

ANTI-AGING MEDICAL NEWS



WINTER 2007

**OFFICIAL
SHOW
HANDBOOK**

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

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

ANTI-AGING MEDICAL NEWS WINTER 2007

OFFICIAL SHOW HANDBOOK



Anti-Aging Medical News - Winner - APEX Award
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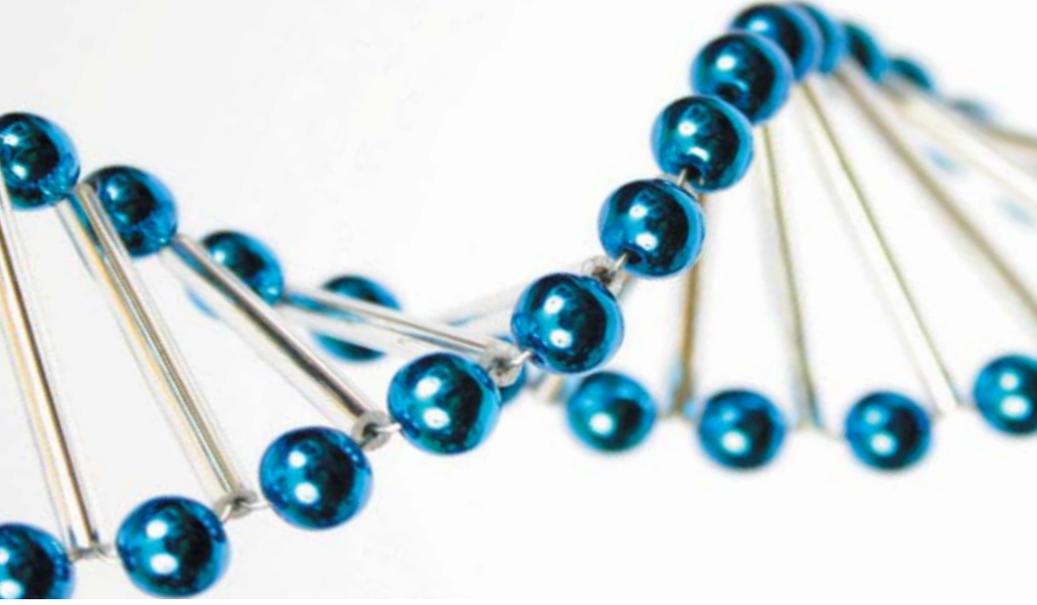
- Receive new patient referrals through the Physicians Directory at the World Health Network, www.worldhealth.net



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WAAAM
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American Academy of Anti-Aging Medicine
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AAM 2008-2009 Worldwide Official
Educational Programs
**CapRegen Biotech: The World's First
Anti-Aging Venture Capital Fund**
**Integrating Anti-Aging Initiatives:
Medical Procedure Recovery**

Dr. Ron Paul: A New Health Care Vision

PROGRAM of the 15th Annual World
Congress on Anti-Aging Medicine and Regenerative
Technologies, Winter 2007 Session:

- Educational Affiliates
- Schedule at a Glance
- Course Descriptions
- Faculty Biographies
- Abstracts

SHOW GUIDE of the 15th Annual World
Congress on Anti-Aging Medicine and
Regenerative Biomedical Technologies
Winter 2007 Session:

- General Information
- Corporate Supporters
- Special Events
- Exhibitor Listings

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

Dear Las Vegas Visitors:

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

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

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

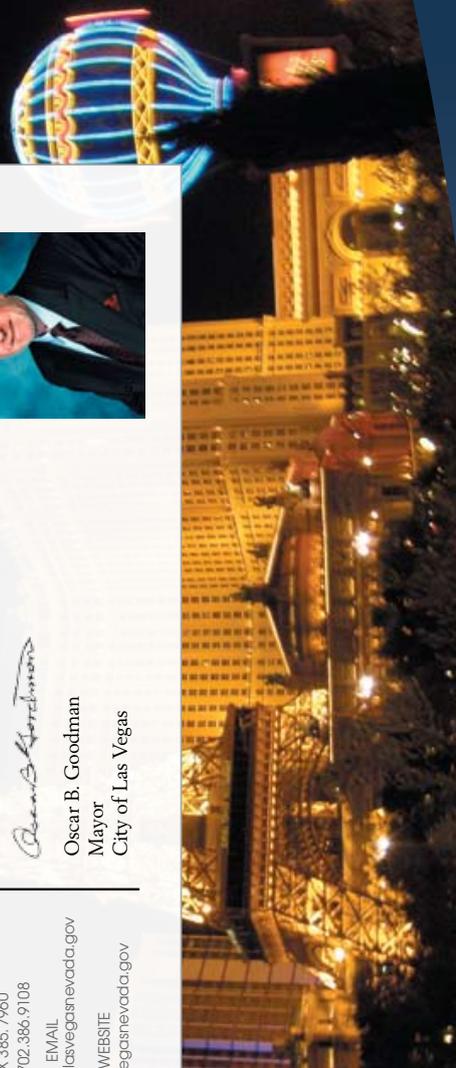
- The neon-drenched excitement of the Fremont Street Experience, visited by over 21 million people each year.
- Multi-million dollar casino and hotel renovations and expansions.
- Fremont East Entertainment District featuring trendy new gathering places for dining, dancing, cocktails and enjoyment.
-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

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

Sincerely,



Oscar B. Goodman
Mayor
City of Las Vegas



Welcome



Dear Attendee:

The American Academy of Anti-Aging Medicine (A4M) welcomes you to Las Vegas to the World Congress on Anti-Aging & Regenerative Biomedical Technologies, Winter 2007 Session. As one of the fastest growing medical societies in the world today, the A4M hosts the most advanced conferences in the area of preventive medicine.

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

The A4M commends you for attending this premier specialized educational event, which is a single most focused scientific conference at which you will advance your knowledge and abilities in aging medicine and regenerative biomedical technologies to the benefit of your patients.

With warm regards,



Ronald Klatz

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



Robert Goldman

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

IMPORTANT NOTICE: PLEASE READ

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

Exhibitors are invited to participate on a first-come, first-serve basis. Neither the A4M nor Medical Conferences International Inc. is responsible for the selection of exhibitors, their products, their labels or labeling, or their representations. A4M and Medical Conferences International Inc. do not warrant, safety or efficacy of products or services displayed. A4M and Medical Conferences International Inc. encourage all attendees to read and diligent evaluations.

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

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

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



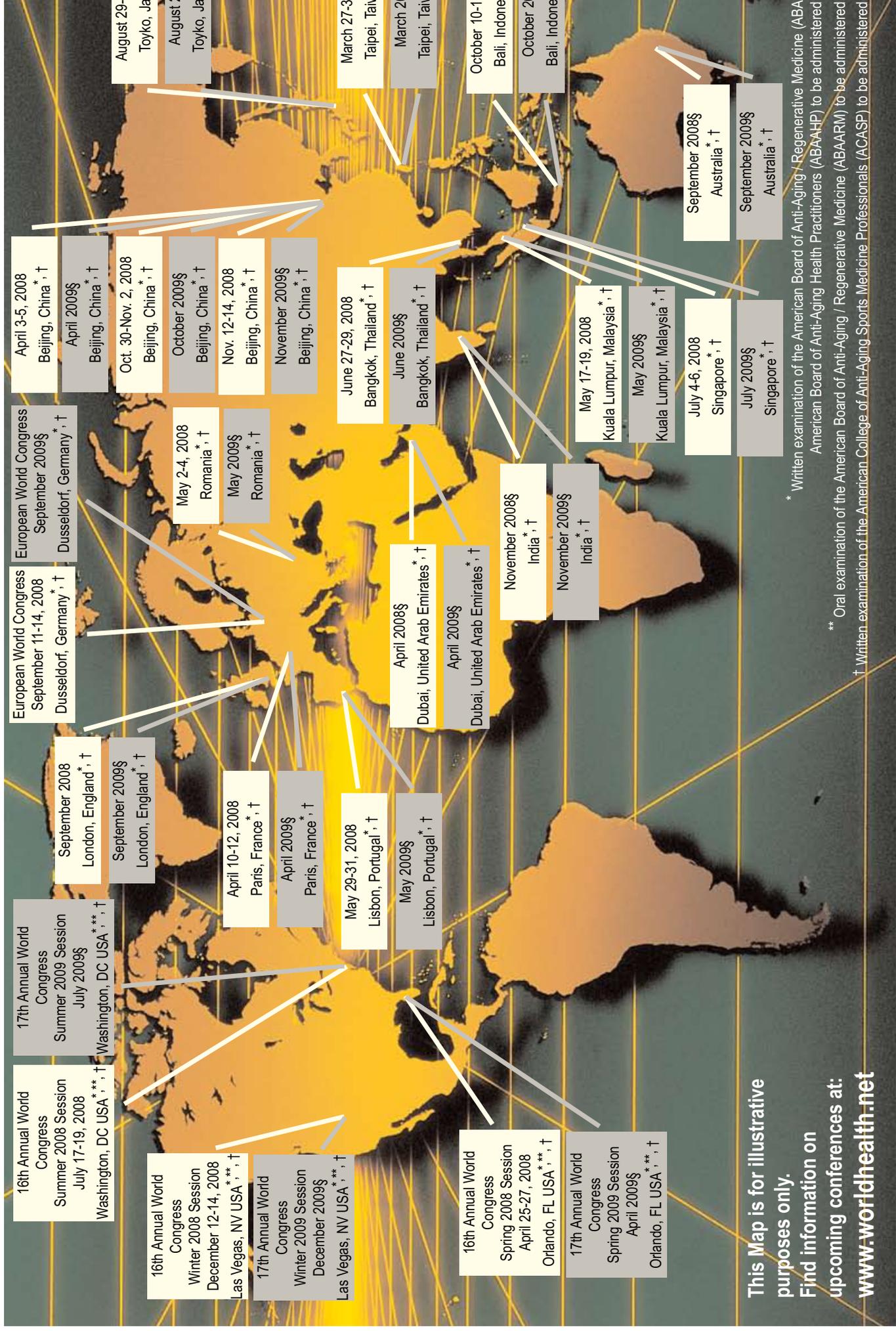
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A4M Co-Sponsored/Co-Supported Events in Anti-Aging / Regenerative Medicine ~ 2008-2009 Calendar



