiency expert in the complex behavioral systems involved in global pension finance will be applied to the domain of health care.

GOALS & OBJECTIVES:

- Successfully articulate the synthesis between the three disciplines of (1) the structure of scientific revolutions, (2) the emotional intelligence challenges embedded in consideration of such activities and the application of a finance and a fiduciary lens to the topic of health care reform.
- To have a majority of those listening rate the presentation at 80% of the maximum score possible

OPTIMIZING ANTI-AGING MEDICINE WITH LIPOSOMES: INTRAVENOUS IMPACT ORALLY

Thomas E. Levy, MD, JD

The intravenous administration of a nutrient, drug, or supplement has always been considered the optimal method of administration. True bioavailability, with delivery into the cytoplasm and even into the subcellular organelles of targeted cells, is often not achieved even with direct infusion into the bloodstream. Optimal bioavailability occurs when something is protected from the gastric environment when ingested orally, completely absorbed into the blood, taken up intracellularly while being delivered in its most active form, and consuming little or no energy in the process.

All of these goals are being met through the oral administration of liposome-encapsulated substances. Clinical and research data are indicating that some nutrients and medications, perhaps most, are more effectively delivered deeply inside the cells with such liposomes than when intravenous delivery is performed.

The evolution of liposome science and research over the last 40 years will be discussed. The different types of liposomes and a broad sampling of their applications in current and future medical applications will be examined. The determination of whether a particular anti-aging supplement or medication is optimized by liposome delivery will also be presented.

GOALS & OBJECTIVES:

- Understanding the true meaning of bioavailability
- Understanding how liposomes work
- Understanding how liposomes could impact the future of anti-aging medicine

HOW A HEALTHIER HEART HELPS OVERCOME ERECTILE DYSFUNCTION

Christopher P. Steidle, MD

Erectile dysfunction (ED) is a common problem, affecting up to 30 percent of the male population. The greatest risk factor in the development of ED is aging, and with baby boomers approaching retirement age, the incidence of ED in the population will surely escalate.

The common denominator for both ED and aging is endothelial dysfunction, a condition that occurs when the lining of the blood vessels becomes irregular with the buildup of plaque. This condition is commonly referred to as hardening of the arteries. Some of the first vessels involved in this process are the helicine arteries, which run to the periphery of the erectile bodies in the penis. Blood flowing too slowly from these vessels gives rise to ED, and hence, this symptom may be a harbinger of generalized vascular disease.

The penis is a "barometer" of men's health. When this organ is not functioning properly, it may be a sign that vascular disease in other organs such as the heart and brain may soon follow.

The lecture will encompass the mechanism of erection and risk factors contributing to its dysfunction. The relationship between ED and cardiac disease will be delineated. This concept is important because a tremendous amount of men will experience ED. Many men presenting to wellness clinics with the diagnosis of erectile dysfunction can have significant underlying cardiovascular disease and this is certainly a harboring of early death. The concept of anti-aging is to prevent risk factors such as early death.

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GOALS & OBJECTIVES:

- Link between Heart Disease and Erectile Dysfunction
- Treatments of Erectile Dysfunction
- Physiology and Pathophysiology of Erectile Dysfunction

TESTING FOR WELLNESS: HOW TO TEST AND INTERPRET RESULTS FOR MAXIMUM WELLNESS

Michael E. Greer, MD

Diagnostic testing is the centerpiece of any effective medical practice, and interpreting the results are far too important to leave it entirely to the lab. As evidenced by shifting “normal” lab values for cholesterol and thyroid criteria, you need to have an understanding and point of view about what lab values are optimal for your patients. In fact, you can help them fight premature aging by your interpretive skills that trigger preventive health measures and corrective treatments. Dr. Greer will establish testing interpretation guidelines for laboratory data with an emphasis on wellness, and not simply the absence of disease.

GOALS & OBJECTIVES:

- Understand the roles of the laboratory and healthcare provider in interpreting lab values
- Recognize the difference between normal and optimal ranges of common lab values
- Learn to apply laboratory findings to manage and minimize the effects of aging on patient wellness

BREAKOUT 2A - HORMONE REPLACEMENT THERAPY**A CLINICAL APPROACH TO TREATING HORMONE DEFICIENCY**

Debra Muth, MS, ND

This course is designed to teach practitioners how to use hormonal therapy to prevent degenerative aging and diseases. This lecture will review the scientific data demonstrating the beneficial effects of hormones and the health detriment that occurs with falling hormone levels.

