

Dr Thomas Joseph Barnard, MD , 2430 Windsor , Canada , N8X 1T2  
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Dr. Thomas Barnard is a towering figure of the anti-aging specialists' arena featuring over 32 years of far-reaching experience in his field. He is the Owner of Barnard Wellness Center and Fresh Medical Spa in Windsor, Ontario, Canada. In addition, he is highly regarded for his anti-aging techniques not only in Canada, but also in the United States. Dr. Thomas Barnard draws his exceptional knowledge from his multiple board certifications in emergency, anti-aging, laser, family, laser, and geriatric medicine. To complement majestically his clinical functions as an anti-aging expert and seasoned family physician, he serves as Adjunct Professor of Human Biology and Nutritional Sciences at the University of Guelph Ontario. Furthermore, he is widely appreciated and esteemed in public media and is often found speaking on bio-regenerative and anti-aging medicine procedures. For more information about Dr. Thomas Barnard, please visit [www.Thomas-Barnard.info](http://www.Thomas-Barnard.info).



Fresh Medical Spa is a state-of-the-art spa facility that employs the knowledge and expertise of a team of clinical experts to offer friendly service and professional advice in all facets of the spa. Promoting a medical approach, the staff is available to serve all of the health and beauty needs of their patients and help them achieve the results they desire. Some of the showcased services and products bring in cosmetic injectables (Botox, fillers, Latisse eyelashes), facial rejuvenation (microdermabrasion, ultrasonic facial, fractional resurfacing, photo facial, Venus freeze, IEllios, microZone facials), laser hair reduction, weight loss and body contouring (nutritional counseling, TURBO weight loss), specialized services (lesion and wart removal, airbrush tan), pain management (IEllios and BioMat), books, and skin care (the Dermatologica line of products). With Dr. Barnard at the helm, Fresh Medical Spa

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works to ensure that the highest quality services and technology are provided. For more information about Fresh Medical Spa, please visit [www.freshmedicalspa.com](http://www.freshmedicalspa.com).



As a family physician, Dr. Thomas Barnard attends to his patients at Barnard Wellness Centre where he is recognized as a specialist in treating a full range of chronic and serious illnesses. A pioneer in the field of nutrition, esthetic, anti-aging and regenerative medicine, Dr. Barnard is licensed to practice in Michigan and California (United States) and Ontario (Canada). He additionally maintains his teaching positions at Western University of Ontario, as well as the University of Guelph of Ontario. To match his clinical and teaching accomplishments, he is also the critically acclaimed author of *Defeating Diabetes*, a book that explores in detail the amazing benefits of consuming whole foods in the fight against Type 2 diabetes and its symptoms. Furthermore, Dr. Thomas Barnard serves as a regular guest on Ontario radio networks, counseling people on nutrition and healthy lifestyles. For more information about Dr. Thomas Barnard, please visit [www.Thomas-Barnard.info](http://www.Thomas-Barnard.info).

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# Western

UNIVERSITY · CANADA Dr. Thomas Barnard is a remarkable anti aging specialist and family physician with an impressive professional and academic journey. He graduated from the University of Rochester in 1977 and completed his internship at Hunterdon Medical Center. Dr. Thomas Barnard additionally completed his fellowship in Emergency Medicine at Baycrest Geriatric Center. He is also board certified in the United States and Canada by the American of Family Physicians of Canada and American Board of Family Practice. Furthermore, he is a distinguished member of the American Association of Family Practice, Canadian Medical Association, Ontario Medical Association, and American Association of Anti Aging and Bioregenerative Medicine. He attributes his success to his broad and long experience, continuing education, and intellectual curiosity in the field of medicine. He has been published in *New You* and has been featured in the *Leading Physicians of the World* published by the International Association of Health Care Professionals (IAHCP). For more information about Dr. Thomas Barnard, please visit [www.Thomas-Barnard.info](http://www.Thomas-Barnard.info).

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## **Ion Magnum therapeutic applications based on nano current stimulation of tissue**

My name is Thomas Barnard and I am an Anti-aging Physician. In my medical practice I have worked with medical applications and cosmetic applications of the nanotechnology offered in the commercial technology Ion Magnum and the iEllios devices . My experience with these machines spans now 6 years and approximately 3000 clinical applications . the usual use for the ion magnum technology has been for body shaping , inch loss , and sculpting and for reconditioning following surgery , as well as for the therapy of chronic pain syndromes .