This Map is for illustrative purposes only.
Find information on upcoming conferences at:
www.worldhealth.net

* Written examination of the American Board of Anti-Aging / Regenerative Medicine (ABAARM) to be administered
American Board of Anti-Aging Health Practitioners (ABA-AHP) to be administered
** Oral examination of the American Board of Anti-Aging / Regenerative Medicine (ABAARM) to be administered
† Written examination of the American College of Anti-Aging Sports Medicine Professionals (ACASP) to be administered

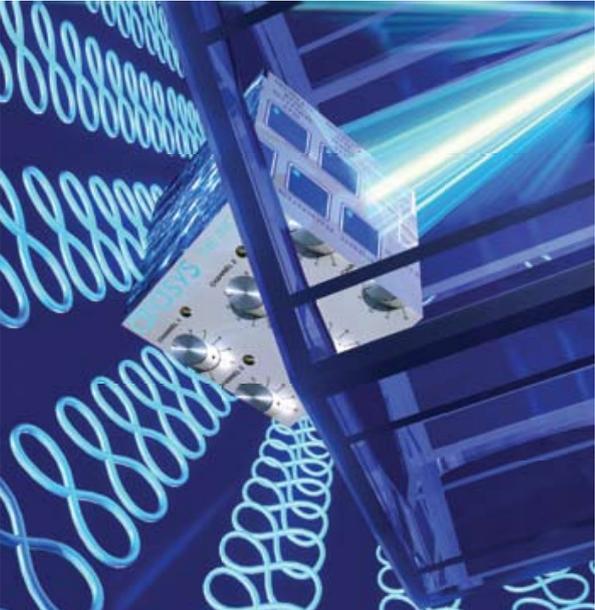


Intelligence

Intelligence, Sports & Fitness

Neuronal Communications

Xanya Sofra-Weiss, Ph.D.



The State of the Art

Although glucose holds plenty of chemical energy, it cannot be used directly for muscle contraction. Instead, muscle cells must transfer their incoming glucose supplies into the more readily utilizable form of ATP (cellular energy) that acts as a molecular motor powering movement. During muscle stimulation, the outside of the muscle cell membrane is more positive than the inside. An electrical stimulus causes a reversal of this polarity, causing the muscle to twitch. Maintaining the availability of ATP for muscle contraction is the limiting factor, since ATP is not stored in large amounts in the skeletal muscle. Research has consistently shown that milliamp depletes ATP (Cheng 2002). Muscle stimulators work with milliamps, quickly depleting the limited ATP supply in the skeletal muscle. Unlike muscle tissue, nerve tissue (neuron and glia cells) has the ability to generate and conduct electrical signals in the body; it can be transmitted to other parts of the body via the neuro-communication network of the nervous system. These electrical messages are managed by nerve tissue in the brain and transmitted down the spinal cord to the body. During exercise, an electrical signal travels from the brain to the neuromuscular junctions, where a motor neuron attaches to the muscle. Calcium is released from its storage area bringing about a muscle contraction. As the nerve impulse reaches the junction, Acetylcholine and ATP are co-released from the electromotor nerve terminals. Unlike muscle stimulation where the limited skeletal ATP supply is quickly exhausted, neuromuscular stimulation allows for an unlimited supply of ATP which is increased by 500% following application of MENS (Cheng 1999, 2002). On the other hand, the anti-aging regime of electrical body treatments such as inch loss, body building and contouring has been governed by muscle stimulators that operate with milliamps. Milliamp operated muscle stimulators deplete ATP (Cheng et al, 1982. Santos et al 2004), thus depriving the cellular system from energy that is crucial for optimal biological functioning. Intense discomfort and confinement of the result within the area treated are additional limitations of muscle stimulators.

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



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

High Definition Signal

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

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REFERENCES:
 1. Bruce Lipton, Ph.D. The Biology of Belief. *Life Sciences*. 2005:292, 4-4c
 2. Neuromuscular Stimulation for Upper Extremity Motor Recovery. Downloaded from stroke.aahajournals.org by on May 21, 2007.

Quantum Intelligence, Sports & Fitness

Neuronal Communications



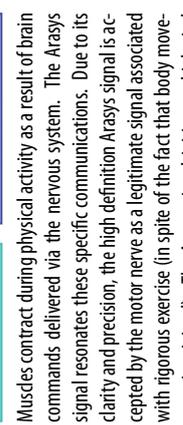
Biological Intelligence

Recent advances in bio-intelligence are giving us a concrete way to intercommunicate with the natural world. Viewed from the biological perspective, the human body is a complex system of interconnected parts. Each part is a biological system, and each biological system is a complex system of interconnected parts. This spreading effect is a unique phenomenon specific to the Arasy's complex waveform that is not seen with muscle stimulators, neuromuscular stimulators or any other equipment of a similar nature. (d) The lymphatic system is mobilized to deep cleanse the organism.

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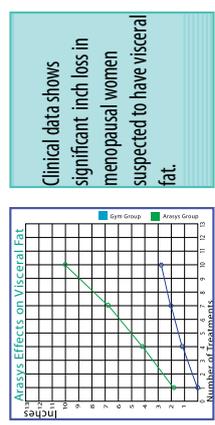
REFERENCES:
 4. Levin MF, Hui-Chan CWY. Relief of hemiparetic spasticity by TENS is associated with improvement in reflex and voluntary motor function. *Electroencephalography Clin Neurophysiol*. 1992;95:131-142.
 5. Sprave et al (1995) Jul-Aug(7-8):97-100. "Electrostimulation of the muscles and transcutaneous electrostimulation in the

from the brain to the motor nerve during regular exercise. Clinical data shows that Arasy's effortlessly builds muscle in a fraction of the time needed at the gym.



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

from the brain to the motor nerve during regular exercise. Clinical data shows that Arasy's effortlessly builds muscle in a fraction of the time needed at the gym.



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

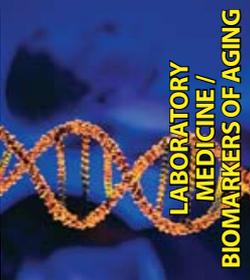
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MEDICINE AND REGENERATIVE BIOMEDICAL TECHNOLOGIES

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Registration Information **1.773.528.1000**



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

Call For PAPERS

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

The conferences will be held as follows:

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

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

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

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

Once received, your abstract and application reviewed by the A4M program committee and be communicated to you shortly thereafter. If you have any questions or need more information, please visit our website at <http://www.a4m.com> or contact our office at Program@worldhealth.com. We are currently in the process of completing for these internationally acclaimed events which thousands of Participants, 300+ Exhibitors, 100+ International Speakers, 14+ Hands-on/livings Presentations, and several Evening Workshops.

Thank You,

A4M Scientific Program Committee

Partial Listing of Presentations Scheduled for ORLANDO 2008:

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

MONDAY, DECEMBER 10, 2007

DAY, DECEMBER 10 / SPECIAL WORKSHOPS *additional fee		ROOM	CREDITS	CO-CHAIR / SPEAKERS
8:00 AM – 6:00 PM	FELLOWSHIP MODULE I (Day 1)	Veronese 2401 2nd Level	8 Hours CME Credits Available	–
8:00 AM – 6:00 PM	FELLOWSHIP MODULE II (Day 1)	Veronese 2403 2nd Level	8 Hours CME Credits Available	–
8:00 AM – 6:00 PM	ACASP	Titian 2306 2nd Level	8 Hours CME Credits Available	James Bell, Ph.D

TUESDAY, DECEMBER 11, 2007

DAY, DECEMBER 11 / SPECIAL WORKSHOPS *additional fee		ROOM	CREDITS	CO-CHAIR / SPEAKERS
8:00 AM – 6:00 PM	FELLOWSHIP MODULE I (Day 2)	Veronese 2401 2nd Level	8 Hours CME Credits Available	–
8:00 AM – 6:00 PM	FELLOWSHIP MODULE II (Day 2)	Veronese 2403 2nd Level	8 Hours CME Credits Available	–
8:00 AM – 6:00 PM	ACASP	Titian 2306 2nd Level	8 Hours CME Credits Available	James Bell, Ph.D Nick Delgado, Ph.D.
8:00 AM – 6:00 PM	THE CLINICAL APPLICATION OF INTERVENTIONAL ENDOCRINOLOGY	Titian 2305 2nd Level	8 Hours CME Credits Available	Mark L. Gordon, MD
8:00 AM – 6:00 PM	AESTHETIC FELLOWSHIP MODULE I (Day 1)	Veronese 2405 2nd Level	8 Hours CME Credits Available	–
8:00 PM – 9:00 PM	ABAARM ORAL EXAM BOARD REVIEW COURSE*	Defino 4001 4th Level	–	Pamela Smith, MD