GOALS & OBJECTIVES:

- Understand the difference between synthetic and bio-identical hormone therapy
- Initiate a protocol to start women on hormone therapy
- Identify the difference between laboratory values for saliva and blood testing along with understanding why it is important to actually test prior to starting therapy

THE EFFICACY, SAFETY AND COST-EFFECTIVENESS OF SCROTAL APPLICATION OF TESTOSTERONE CREAM OVER GELS AND INJECTIONS

Michael Buckley, BPharm

Testosterone treatments have been available for over 60 years, but only recently have transdermal testosterone products been widely accepted following evaluation in controlled clinical trials.

The benefits of androgen treatment via this route have been shown to include relief of androgen deficiency symptoms, including low libido, quality of life, depression in both sexes, erectile dysfunction, osteoporosis, as well as improvement in many of the features of Type 2 diabetes and metabolic syndrome.

Comparison of the efficacy, safety and cost-effectiveness of testosterone pellets, injections, patches and gels now on the market show widely different patterns of absorption, variations of between ten and forty times have been reported, depending on the type of preparation and site of application.

By presenting a decision making framework, that draws upon the published literature, physicians can make more informed choices about which treatment will deliver the highest quality of patient care.

PELLET HORMONE REPLACEMENT THERAPY

Dan Hale, MD

This presentation will discuss bio-identical hormone replacement therapy in general. This will be followed by a discussion of the advantages of using pellet insertion as opposed to other therapies.

GOALS & OBJECTIVES:

- Introduce a different way to administer hormones
- Discuss the multiple benefits of bio-identical hormones
- Encourage searching for all symptoms related to low hormones

THE POWER OF MEDICAL DOGMA: PROGESTOGENS AND THE BIAS AGAINST BIOIDENTICAL HRT

Steven V. Joyal, MD

Bioidentical hormone replacement continues to be vilified by several influential players in the mainstream media and academic medical establishment as being unscientific and without credible medical evidence. However, a careful review of the peer-reviewed medical literature reveals the truth about bioidentical progesterone, as well as inconvenient facts (to pharmaceutical companies focused upon billion dollar Rx assets) surrounding the widespread use of progestins like medroxyprogesterone acetate (MPA). The peer-reviewed literature clearly provides ample evidence supporting the superior safety profile of bioidentical progesterone in comparison to MPA. A careful review of in vitro studies, preclinical in vivo studies, epidemiological data, case control studies, and prospective clinical trial data supports bioidentical progesterone as a better choice for HRT in aging women, and further scrutiny reveals hidden bias in the bioidentical HRT debate.

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GOALS & OBJECTIVES:

- Understand the differences between progestogens, progestins, and bioidentical progesterone.
- Understand and review the peer-reviewed efficacy data on medroxyprogesterone acetate (MPA) and bioidentical progesterone.
- Understand and review the peer-reviewed safety data on medroxyprogesterone acetate (MPA) and bioidentical progesterone.

BREAKOUT 2B - SLEEP DISORDERS**CARDIOVASCULAR EFFECTS OF SLEEP APNEA**

William C. McLain III, MD

In the lecture, I discuss the clinical consequences of sleep apnea, the diseases strongly associated with it. To better grasp the effects of sleep apnea I briefly discuss normal sleep physiology then sleep apnea pathophysiology. In the pathophysiology section I go into how sleep apnea causes damage to the cardiovascular system acting as a major form of oxidative stress. This should be particularly interesting to anti-aging enthusiasts as premature aging can come from increased oxidative stress. From there we go into whether other potential treatments for oxidative stress besides CPAP might work. I then go into the clinical consequences and one's increased risk for CVA, HTN, MI, CHF, arrhythmia, and sudden death at night. Given the mixed background of the audiences I may expand the pathophysiology section and decrease the clinical consequence section.

GOALS & OBJECTIVES:

- Know the definitions and different types of sleep disordered breathing
- Understand the basics of the pathophysiology of sleep disordered breathing
- Know some of the clinical cardiovascular consequences of sleep disordered breathing
- Know the conventional and some potential alternative treatments for sleep disordered breathing

NOVEL APPROACHES TO INSOMNIA: ASSESSING AND THEN ADDRESSING

Kelly L. Olson, Ph.D.

Participants will learn the foundational basis of spectrum disorders and why it is therefore difficult to address complex disorders, such as insomnia. An individual's sleep quality can be affected by a number of parameters, therefore a solid understanding of the make-up of spectral issues becomes extremely important. As such, this presentation will examine the fascinating but complex and constant interactions of the nervous-endocrine-immune system and its jurisdiction over sleep difficulties. Participants can also expect to learn more about addressing biomarkers involved in the communication of this 'super-system', while garnering foundational knowledge of the neurocircuitry involved in sleep (dys)regulation.