The gratifying aspect of the nanocurrent technologies at the heart of these devices is the effectiveness observed with no discomfort and seemingly no potential for causing harm. The oscillating patterns of current effectively appear to prevent tachyphylaxis to the pattern of stimulation and the effect of this stimulation is maintained . There is demonstrable increase in muscle tissue hypertrophy and reduction in fat so cosmetically the effect is pleasing and objectively the markers of insulin resistance nearly uniformly improve . In our athletes stamina appears to improve considerably , along with the improved appearance . Discomfort from fatty liver abates , and liver size on ultrasound and ct appear to reduce ,although quantitative measurements are not available to us , this is our clinical impression and the satisfaction of the patients involved.

In our hands this device has been effective , comfortable , and something we recommend to our clients often .

As well, we have two iElios devices which allow us to apply the benefits of the nanocurrent technology to the facial skin utilizing this comfortable modality to provide a powerful anti oxidant effect , along with tightening . After the treatment there is a pleasing glow to the skin of the face and a beautiful facial lift . The cumulative effect of applying nanocurrent to the facial skin is to produce a non surgical face lift effect which is both durable and pleasant . It appears that the nanocurrent provides a heightened muscle tone that is lasting when done on a repetitive schedule , and will literally take years off a person's facial look . We especially like the lift of the cheeks and the jowels , and clients are very pleased with the benefits obtained. There is no downtime , no burning of the skin , so the effects are both pleasing and gratifying without requiring recovery downtime .

From a theoretical perspective there seems to be some advantage to having a natural nanocurrent stimulation of both skin and the body tissues . There is a positive effect with no discernable discomfort and lasting changes in shape and tone and texture of the skin and underlying tissues . Nanocurrent technology appears to be safe and effective in our hands when provided in a changing , oscillating , very low amperage pulse structure .

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## Ion Magnum 基于细胞组织受纳米电流刺激的应用性治疗

在我的医学执业过程中，我的医疗及美容疗程上都采用了 Ion Magnum 和 IEllios 所提供的纳米技术。Ion Magnum 和 IEllios 已陪伴我 6 年多，协助我成功地完成了近 3000 个临床应用治疗。Ion Magnum 通常情况下用于塑身、消脂及一些外科手术后的身体修复疗程，同时舒缓慢性疼痛疾病。

在应用纳米电流技术下，这些仪器的核心价值在于其疗程效果的显著及无任何不良副作用及潜在损害。电流的振荡模式有效地出现以防止人体对这种振荡刺激产生快速的抵抗反应，但同时由这种刺激对人体所产生的效果得以保持。在疗程后，我们证实了肌肉组织明显增大及脂肪明显减少，美容效果赏心悦目且胰岛素抗体指标几乎客观地均匀地改善。在运动员体能方面，随着外观的改善，其体能也大大改善。脂肪肝不适感消退，在超声波及 CT 显示下肝脏大小减小，虽然我们现在不能提供量化标准数据，但这些都是我们的临床印象及病人所反映的满意性反馈。

在我们运用下，这个仪器效果显著及疗程舒适，我们频繁推荐给我们的客户。

同时，我们有两个 IEllios 设备，这使我们能把纳米电流技术应用到改善面部皮肤的范畴上，通过这种舒适的疗程，我们给客户提供一种强大的皮肤抗氧化及紧致效果。疗程过后，脸部皮肤光泽被唤醒且脸部被提升。采用纳米电流技术对面部皮肤进行治疗的累积效果是脸部将产生持久且舒适的非手术性提升效果。在几次重复的疗程下，纳米电流持久提升了肌肉的张力，真正地让客户脸部年轻数年。我们特别喜欢脸颊提升的效果，客户也非常满意发生在她们脸上的改善。不需要任何疗程后恢复时间，对皮肤完全没有副作用，效果立即就能看到。

在理论角度上，应用自然的纳米电流对皮肤及人体细胞组织进行刺激是有利的，它对皮肤及皮下组织的形态、色调及质感将有持续改善且无任何明显不适。在我们的应用上，纳米电流技术通过不断改变的振动的、极低电压的脉冲形态下在疗程中是安全和有效的。