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

FRIDAY, DECEMBER 15 / GENERAL SESSION		ROOM	CREDITS	CO-CHAIR / SPEAKERS
8:30 AM	AAM CONFERENCE REGISTRATION OPENS		-	-
9:00 AM - 8:00 AM	EYE OPENER: THE LONGEVITY FACTOR: HOW RED WINE AND RESVERATROL CAN UNLOCK THE GENETIC SECRETS OF A LONGER AND HEALTHIER LIFE			Joseph C. Maroon, MD Bio page
9:00 AM - 8:40 AM	NEW UPDATES IN STEM CELL RESEARCH			Michael Klenzke, MD Bio page
9:00 AM - 9:20 AM	A BREAKTHROUGH IN CANCER THERAPY VIA GLUCOSE INHIBITION	Venetian Ballroom F	4 Hours CME Credits Available	Maureen Pellefter, MD Bio page
9:00 AM - 10:00 AM	BRAIN PRESERVATION AND FUNCTIONAL ENHANCEMENT			David Perlmutter, MD Bio page
9:00 AM - 10:30 AM	TWO NEW ASPECTS OF ASTAXANTIN FOR HUMAN HEALTH - METABOLIC SYNDROME & EYE FATIGUE			Eiji Yamashita, Ph.D. Bio page
9:00 AM - 11:00 AM	AN INTEGRATIVE APPROACH TO CANCER THERAPY: WHAT WORKS			Sheri Lieberman, Ph.D. Bio page
9:00 AM - 1:00 PM	EXHIBIT HALL BREAK & LUNCH BREAK			
KOUT SESSION I				
10:00 AM - 2:00 PM	MOST UPDATED RESEARCH IN STEM CELL - WHAT EXPERTS SAY			Mitchell Ghen, DO, Ph.D. Bio page Denis Rodgerison Bio page
10:00 AM - 2:30 PM	ENERGY MEDICINE AND LONGEVITY			James L. Oschman, Ph.D. Bio page
10:00 AM - 3:00 PM	RESTFUL SLEEP: A KEY ANTI-AGING INITIATIVE	Venetian Ballroom F	3 Hours CME Credits Available	Stephen Holt, MD Bio page
10:00 AM - 3:30 PM	HORMONE ESSENTIALS: WHICH SAMPLE DO I USE?			Patrick Hanaway, MD Bio page
10:00 AM - 4:00 PM	AN EFFICIENT ANTIOXIDANT BY MOLECULAR HYDROGEN AS A NOVEL CONCEPT			Shigeo Ohta, Ph.D. Bio page
4:00 PM	CLOSE OF SESSION			
4:00 PM - 5:00 PM	ABAARM/ ABAAHP/ ACASP WRITTEN EXAM	Veronese 2401 2nd Level	-	-
KOUT SESSION II				
4:00 PM - 4:00 PM	AESTHETIC MEDICINE	Veronese 2405 2nd Level	2 Hours CME Credits Available	Marilyn Maria Costa, MD Bio page Jim Larkey Bio page Sharon McQuillian, MD Bio page Jill Lezate, DO Bio page
KOUT SESSION III				
4:00 PM - 1:30 PM	UNDERSTANDING LEGAL STRUCTURES			G. Kent Mangelson, CFP Bio page
4:00 PM - 2:00 PM	IODINE: THE UNIVERSAL NUTRIENT FOR THE TOTAL BODY			Jorge Flechas, MD Bio page
4:00 PM - 2:30 PM	THE PHYSIOLOGICAL BENEFITS OF INCREASING CELLULAR MEMBRANE PERMEABILITY RELATED TO DISEASE AND ANTI-AGING	Veronese 2403 2nd Level	3 Hours CME Credits Available	Howard W. Fisher, DC Bio page
4:00 PM - 4:00 PM	TREATMENT OF OSTEOARTHRITIS WITH HORIZONTAL THERAPY			Achim Hansjuergens, Ph.D. Bio page
4:00 PM - 5:00 PM	EXHIBIT HALL BREAK			
4:00 PM	CONFERENCE REGISTRATION CLOSES			
5:00 PM	EXHIBIT HALL CLOSES			
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URINE, SPOT Result Range

ORGANIC ACIDS

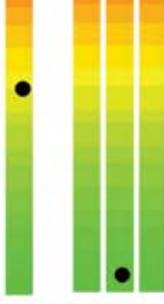
Creatinine Concentration 3.1 0.0 - 4.8 mol/L

Bacterial Dysbiosis Markers

Indoleacetic Acid 28.0 *h 0.0 - 9.0 nmol/mol Cr

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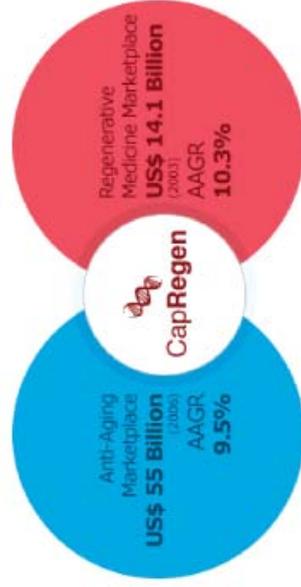
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a-KETOGLUTARIC ACID	3.2	0.5 - 16.0	nmol/mol Cr
FUMARIC ACID	3.7 *h	0.0 - 1.4	nmol/mol Cr
MALIC ACID	3.8 *h	0.0 - 2.4	nmol/mol Cr
Ketone and Fatty Acid Metabolites			
ADIPIC ACID	3.6	0.0 - 5.2	nmol/mol Cr
SUBERIC ACID	2.2	0.0 - 3.0	nmol/mol Cr
b-OH-b-Methylglutaric Acid	2.0	0.0 - 6.7	nmol/mol Cr
b-OH-BUTYRIC ACID	4.0	0.0 - 6.4	nmol/mol Cr
Organic Acids for Cofactor Need			
a-Ketoisovaleric Acid	5.2 *h	0.0 - 2.0	nmol/mol Cr
a-Ketoisocaproic Acid	3.3 *h	0.0 - 2.0	nmol/mol Cr
a-Keto-b-Methylvaleric Acid	5.8 *h	0.0 - 2.0	nmol/mol Cr
KYNURENIC ACID	12.5 *h	0.0 - 10.0	nmol/mol Cr
Forminoglutamic Acid	10.8 *h	0.0 - 9.0	nmol/mol Cr
3-OH-Propionic Acid	31.5 *h	0.0 - 27.5	nmol/mol Cr
METHYLMALONIC ACID	27.0 *h	0.0 - 19.0	nmol/mol Cr
2-OH-Phenylacetic Acid	3.9 *h	0.0 - 1.2	nmol/mol Cr
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Our preparation of the patient prior to transplant is a multi-day journey, combining detoxification, cellular nutrition and immunomodulation phases to achieve the best possible niche for safe cellular engraftment and chimerization of the stem cell transplant. Initial Clinical sessions range from 5-22 days, based upon different disease or disorder types or Anti-Aging Sessions. Follow-up booster sessions for clinical updates range from 3-10 days.

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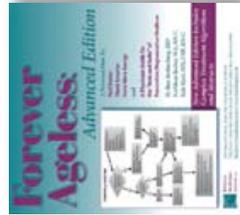
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Medical Procedure Recovery

Stephen Holt, MD, LL.D. (Hon.), ChB, PhD, ND, FRCP(C), MRCP(UK), FACP, FACG, FACN, FACAM, OSJ, Dist.ing Medicine, NYCPM, Harlem, NY, Scientific Advisor to Natural Clinician LLC

integration of esthetic medical procedures that can produce youthful appearances.

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

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

clinical procedures that produce the most esthetic results, iatrogenic

NUTRACEUTICALS OF TRAUMA

The use of the natural remedies to support or trauma recovery very important integrative medicine reported to have healing of soft tissue impairment in injury or bruising.¹ The deficiency in degrees of melanocyte stimulation is not cost effective nutritional status aesthetic procedures laboratory investigations and just logical and just of any suspicion, to receive intensive attention supplements in the form of reactions to surgery in the achievement of national status. Claims of benefits of soft tissue portec clinical numbers of patients play a role in anti-aging medicine.



benefit in several measured parameters of wound healing are documented in medical literature.^{4, 8}

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

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

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

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

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

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

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

continued on **next page**

herbetic acid, including zinc, nutrients have and healing in variable out- at a deficiency y retard wound ed fish oil extra nutritional omega 3 fatty ac- al procedures cent interest. hysicians are in enteric individuals for nding, because ay have Meta- abolic Syn- associated with insulin resis- tains the active pentanoic acid e anti-inflam- ze properties. cals or vari- nted, but vari- ealing include eica papaya)¹², Aloe (ola)¹³, Aloe pically)¹⁴, hamomilla,)¹⁵, mixed Procyani- or PCOs).^{16,17} e of selected g is appar- accelerated or ns following Inflammatory gical inter- d that the use in trauma, effects, not ng effects.¹⁸⁻²⁴

AND NUTRITION

physiological d in soft tissue posal that e formulated e effective, ng desired onrolled ents and

In studies to examine the reduction of bruising and swelling following liposuction, homeopathic Arnica montana was studied in a randomized, prospective, double-blind, placebo-controlled trial. These studies reported at the American Society of Aesthetic Plastic Surgery, (ASAPS, 2002) shared that homeopathic Arnica Montana reduced bruising and swelling following liposuction surgery in female patients, in the age range of 18-45 years. The results of this study were derived from opinions of independent plastic surgeons who were asked to rank the sets of photos collected following liposuction. In these studies, there was no substantial difference in the volume of fat removed from the 29 patients who were studied³³. The beneficial results of homeopathic Arnica in the

reduction of bruising and swelling showed statistically significant improvement with the use of homeopathic Arnica when compared with placebo, under the conditions of this study.³³ The Data Committee of the ASAPS has been reported to have reviewed the worldwide medical literature regarding the safety and efficacy of homeopathic Arnica. These committee members report the finding of studies with homeopathic Arnica that meet usual and customary standards of medical research. It is notable that the strength of Arnica that appeared to be optimal in the review of some studies by the data committee of the ASAPS was a homeopathic strength of 30X.

BROMELAIN: A KEY APPROACH TO ACCELERATED HEALING

A natural mainstay for assisting in soft tissue healing, bruising and swelling is the use of proteolytic enzymes, such as bromelain and papain.^{4, 8, 11, 12} Taussig and Batkin²⁰ describe the introduction of bromelain as a valuable medicinal treatment of trauma in the mid 1950s. These authors²⁰ comment on

homeopathic preparations of Arnica and variably effective when taken by mouth. Information available about the toxicity of Arnica montana is summarized at www.drugdigest.org.

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

In one recent placebo-controlled trial evaluating the effects of topical Arnica on the resolution of laser-induced bruising after the treatment of telangiectasias, no real benefits were observed²⁶, but these results may not be generalized to other circumstances where beneficial effects of topical Arnica have been described in postoperative recovery.²⁶ There has been much recent interest in the study of homeopathic forms of Arnica that can be used in oral preparations for enhancing wound healing, treatment of bruises or contusions, dislocated bones, hematomas, phlebitis, post traumatic or post surgical edema and benign musculoskeletal disorders.^{28,32}

HOMEOPATHIC ARNICA MONTANA

In the September 15, 2003 edition of *The Journal of Plastic and Reconstructive Surgery*, two randomized placebo-controlled clinical trials compared Arnica Montana in a homeopathic strength of 30X with placebo and reported overall less bruising and less swelling in the postoperative period following plastic surgery. In one study of homeopathic Arnica montana examining the reduction of bruising after facelift surgery, Seeley and Maas³² reported 24% more bruising following facelift surgery in the placebo group which took 50% longer to recover than the group treated with the homeopathic Arnica. The results were defined from computer-imaging programs to analyze bruising and other parameters in the postoperative period of these patients. Overall, the results were found to be statistically significant with benefits

variably, the over- use of inflammation- injuries and pre- swelling and br- or surgery. The- on bromelain p- for the use of b- supplement or- that may be u- support to enhan- Bromelain del- renaissance of i- practice as a ve- way of managin- inflammation f- operative soft t- high dosages o- clotting functio- of this theoretic- and high enzym- to result in bio- preparations, of- 100mg of brom- GDU (Gelatin- maceutical pre- were made with- many years ago- have not remain- enzymatic activ- lized, enteric co- ments containin- be necessary.