GOALS & OBJECTIVES:

- Neuro-Endo-Immune imbalances in sleep quality
- Neurocircuitry of the sleep/wake cycle
- Assessment and practical methods for addressing biomarkers of the Neuro-Endo-Immune system as they pertain to impaired sleep

WHY SLEEP IS IMPORTANT AND HOW IT AFFECTS EVERYTHING ELSE

Franklin M. Douglas, MD

Sleep, nutrition, and exercise are probably the three most important factors in maintaining health and good physical function. Normal restful sleep is important for good mental function as well as for endocrine, immune, and cardiovascular function. Conversely disturbance of these systems may first manifest as a sleep problem. Any physician concerned with maximizing health and longevity must understand how sleep affects and is affected by the different systems of the body.

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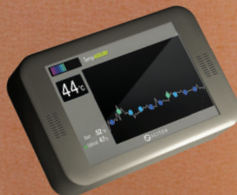
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We will address the relation of sleep and sleep disorders to systems which are critical to healthy aging: the cardiovascular, endocrine, GI, and immune systems as well as cognition. We will also review the circadian patterns of different mental and physical systems and how these patterns may affect health and longevity.

Finally, we will help the practitioner recognize some of the basic causes of sleep disturbance and discuss both pharmacologic as well as nonpharmacologic ways to address these problems.

GOALS & OBJECTIVES:

- To review the structure and function of normal sleep as well as the consequences of damaged sleep to the cardiovascular, immune, nervous, and endocrine systems
- To compare the physiological changes caused by sleep deprivation in young healthy subjects to the physiologic changes observed with "normal" aging
- To discuss interventions to help achieve and maintain healthy sleep

BREAKOUT 3 - IMMUNITY AND INFECTIOUS DISEASE

ADRENAL FATIGUE: UNDERSTANDING AND RECOGNIZING THIS CLINICAL SYNDROME

Lena D. Edwards, MD, FAARFM and Andrew Heyman, MD

Extensive medical literature exists describing the effects of chronic stress on the adrenal glands, yet debate about adrenal fatigue as a distinct clinical entity persists. This review will provide a concise, evidence based summary of the evolution, metabolic consequences, and clinical symptoms of adrenal gland dysfunction. Time permitting, appropriate diagnostic testing and initial approaches to treatment will also be discussed.

GOALS & OBJECTIVES:

- To discuss the effects of stress on the adrenal glands and the evolution of adrenal fatigue
- To review the metabolic and clinical consequences of chronic stress on the adrenal glands
- To review the diagnostic and treatment approaches to adrenal fatigue

AN OLD DRUG REDEFINES FUNCTION IN THE IMMUNE SYSTEM WITH ITS REMARKABLE EFFECTS ON CANCER AND AUTOIMMUNE DISEASES

Paul Battle, PA-C

A revolutionary change in how we view the immune system function has been discovered. The endorphins' life changing effects in our immunology may be the most significant finding in modern day medicine.

Dr. Ian Zagon's Penn State research has shown that (OGF) opiate growth factor has a remarkable ability to significantly improve clinical disease in difficult problems like Rheumatoid Arthritis, multiple sclerosis, and Crohn's disease. In addition to autoimmune disease some cancers can be controlled. Low Dose Naltrexone, a generic opiate antagonist upregulates (OGF) in the key areas of the T Cells and the cancer cell nuclei.

The current therapies for these diseases are expensive and associated with many side effects such as septicemia, and increase risk of cancer growth. On the other hand, LDN is very economical and free of any significant side effects. This can be done by taking one pill at night. The contraindications are use of opiates concomitantly with LDN and use of immunosuppressives since LDN is up regulating the immunology, immunosuppressives would be counterproductive.

GOALS & OBJECTIVES:

- Learn the physiology of the endorphins effects on the immune system
- Mechanisms to regulate autoimmunity and control cancer cell growth
- How to prescribe low dose naltrexone
- Learn how Low Dose Naltrexone intervenes in the body's own defense
- Learn which clinical situations are appropriate to use Low Dose Naltrexone by hearing some case histories and studies

PREVENTING A PANDEMIC: H1N1 AND ANTI-AGING MEDICINE

Jared M. Skowron, ND

Influenza causes on average 200,000 hospitalizations and 36,000 deaths every year in the United States, along with 250,000-500,000 deaths worldwide. The World Health Organization believes, "The world is now at the start of the 2009 influenza pandemic. (H1N1)" Over 318,000 people worldwide are confirmed sick as of 9/20/09, and many more will become sick in the future. The time to prevent a pandemic is now, and the best therapies are those that increase our own immune systems with scientifically researched therapies.

GOALS & OBJECTIVES:

- Review statistics on influenza pandemics and current H1N1 pandemic
- Review research on natural therapies for immune stimulation and eradicating influenza virus
- Learn protocols to treat patients with current influenza and to prevent influenza

END OF ABSTRACTS

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