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

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

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

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significant amount of time to receiving popular injections, lip fillers or stimulants action (e.g. e of modestly al practices for a newfound texts, for the postoperative procedures. and evidence- nutritional port-term, for a surgical proce- nces discussed raceutical tech- use of a wide ents in berries, amin and min- ese combina- ers have multi- In addition, it supplementing ated fish oil to fatty acid ratios r general health

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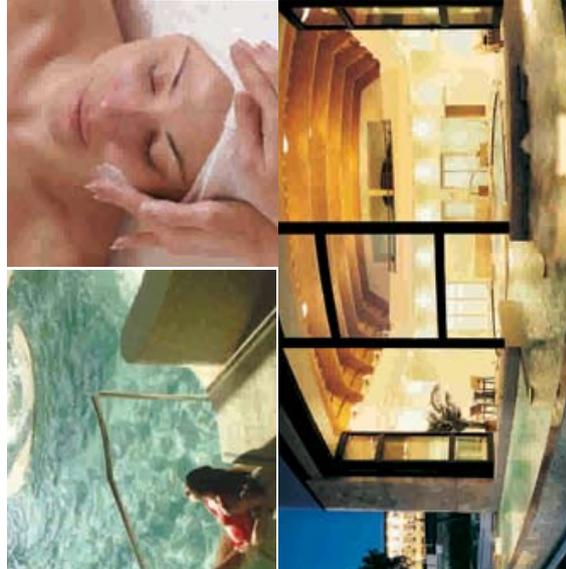
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rive much of the anti-aging clinical spa mar- ation, born between 1946 and 1964, is now t the rate of 330 per hour.¹ Worldwide, Baby er 450 million.²

maintaining physical fitness, mental acuity, e, robust lifestyle for as long as possible, the eneration is responsible for fueling a bur- tplace for anti-aging products and services: ued at **\$55 billion** (2006), the anti-aging owing at an annual growth rate of **9.5%**.³ ng marketplace is projected to reach **\$72 009**.³

WCCA estimates that there are more anti-aging physicians and health practition- worldwide in nearly **100** nations. The A4M hat there are more than **5,000** anti-aging than **20,000** medical spas around the world.

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There's a revolving door of people who come and go to the FDA then they're in the drug industry.

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

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

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

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

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

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

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

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

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

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

Young people are starting to realize that they are receiving the brunt

can't possibly good lifestyle taking care of only is it the \$2 or \$3 trillion obligation or \$80 or \$90 trillion or 30 years

Paul then went on to say that he would involve the role of government in health care provision for that reason. My goals would be of making the believe we should practice what might defraud is a role for government. Right now, a choice in type of medicine want alternative this treatment can use this government. Nobody has a free society those choices.

The other would be to medical control. Expenses individuals who degree, but illnesses, are Today, patient MD, wait in line drugs they've So, just like we

cate, I want fr limitation of f should be a p that when inj are defrauded government. I government v If you are int more about Dr. www.house.gov/



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

Health care is the biggest domestic issue facing this country today. Estimates place the current cost at about \$2 trillion annually, the highest in the world. Yet, at the same time, the U.S. is the only nation that does not have universal health care coverage.

There are no easy solutions. Paul's solution, however, is a unique one. His health care vision for the future involves less interference from government and the health care industry, in favor of more emphasis on patient choice. Paul sat down with journalist Fintan Dunne of www.mylonglife.com to discuss his concept of the future of health care and the American taxpayer under a Ron Paul presidential administration. Paul's vision of what he felt was wrong with the current state of the health care system and what he felt needed to be done to turn it around:

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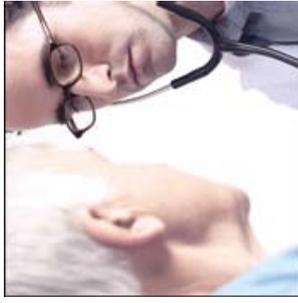
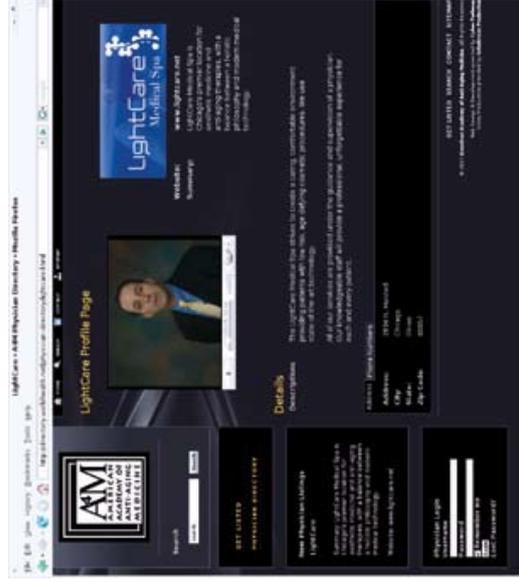
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MONDAY, DECEMBER 10, 2007

MONDAY, DECEMBER 10 / SPECIAL WORKSHOPS * additional fee

FELLOWSHIP MODULE I (Day 1) / 7:15 AM - 6:00 PM / 8 Hours CME Credits Available
Room: Veronese 2401, 2nd Level

7:15 AM - 7:30 AM	Introduction to the Fellowship / Pamela Smith, MD	* Abstract p
7:30 AM - 9:30 AM	Hormone Replacement Therapy / Eldred Taylor, MD	
9:30 AM	BREAK	
10:00 AM - 12:00 PM	The Stress Connection / Eldred Taylor, MD	
12:00 PM	LUNCH BREAK	
1:30 PM - 2:30 PM	Adrenal Fatigue: The 21st Century Stress Syndrome James Wilson, Ph.D., ND, DC	
2:30 PM - 3:30 PM	Adrenal Fatigue: Case Histories / James Wilson, Ph.D., ND, DC	
3:30 PM	BREAK	
4:00 PM - 6:00 PM	Understanding Thyroid / James Wilson, Ph.D., ND, DC	
6:00 PM	Close of Session	

FELLOWSHIP MODULE II (Day 1) / 7:15 AM - 6:00 PM / 8 Hours CME Credits Available
Room: Veronese 2403, 2nd Level

7:15 AM - 7:30 AM	Introduction to the Fellowship / Pamela Smith, MD	* Abstract p
7:30 AM - 9:00 AM	Understanding Cardio-Metabolic Risks and Natural Treatment Options- Part One / Thomas Guilliams, Ph.D.	
9:00 AM - 9:30 AM	Understanding Cardio-Metabolic Risks and Natural Treatment Options- Part Two / Thomas Guilliams, Ph.D.	
9:30 AM	BREAK	

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

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

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5:00 PM - 6:00 PM	Principles of Anti-Aging Medicine (Part II) / Nick Delgado, Ph.D.	* Abstract page 126 Bio page 78
6:00 PM - 7:00 PM	The New Perspective of Anti-Aging Medicine / Nick Delgado, Ph.D.	* Abstract page 127 Bio page 78
7:00 PM - 8:00 PM	Close of Session	
8:00 AM - 9:00 AM	CLINICAL APPLICATION OF INTERVENTIONAL ENDOCRINOLOGY / 8:00 AM - 6:00 PM 5 CME Credits Available / Speaker: Mark L. Gordon, MD / Room: Titan 2305 2nd Level	Bio page 86
9:00 AM - 10:00 AM	GENETIC FELLOWSHIP MODULE I (Day 1) / 8:00 AM - 6:00 PM / 8 Hours CME Credits Available Veronese 2405 2nd Level	* Abstract page 126
10:00 AM - 11:00 AM	Analysis of Facial Anatomy and the Aging Face / Sharon McQuillan, MD	Bio page 98
11:00 AM - 12:00 PM	Botulinum Toxin Pharmacology / Sharon McQuillan, MD	Bio page 98
12:00 PM - 1:00 PM	BREAK	
1:00 PM - 2:00 PM	Rebalancing the Muscles of Facial Expression of the Upper Face with Botulinum Toxin A. Softening Frown Lines and Brow Lifting with Botulinum Toxin A Denise Baker, MD	Bio page 72
2:00 PM - 3:00 PM	Creating a Youthful Periocular Region with Botulinum Toxin A Denise Baker, MD	Bio page 72
3:00 PM - 4:00 PM	Perioral Muscle Rebalancing with Botulinum Toxin A / Denise Baker, MD	Bio page 72
4:00 PM - 5:00 PM	LUNCH BREAK	
5:00 PM - 6:00 PM	Treating Platysmal Banding with Botulinum Toxin A / Sharon McQuillan, MD	Bio page 98
6:00 PM - 7:00 PM	Botulinum Toxin A in the Treatment of Hyperhidrosis / Sharon McQuillan, MD	Bio page 98
7:00 PM - 8:00 PM	BREAK	
8:00 PM - 9:00 PM	Botulinum Toxin A Expert Injection Demonstrations: Upper Face, Lower Face, Neck, Hyperhidrosis / Sharon McQuillan, MD / Denise Baker, MD	Bio page 98 Bio page 72
9:00 PM - 10:00 PM	Botulinum Toxin A Complication Management / Sharon McQuillan, MD	Bio page 98
10:00 PM - 11:00 PM	The Successful Botox Practice / Janelle Dache, BS	Bio page 76
11:00 PM - 12:00 PM	Close of Session	
12:00 PM - 1:00 PM	FORM ORAL EXAM BOARD REVIEW COURSE* / 6:00 PM - 9:00 PM / 8 Hours CME Credits Available Speaker: Pamela Smith, MD / Room: Delfino 4001 A/B 4th Level	Bio page 114

*This course is applicable for non-drug doctors and physicians.

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

CONFERENCE

7:00 AM - 8:30 AM	WORKSHOP #2 HORMONE ESSENTIALS / 8:00 AM - 5:00 PM / 6.5 Hours CME Credits Available Hanaway, MD / Room: Delfino 4001 4th Level	* Abstract page 132 * Bio page 87
8:30 AM - 9:00 AM	Introduction / Patrick Hanaway, MD	* Bio page 87
9:00 AM - 10:00 AM	Physiology of Hormones / Pamela Smith, MD	* Bio page 114
10:00 AM	BREAK	
10:00 AM - 12:00 PM	Stress & Steroid Synthesis / Patrick Hanaway, MD	* Bio page 87
12:00 PM - 2:00 PM	LUNCH BREAK	
2:00 PM - 3:30 PM	The Symphony of Hormones / Jyotsna Sahni, MD	* Bio page 108
3:30 PM - 5:00 PM	BREAK	
5:00 PM - 6:00 PM	The Whole is Greater than the Sum of the Parts: Case Studies: Perimenopausal Women, Andropause, Breast Cancer / Alicia Stanton, MD	* Bio page 114
6:00 PM	Close of Session	

WORKSHOP #3A UNDERSTANDING PHOTOACOUSTIC TECHNOLOGY FOR ANTI-AGING AND SKIN REGENERATION PROCEDURES / 9:00 AM - 12:00 PM / 3 Hours CME Credits Available

9:00 AM - 12:00 PM	Chair & Speaker: Bruce M. Sael, MD / Room: Delfino 4003 4th Level	* Abstract page 128 * Bio page 108
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WORKSHOP #3B BRAIN HEALTH ASSESSMENT- THE PATH TO LIFE EXTENSION / 1:00 PM - 5:00 PM

1:00 PM - 5:00 PM	CME Credits Available / Co-Chair & Speaker: Eric Braverman, MD / Room: Delfino 4003 4th Level	* Abstract page 155 * Bio page 75
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WORKSHOP #4 INTERVENTIONS TO PREVENT THE MID LIFE DISEASE COMPLEX / 8:30 AM - 6:00 PM

8:30 AM - 6:00 PM	CME Credits Available / Room: Lando 4205 4th Level / David Zava, Ph.D.	* Bio page 118
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9:00 AM - 9:30 AM	Prolotherapy and Platelet Rich Plasma for Joints and Ligaments Harry Adelson, MD	* Abstract page 134 * Bio page 71
9:30 AM - 10:00 AM	Advancement in Diagnosis of Irritable Bowel Syndrome / Claus Muss, MD	* Abstract page 139 * Bio page 100
10:00 AM - 10:30 AM	Phosphatidylcholine for Localized Fat The Brazilian Experience Wilmar J. Accursio, MD	* Bio page 71

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continued on page 54

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

is course applicable for non-drug doctors and physicians.

continued on page 56

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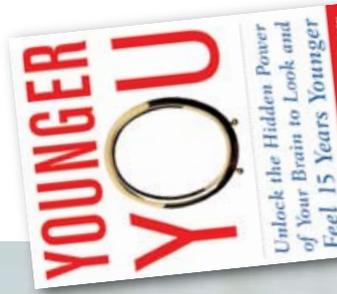
AM - 11:30 AM	🌿 Anti-Aging Nutraceuticals / Harry Preuss, MD	* Abstract page 148 👤 Bio page 104
AM - 12:00 PM	🌿 Colon Hydrotherapy and Detoxification / Russel L. Kolbo, DC, ND	* Abstract page 150 👤 Bio page 94
AM - 2:00 PM	Close of Session	
CONFERENCE		
AM - 1:30 PM	New Minimally Invasive Laser Treatment for Prostate Disease* Mahmood A. Hai, MD	* Abstract page 150 👤 Bio page 86
AM - 2:00 PM	Protection From Oxidative Damage and Inhibition of Lipid Peroxidation in Vivo in Humans / Alexander Schauss, Ph.D.	👤 Bio page 110
AM - 2:30 PM	State of the Art Treatment of the Aged Skin Using Creams with 14.2% Vitamin C and Topical Melatonin / Matteo Tulino, MD	* Abstract page 156 👤 Bio page 115
AM - 3:30 PM	Non-Surgical Breast Lift / Virginia Stevens, MD	* Abstract page 160 👤 Bio page 115
AM - 4:00 PM	The Future of Medical Spa * / Cheryl Whitman	* Abstract page 140 👤 Bio page 116
AM - 4:30 PM	Curcumin: Basis for Anti-Photoaging and Anti-Carcinogenic Therapy Madalene C.Y. Heng, MD	* Abstract page 166 👤 Bio page 87
AM - 5:00 PM	Encapsulated PLGA Nanospheres for Skincare and Hair Growing Applications / C.C. Huang, Ph.D.	* Abstract page 169 👤 Bio page 88
AM - 5:30 PM	🌿 Med Spa Marketing- The Doctor's Way* / Bryan Durocher	* Abstract page 175 👤 Bio page 79
5:30 PM	Close of Session	
<p>📌 WORKSHOP #6 STRATEGIES FOR HEALTHY AGING / 8:00 AM - 6:00 PM / 8.5 Hours CME Credits Available Room: Delfino 4005 4th Level / George J. Juetersonke, DO.</p>		
AM - 8:45 AM	🌿 Heavy Metals Influence on Disease / David Quig	* Abstract page 128 👤 Bio page 8106
AM - 9:30 AM	Delayed Food Sensitivities? Or Chronic Disease? / Camille F. J. Lieners, Ph.D.	* Abstract page 138 👤 Bio page 96
AM - 10:15 AM	🌿 Improving Cognitive Function, Senile Dementia, Traumatic Brain Injury Recovery / Paris M. Kidd, Ph.D.	* Abstract page 142 👤 Bio page 90
0:15 AM	BREAK	
AM - 11:15 AM	Nutritional Consideration for Optimizing HRT / Donna White, ND	* Abstract page 144 👤 Bio page 116
AM - 12:00 PM	Dr. J's Tool Box: A Comprehensive Physician's Guide to HRT George J. Juetersonke, DO.	* Abstract page 148 👤 Bio page 90
2:00 PM	LUNCH BREAK	
AM - 2:40 PM	The Pellet Implant Advantage in HRT / Rebecca L. Glaser, MD	* Abstract page 154 👤 Bio page 84

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2:40 PM - 3:00 PM	Adding Pellet Implant Therapy into Your Practice Melanie Parsons, B.Med Sci.	* Abstract p 👤 Bio page
3:00 PM	BREAK	
3:15 PM - 4:30 PM	Low Dose Naltrexone: Latest Information on it's Use in Cancer/ HIV/ AIDS/ Auto-immune Disease, Facial Rejuvenation/ Central Nervous System Disorders / Jaquelyn. McCandless, MD	* Abstract p 👤 Bio page
4:30 PM - 5:00 PM	🌿 Facial Rejuvenation Using the Biostimulation Method / Gustavo Leibaschoff, MD	* Abstract p 👤 Bio page
5:00 PM - 5:30 PM	🌿 The Latest Trends in Mature Skin Therapies / Jerry Gillick, B.Sc. Pharm., R.Ph.	* Abstract p 👤 Bio page
5:30 PM - 6:00 PM	🌿 Transdermal Drug Delivery Using No-Needle Mesotherapy / Alan Bunting	* Abstract p 👤 Bio page
6:00 PM	Close of Session	
EVENING WORKSHOPS		
<p>📌 LABORATORY TESTING IN ANTI-AGING MEDICINE / 6:00 PM - 9:00 PM / 4 Hours CME Credits Available Speaker: Bill Anton, Ph.D., Roger Deutsch / Room: Delfino 4001 4th Level</p>		
6:00 PM - 6:30 PM	Treating The Food Sensitive and Food Allergic Patient Food Sensitivities VS Food Allergies	
6:30 PM - 7:00 PM	Further Gastro-Intestinal Tests to Consider	
7:00 PM - 8:00 PM	Dysbiosis Test-Spot Urine (NEW)	
8:00 PM - 8:30 PM	Metabolic Acids	
8:30 PM - 9:00 PM	Amino Acids & Neurotransmitters Metabolites Oxidative Damage Markers, Protein, Muscle Mass, Cell Membranes & DNA	
9:00 PM	Close of Session	
<p>📌 AESTHETIC MEDICINE WORKSHOPS* / 5:30 PM - 8:30 PM / Room: Venetone 2405 2nd Level</p>		
5:30 PM - 6:30 PM	🌿 Vibrational Resurfacing presented by VIBRADERM / Jill Lezaic, DO	👤 Bio page
6:30 PM - 7:30 PM	🌿 Chitally Correct Cosmeceuticals Presented by RESULTS RX Betty Lou McIntosh, MD	
7:30 PM - 8:30 PM	🌿 20 Ways to Achieve a Successful Aesthetic Practice / Janette Daher, BS	* Abstract p 👤 Bio page
8:30 PM	Close of Session	
<p>📌 LIVE CONSULTATION - "How to do a good physical examination" when diagnosing the hormonally deficient patient using members of the audience. / 6:00 PM - 7:00 PM Speakers: Thierry Herfoge, MD, Ron Rothenberg, MD / Room: Delfino 4003 4th Level</p>		
<p>📌 WORKSHOP: METABOLIC SYNDROME X / 6:00 PM - 7:00 PM / 1 Hours CME Credits Available Speaker: Stephen Hoff, MD / Room: Venetian H</p>		
<p>📌 ABAARM/ ABAAHP WRITTEN EXAM BOARD REVIEW COURSE* / 6:00 PM - 9:00 PM Speaker: Pamela Smith, MD Room: Tiftan 2305 2nd Level</p>		

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Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger



– THE BOOK YOU

Eric Braverman, M.D. of *Younger You* and other authors of *The Edge Effect*, *The Healthiest Way to Revitalize*, and *Male Sexual Fertility*.

Dr. Braverman was recently featured on *The Today Show* (in a segment with Natalie Morales), with Tyra Banks on an episode of *“Who’s the Healthiest?”*, and appeared on *Conan*. He was interviewed by Pat Robertson and discussed his expertise on *60 Minutes*’s *“The 700 Club”*’s *Skinny Wednesday*.

Look for upcoming print articles by and interview with Dr. Braverman, including *O Magazine*, *Men’s Health Magazine*, and a special feature in *Weddings*.

Dr. Braverman will be featured on the *Anti-Aging* show in Las Vegas, and appearing at the *PATHEON* conference throughout the conference. Sign up for brain testing books & vitamins while supplies last and the rest of the *PATH*.

SDAY, DECEMBER 13 / GENERAL SESSION

ARM ORAL EXAMINATION* / Room: Bassano 2703 2nd Level

urs CME Credits Available / Room: Venetian Ballroom F

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

BOOKOUT SESSION I

urs CME Credits Available / Room: Venetian Ballroom F

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

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KOUT SESSION II

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

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

KOUT SESSION III

LABORATORY TESTING IN ANTI-AGING MEDICINE / 1:00 PM – 4:00 PM / 3 Hours CME Credits Available / Room: Veronese 2403 2nd Level

1:00 PM - 2:00 PM	Essential Fatty Acids, Metabolic Ratios & Inflammation Ratios	* Abstract page 181 Bio page 72
2:00 PM - 2:30 PM	Minerals, Metals, Heavy Metals & Metal Sensitivities	
2:30 PM - 3:00 PM	Nutrigenomics & Anti-Aging Genomic Assessment	
3:00 PM - 4:00 PM	Hormones, Saliva, Urine & Serum, Panel and Options to Use	
4:00 PM	Close of Session	
4:00 PM	EXHIBIT HALL BREAK	

AGING WORKSHOPS

CEOMICS- PROSTATE CANCER BREAKTHROUGHS / 5:00 PM – 9:00 PM / Room: Delifno 4001 4th Level / CME Credits Available / Speaker: **Michael Kientze, MD, Ph.D., Christian Schneeberger, Ph.D.**

5:00 PM - 6:00 PM	HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE USING: Bio-Identical Hormone Replacement - Take Shape for Life Weight Loss Program - Anti-Aging Fellowships* / 6:00 PM – 7:00 PM / Speaker: Gasela, R.Ph., Pamela Smith, MD, Ron Rothenberg, MD, Patrick Savage, MD / Room: Delifno 4003 4th level 86, 114/107, 110	* Abstract page 188 Bios pages 86, 114/107, 110
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ESTHETIC MEDICINE WORKSHOPS* / 5:30 PM – 8:30 PM / Room: Veronese 2405 2nd Level

5:30 PM - 6:30 PM	Smartlipo presented by CYNOSURE / Peter Klainer, MD	Bio page 90
6:30 PM - 7:30 PM	How to Operate a Successful Aesthetic Laser Practice presented by PALOMAR / Dianne Quibelli, MD	* Abstract page 188 Bio page 106
7:30 PM - 8:30 PM	Laser Resurfacing Update / Denise Baker, MD	Bio page 72
8:30 PM	Close of Session	
8:30 PM - 9:00 PM	DIETARY NUTRITION FOR OPTIMIZED PERFORMANCE* Presented by GENOVA DIAGNOSTICS / 9:00 PM – 9:30 PM / Speaker: Dr. Richard Gerhauser, Patrick Hanaway, MD / Room: Veronese 2403 2nd Level	Bio page 87
9:00 PM - 9:30 PM	HAIR THERAPY: REVERSING THE SIGNS OF AGING HAIR* Presented by SUNETICS / 9:30 PM – 10:00 PM / Room: Lando 4201 4th Level	Bio page 72
10:00 PM - 10:30 PM	INFLAMMATION, ENERGY MEDICINE, ONDAMED(R) AND ITS SIGNIFICANT ROLE IN THE ANTIAGING PROCESS* Presented by ONDAMED / 10:30 PM – 11:00 PM / Speakers: James Oschman, Ph.D., Shari Han, Ph.D., Wolf-Dieter Kessler, MD / Room: Lando 4203 4th Level	Bios page 98 Bios page 96
11:00 PM - 11:30 PM	ALLERGIES & ALLERGY TESTING* Presented by COLLEGE PHARMACY / 11:30 PM – 12:00 PM / Speaker: Camille Uenens, Ph.D. / Room: Lando 4205 4th Level	Bios page 96

MARKETING - FROM CONSULTATION TO CLOSING THE SALE* Presented by ASTRON CLINICA / 12:00 PM – 12:30 PM / Speakers: **Bryan Durocher** / Room: Delifno 4005 4th Level

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FRIDAY, DECEMBER 14 / GENERAL SESSION

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

3 Hours CME Credits Available / Room: Venetian Ballroom F

6:30 AM	A4M Conference Registration Opens	
7:00 AM - 8:00 AM	EYE OPENER: Mesotherapy, Mesoplasty, Lipodissolve, and Injection Lipolysis: Applications in Aesthetic Medicine. Since the introduction of Mesotherapy in the 1950's many treatments have evolved that are distinctly different, yet often confused with traditional Mesotherapy. This lecture will examine the differences between these modalities and their application in aesthetic medicine. A. Peter Solas, MD	* Abstract Bio page
8:00 AM - 9:00 AM	Comprehensive Cancer Treatment. 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. Mark A. Rosenberg, MD	* Abstract Bio page
9:00 AM - 9:30 AM	Breaking News: Victory over FDA Suppression of Legal Physician Use of Human Growth Hormone (HGH). My Recent Search and Seizure and Indictment for the legal use of HGH obtained from a legal pharmacy distribution center. James Forsythe, MD	* Abstract Bio page
9:30 AM - 10:00 AM	The Future of Medicine Is Here. A new cutting edge medical protocol she has personally experienced. Susanne Sommers	Bio page
10:00 AM - 11:00 AM	Formal Pinning Ceremony for Fellowship Graduates* / Room: Veronese 2501 A/B 2nd Level	
11:00 AM - 1:00 PM	EXHIBIT HALL BREAK & LUNCH BREAK	

BREAKOUT SESSION I

3 Hours CME Credits Available / Room: Venetian Ballroom F

1:00 PM - 1:30 PM	Hair Restoration. This lecture will give an overview of the mechanisms of Androgenetic Alopecia (male and female pattern hair loss) and viable treatment options that address its long and short term management, including non-chemical/non-invasive therapies. Alan Bauman, MD	Bio page
1:30 PM - 2:10 PM	Cellular Energetics in Chronic Dermatoses and Skin Aging. The role of cellular energetics in chronic inflammatory skin diseases (psoriasis, acne, eczema) and aging; Biomarkers of the skin aging process as background for specific anti-aging treatments; Describing innovative procedures and formulas to counteract the described chronic dermatoses and wrinkle formation. Prof John Ionescu, Ph.D.	* Abstract Bio page
2:10 PM - 2:30 PM	Utilization of Amino Acid and Other Protein Compounds for Physical Enhancement / Rafael Santoja-Gomez, Pharm.D.	Bio page
2:30 PM - 3:00 PM	Bone Health- When to start Anti Aging Measures Focus the attention on bone health and enlarge the spectrum from preconception counseling to osteoporosis; To prevent a consensus for bone health monitoring. O.P. Sharma, MD	
3:00 PM - 3:30 PM	The Possible Role of Topical Antioxidant Creams Containing Vitamins A, C, and E in Promoting And Protecting the Health of the Skin. A literature review and scientific rationale for the topical use of multiple simultaneous antioxidant vitamins. Gordon Telford, MD	* Abstract Bio page

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PM - 4:00 PM	<p>The Latest Technology for Medical-Spas: Lasers, Ultrasounds, Micro-Curent...What You Need to Know! New innovations and technologies will be introduced. Update your knowledge on Lasers, LED, lifting devices, electro coagulation, ultrasounds, cellulte equipments, lasers, Micro-Current. Learn the benefits and applications of each device and the new approaches that they are introducing in the industry. Manon Pilon.</p> <p>*Abstract page 197 • Bio page 104</p>
4:00 PM	Close of Session
KOUT SESSION II	
<p>NETIC MEDICINE / 1:00 PM - 4:00 PM / 2 Hours CME Credits Available / Room: Veronese 2405 2nd Level</p>	
PM - 1:40 PM	Panfacial Botulinum Toxin A Treatments / Marlin Braun, MD *Abstract page 198 • Bio page 74
PM - 2:20 PM	Hyaluronan Filler Update / Milan Shah, MD • Bio page 111
PM - 2:40 PM	Calcium Hydroxyapatite Filler Update / Breitt Ribotsky, DPM • Bio page X
PM - 3:00 PM	Combination Therapy Injectables Demonstration / Sharon McQuillan • Bio page 98
PM - 4:00 PM	Aesthetic Laser Treatments presented by CANDELA* / Jason Myers, MD
4:00 PM	Close of Session
KOUT SESSION III	
<p>Hours CME Credits Available / Room: Veronese 2403 2nd Level</p>	
PM - 1:40 PM	HGH Update Latest Findings. This presentation displays the new and approach to an endocrinological treatment strategy, which should be 1. individual, 2. custom attracted and 3. secure. The great advances in medicine in the last years can realize this idea for the near future. Mark L. Gordon, MD • Bio page 86
PM - 2:20 PM	Genomic Approach to Cancer Treatment. In this presentation will be discussed how a personalized treatment approach may improve the results of cancer therapy and will review the most important strategies that are useful in current oncology practices. Stanislav R. Burzynski, MD, Ph.D. *Abstract page 194 • Bio page 75
PM - 3:00 PM	Vibration Training for Active Aging.* This lecture will outline the research and science behind Power Plate and how it is increasingly proving to produce health building outcomes for: cardiovascular circulation, reduction of cortisol, inhibition of pain, new bone mineral stimulation, and many more. / Joseph Signorile, Ph.D.
PM - 3:30 PM	The Fusion of Aesthetics and Age Management. As we enter a new phase of anti-aging medicine, it has become more and more obvious that our clients require a sophisticated, combined approach to augment their anti-aging medical treatments. This lecture will describe the means by which a patient can have an integrated treatment plan involving both anti-aging and aesthetic procedures in the same practice. More importantly it will describe the way we as doctors can combine the two specialties into a common practice. Michael W. Zacharia, MD *Abstract page 195 • Bio page 118
PM - 4:00 PM	Clinical Therapies to Control Inflammation and Metabolic Performance. The presentation focuses on clinical pearls on unique applications of natural medicines to support innate biochemical pathways within the body. Discussions will include natural approaches to inflammation control from a botanical perspective. Chris Meleis, ND *Abstract page 196 • Bio page 99
4:00 PM	Close of Session
PM - 6:00 PM	Exhibit Hall Break
5:30 PM	Conference Registration Closes

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LOOK YOUNGER
SIGNS OF AGING?
POWER ENERGY

STOP AGING
Bio Hormone Rejuvenation
Natural Anti-Aging

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

WORKSHOPS

COLS OF STEM CELLS, FITNESS, HORMONES AND BIOCHEMISTRY / 5:00 PM – 9:00 PM

CME Credits Available / Room: Veronese 2403 2nd Level

6:00 PM - 7:00 PM	How Stem Cells, Fitness, Diet Protocols, Hormones, and Biochemistry Are Used to Increase Metabolism / Nick Delgado, Ph.D.	*Abstract page 202 Bio page 78
7:00 PM - 7:30 PM	The Energy Factor: Nitrogen – A Neurochemical Approach to Brain Function (ADD/ADHD, Addictions) / Suzie Schuder, MD	*Abstract page 202 Bio page 111
8:00 PM - 8:00 PM	Female Menopause and Male Andropause / Naina Sachdev, MD.	*Abstract page 203 Bio page 108
9:00 PM - 9:00 PM	Lifestyle to Reverse Diabetes, Heart Disease, Hypertension, Arthritis and Obesity / Nick Delgado, Ph.D., Naina Sachdev, MD, Suzie Schuder, MD	Bio page 78 Bio page 108 Bio page 111
9:00 PM - 9:00 PM	Close of Session	

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

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

OTOCOL: EMPOWER YOUR REVENUES WITH CONSUMER APPROVED WELLNESS PRODUCTS*

and 4203 4th Level / Speaker: **Alfred G. Moravec, Ph.D.**

9:00 PM - 9:00 PM	ELECTROMAGNETIC FIELDS- IMPACTS AND ANTIDOTE* / 6:00 PM – 9:00 PM	Bio page 100
9:00 PM - 9:00 PM	Speaker: Eric Braverman, MD / Room: Veronese 2401 2nd Level	*Abstract page 198 Bio page 75
9:00 PM - 9:00 PM	UP YOUR PRACTICE WITH NANOTECHNOLOGY* Presented by USA PERFECTOR / 6:00 PM – 9:00 PM	Bios pages 95, 95 & 114
9:00 PM - 9:00 PM	Speaker: Suzanne Levine, M.D., Everett Lauffin, M.D., Xanya Sofra-Weiss, Ph.D. / Room: Lando 4201 4th Level	

KSHOP* GENETICS OF AGING AND CANCER Presented by AMINOCARE / 6:00 PM – 9:00 PM

Room: Tiffan 2303 2nd Level

9:00 PM - 9:00 PM	UNDERSTANDING LEGAL TOOLS: THE KEY TO ASSET PROTECTION AND TAX REDUCTION* / 6:00 PM – 9:00 PM	Bio page 98
9:00 PM - 9:00 PM	Speaker: Eric Kent Mangelson, CPP / Room: Delifno 4001 4th Level	

GREATFULLY WITH METAFOLIN* Presented by PHYSICIANS PROVISIO / 6:00 PM – 8:00 PM

Room: Delifno 4005 4th Level

8:00 PM - 8:00 PM	MEETING CANCER CELL SPECIFIC METABOLISM; A BEST CASE SERIES ANALYSIS AND DISCUSSION* / 6:00 PM – 9:00 PM	Bio page 80
8:00 PM - 8:00 PM	Speaker: Jim LaValle R.Ph., M.S., C.C.N., N.D. / Room: Delifno 4003 4th Level	Bio page 94

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AAM Conference Registration Opens

EYE OPENER: THE LONGEVITY FACTOR: How Red Wine and Resveratrol can Unlock the Genetic Secrets of A Longer and Healthier Life. Speaker will discuss the discovery of natural polyphenols found in red wine and the dietary supplement – resveratrol, and explain the latest research into treatments and understand of human aging and disease prevention.
Joseph C. Maroon, MD

New Updates in Stem Cell Research. Stem cells have the potential to develop into many different cell types in the body; Serving as a sort of repair system for the body. Clinical studies and new recent research information. **Michael Klentze, MD**

A Breakthrough in Cancer Therapy Via Glucose Inhibition. Recent research: a unique fermented wheat germ extract (FWGE) blocks glucose uptake within cancer cells, choking off their energy supply, reducing their ability to grow and proliferate, and eventually causing cancer cell death by apoptosis without any detrimental effect to healthy cells. **Maureen Pellefter, MD**

Brain Preservation and Functional Enhancement. Understanding of the important role of nutritional initiators of inflammation in specific neurological conditions and brain degeneration. Recognize the fundamental role of specific antioxidants in preserving and enhancing brain function. **David Perlmutter, MD**

Two New Aspects of Astaxanthin for Human Health – Metabolic Syndrome & Eye Fatigue.

Two new data on natural astaxanthin from microalgae are presented. One is metabolic syndrome prevention in an animal study. Another is eye fatigue improvement in a clinical study. The results indicate that astaxanthin protects the blood and vessel from oxidative stress and enhances muscle endurance and recovery during fatigue. **Eiji Yamashita, Ph.D.**

An Integrative Approach to Cancer Therapy: What Works. Understand the mechanism of action of specific nutraceuticals with respect to cancer; how to become proficient in the recommendation of specific nutraceuticals in the integrative treatment of certain cancers and how to review if antioxidants improve the outcome of conventional cancer treatment. **Sheri Lieberman, Ph.D.**

EXHIBIT HALL BREAK & LUNCH BREAK

BREAKOUT SESSION I

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

Most Updated research in Stem Cell – What Experts Say Room: TBA / Speaker: **Mitchell Chen, DO, Ph.D., Denis Rodgeron**

Energy Medicine and Longevity. After much skepticism, energy medicine and the science behind it are emerging as rich and fascinating topics with major implications for anti-aging medicine. This presentation focuses on diagnostic/therapeutic approaches utilizing pulse biofeedback.
James L. Oschman, Ph.D.

Restful Sleep: A Key Anti-Aging Initiative. This presentation will review regular sleep schedules and sleep modification programs, care with drugs, diet, alcohol, and other drugs. **Stephen Holt, MD**

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PM - 3:30 PM	<p>Hormone Essentials: Which Sample Do I Use? This presentation will review the basic physiology of hormone synthesis and metabolism; introduce and familiarize participants with diagnostic testing; varying pharmacokinetic implications of HRT administration routes and the physiologic basis of monitoring and clinical improvement. <i>Patrick Hanaway, MD</i></p> <p>An Efficient Antioxidant by Molecular Hydrogen as a Novel Concept. We show here that hydrogen (H₂) has great potential as an antioxidant in preventive and therapeutic applications. H₂ selectively reduced the hydroxyl radical, which is the most cytotoxic reactive oxygen species (ROS), and effectively protected cells, but did not react the other ROSs that possess physiological roles. <i>Shigeo Ohta, Ph.D.</i></p> <p>Close of Session</p>	<p>* Abstract page 211 • Bio page 87</p>
PM - 4:00 PM	<p>ARM/ ABA-AHP/ ACASP Written Exam / 1:00 PM - 5:00 PM / Room: Veronese 2401 2nd Level</p> <p>KOUT SESSION II</p> <p>NETIC MEDICINE / 1:00 PM - 4:00 PM / 2 Hours CME Credits Available / Room: Veronese 2405 2nd Level</p>	
PM - 1:30 PM	<p>Chemical Peelings for Aging Skin-The Brazilian Experience <i>MariLusia Maria Costa, MD</i></p>	<p>* Abstract page 208 • Bio page 76</p>
PM - 2:00 PM	<p>Importance of Medical Photography / <i>Jim Larkey</i></p>	<p>* Abstract page 209 • Bio page 94</p>
PM - 2:30 PM	<p>Body Contouring Overview / <i>Sharon McQuillan, MD</i></p>	<p>• Bio page 90</p>
PM - 3:00 PM	<p>Body Sculpture / <i>Sharon McQuillan, MD</i></p>	<p>• Bio page 90</p>
PM - 4:00 PM	<p>Three-Dimensional Skin Rejuvenation Presented by CUTERA* / <i>Jill Lezacic, DO</i></p>	
4:00 PM	<p>Close of Session</p> <p>KOUT SESSION III</p>	
<p>urs CME Credits Available / 1:00 PM - 4:00 PM / Room: Veronese 2403 2nd Level</p>		
PM - 1:30 PM	<p>Understanding Legal Structures. A Key to Professional Liability Protection: lawsuit protection and tax reduction and estate planning. <i>G. Kent Mangelson, CFP</i></p>	<p>* Abstract page 205 • Bio page 98</p>
PM - 2:00 PM	<p>Iodine: The Universal Nutrient for the Total Body. Will be discussed the need for iodine by all the body and not just the thyroid. We will look into what the body looks like when there is not enough iodine in different tissues. <i>Jorge Flechas, MD</i></p>	<p>* Abstract page 210 • Bio page 80</p>
PM - 2:30 PM	<p>The Physiological Benefits of Increasing Cellular Membrane Permeability Related to Disease and Anti-Aging. In this lecture I will demonstrate the bipolar malleability of water and how assorted energy formats or pollutants can affect molecular structure; physiological effects of altering the structure of water and to help the physician integrate this awareness into the therapeutic anti-aging protocol and decrease dehydration effects in patients. <i>Howard W. Fisher, DC</i></p>	<p>* Abstract page 210 • Bio page 80</p>
PM - 4:00 PM	<p>Treatment of Osteoarthritis with Horizontal Therapy. Horizontal Therapy (HT) supports the natural processes in biological tissue, where bioelectrical and biochemical processes are simultaneously promoted. Horizontal Therapy promotes the metabolism, circulation, lymph transport, and the diffusion processes in the treated area of Osteoarthritis. <i>Achim Hansjürgens, Ph.D.</i></p>	<p>• Bio page 87</p>
4:00 PM	<p>Close of Session</p>	
PM - 5:00 PM	<p>Exhibit Hall Break</p>	
4:00 PM	<p>Conference Registration Closes</p>	
5:00 PM	<p>Exhibit Hall Closes</p>	

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► **WILMAR ACCURSIO, MD**

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

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



► **HARRY ADELSON ND,**

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



► **FERRE AKBARPOUR, M.D.**

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



Bill Anton is a consultant at PathLab (Australia) as a clinical & nutritional biochemist. As a non-clinical endocrinologist (scientist), he has researched and developed reference ranges for hormones in serum, urine and saliva based on gender and age groups for physiological and supplemented levels relative to anti-aging medicine protocols. He has been instrumental in developing a number of test panels and profiles for Integrative and Anti-Aging Medicine. He was a Senior Lecturer and Consultant in Integrative Medicine and the coordinator of the course in Anti-Aging Medicine at the University of Queensland, Australia, and where he was also involved in Research on Anti-Aging Medicine as part of a PhD. Bill Anton is the Medical Research Director of LifeSource Anti-Aging Clinics in Melbourne and Sydney and has been practicing anti-aging medicine for over 10 years. As a Board Certified Diplo- matic in Anti-Aging Medicine (A4M), Bill Anton has been responsible for promoting the field of anti-aging medicine in the USA, Europe, Asia, and recently Europe, where he was also appointed as a foundation board member, and a board member of the International Hormone Society and Secretary of the World Society of Anti-Aging Medicine based in Melbourne. More recently, with the assistance of the A4M, Bill Anton and colleagues established the AustralAsian Society of Anti-Aging Medicine (A5M). Bill Anton is also a lecturer and examiner for the European Specializa- tion course in Anti-Aging Medicine and the USA Anti-Aging Fellowship Program.



► DENISE BAKER, MD

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



► ALAN J. BAUMAN, MD
Medical Director, Bauman Medical Group

Dr. Alan J. Bauman received his MD degree from New York Medical College and served internship and residency years in Surgery at Beth Israel Medical Center and Mt. Sinai Medical Center in Manhattan, before specializing exclusively in Hair Restoration. As Founder and Medical Director of Bauman Medical Group in Boca Raton—Florida, he has spent the last ten years of his professional career helping his patients maintain, enhance and restore their hair using a results-oriented, "Multi-Therapy" approach. Dr. Bauman is a member of the International Society of Hair Restoration Surgery and the American Academy of Anti-Aging Medicine. Dr. Bauman is an avid author, presenter and frequent faculty member at national conferences and Live Surgery Workshops. His advice and expertise is sought out not only from patients and physicians, but also the media. Dr. Bauman's hair restoration practice has been featured and profiled in national news stories that have appeared on ABC's *Good Morning America*, NBC's *Dateline*, CNN, MSNBC, FOX News Channel, ABC News, as well as in The New York Times, USA TODAY, Men's Health Magazine, and others.

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

Dr. Bradford holds 2 PhDs in Medical Fitness Specialization and Sports and Fitness Training and is currently working on a D/PhD degree in Naturopathic Medicine.

Dr. Bradford is a former NCAA Gymnast and Martial Artist and was a NCAA Gymnastics Coach while working on a Degree in Engineering, Exercise Physiology and an MBA. He is a world known lecturer and author, writing and speaking around the globe on numerous subjects concerning anti-aging, fitness, health, sports nutrition, physiology, sports conditioning-medicine and psychology, and holds the rare honor of twice being the speaker on exercise physiology and sports nutrition at the US Olympic & Pan American Coaches College. Dr. Bradford is a former US Air Force officer and fighter pilot and he also holds over 60 different certifications in various subjects concerning fitness, sports nutrition-conditioning-medicine-exercise and psychology.



▶ **ROBERT W. BRADFORD, PH.D.**

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

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

Dr. Bradford developed Dioxychlor®, Sulfoxime®, and BioRizin® and the renowned HLB® and HRBM™ blood tests which are in practice today in over 30 countries. Dr. Bradford also developed and holds worldwide patents on his Bradford Variable Projection Microscope (BVPM®) the pre-clinical assessment tool for identifying pathologies and risk factors in health and disease. Dr. Bradford continuously teaches doctors worldwide in the use of this equipment, in order to manage disease states and metabolic imbalances, thereby facilitating the patient's optimal health.

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

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



▶ **MARTIN BRAUN, MD**

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



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



▶ **ALAN BUNTING**

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



▶ **STANISLAW R. BURZYNSKI, M.D., PH.D.**

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

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



▶ **JOSE M. CASTRO NUNEZ, MD**

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

Dr. Costa is a dermatologist, Brazilian Federal Medicine Council, a fellow of American Academy of Dermatology, International Society of Cosmetic Dermatology, International Society of Dermatology, International Society of Anti-aging Medicine, Brazilian Society of Anti-Aging among other societies. She has a postgraduate title on Aesthetic Medicine from John F. Kennedy University, Aires - Argentina and she has a Diplôme International de Médecine Esthétique, from Union Internationale de Médecine Esthétique, Paris, France. She is general coordinator and professor of Postgraduate Course on Aesthetic Medicine. She is of Studies and Scientific Research Center of Brazilian Society of Aesthetic Medicine and she is a professor of Postgraduate Course of Anti-Aging - Brazilian Society of Antiaging and Anhembi Morumbi University, São Paulo, Brazil. She is a member of numerous professional organizations and is President of Brazilian Society of Aesthetic Medicine - district of Bahia. Dr. Costa has appeared on national television, is frequently interviewed on radio stations and important newspapers and magazines and lectured across her country.



► **KENNETH COUNTS, PhD**

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



► **JANETTE DAHER, BS**

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



► **NANCY DE JESUS, MD**

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



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Bryan Durocher is the author of *Wake Up Live the Life You Love in Beauty*, an experiential health and beauty magazine. He is a contributor to NBC South Florida Today Health Journal TV, *Life and Leisure TV*, and contributor to NBC South Florida Today. He is also a founder of Durocher Enterprises. Durocher Enterprises provides coaching, consulting, and industry trends, marketing solutions, and website/e-commerce development for medical and industry professionals internationally.

Durocher Enterprises has been published in many articles and has provided business education internationally including TSA, International Beauty Show NY, Organization Mondiale Moscow, Allured's Face & Body, Aesthetics, Cosmetics, and Spa Conference.

Dr. Delgado graduated from the University of Southern California, with studies at Rancho Los Amigos Hospital, USC, Loma Linda University, California State Long Beach, as well as continued research with endocrinology experts. He served as Director of the Pritikin Better Health Program of the Nathan Pritikin Longevity Center. Dr. Delgado worked with some of the top experts in microscopy, certified by Phil Huckster, PhD., of Hematology, Physiologic Research Institute. Nick Delgado at 52 years of age, trained by Bob Anderson, Olympic

placed his team USA #1, London 2007, World Endurance Lifting Championship. One of the World's experts in anti-aging, Nick has lectured to physicians and healthcare professionals at conferences on aging and longevity, including the original Anthony Robbins Mastery University. In January 2007, at the International Anti-Aging and Aesthetic Congress in South Africa, Dr. Delgado was awarded "Best Speaker". A total of 10 books, he is a major contributing author to Anti-Aging Clinical Protocols published by A4M, which research on stem cells (having personally received multiple treatments), decline in sexual function and anti-aging. The forerunner chapters to these unpublished books are posted as articles on the website at: www.ultimatemedicalresearch.com see *Science Journals*.



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

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



► **SERGEY A. DZUGAN, MD, PHD**
President of Fountain Institute

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

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

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



► **MAYER EISENSTEIN, MD**

Dr. Mayer Eisenstein is a graduate of the University of Illinois Medical School, the Medical College of Wisconsin School of Public Health, and the John Marshall Law School. In his 30 years in medicine, he and his practice have cared for over 75,000, children, parents, and grandparents. He is Board Certified by the American Board of Public Health and Preventive Medicine and is a member of the American Board of Quality Assurance and Utilization Review Physicians. He is a member of the Illinois Bar.

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



► **FRIEDERICH R. DOUWES, MD**

Dr. Douwes received his medical degree from Medical school (University Marburg, Heidelberg, Zurich Switzerland and Detroit Michigan, board certified in internal medicine. Dr. Douwes served as professor of Medicine, Semmelweis University, Budapest, Hungary, Post Vice-President, German Society for Oncology, Post Scientific Board Chairman, German Society for Oncology, Post Editor, German Journal of Oncology (1987-1991), President of the Society for Complementary Cancer Therapy, Secretary of the German Society for Hyperthermia and received several medical awards for research and work in Hyperthermia and Electrotherapy as cancer treatment. He is the founder of "Freundeskreis ganzheitlicher Krebstherapien", oncological self support group.

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

▶ **HOWARD W. FISHER, D.C.**

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

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

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▶ **JORGE D. FLECHAS, MD, MPH**
Family Practice

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

▶ **JONATHAN FORESTER, MD**

Dr. Forester obtained his master's degree in pharmacology with a thesis on brain chemistry. He trained at Medical College of Georgia, studying under Dr Alquist, the father of autonomic pharmacology. He is boarded in Family Practice and obtained a fellowship in allergy with the American Academy of Otolaryngic Allergy. He is a member of Pan American Allergy Society, received a Chelation Certificate from ACAM, and is a member of the International Lyme Disease Association (ILADS). He is adjunct Professor LSU School of medicine, Family Practice and has taught in three university systems. He is author of the book "Conquering Chronic Fatigue". He practices in Pineville, La. and sees patients from over the nation. He has been interviewed by national radio and television talk shows. In January 2007 he was a consultant to the white house aid for Lyme Disease.

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Professor Georgiy Avtovich Gladyshev, President and founder of the International Academy of Creative Endeavors, Chief of the Laboratory of thermodynamics and macrokinetics of non-equilibrium processes (1970-2005) and Principal Researcher (2006-) of N.I.S. Institute of Chemical Physics, Russian Academy of Sciences, HT-Researcher of Institute of Human Thermodynamics (USA) . He graduated the Chemistry Department of the University in Alma-Ata in 1959 and received the Degree of Candidate of Science (1962) and a Doctorate Degree in polymer chemistry in 1966. He became Professor of Physical Chemistry in 1970 Chief of the Laboratory at the Institute of Chemical Physics of the USSR (Russian Academy of Sciences in Moscow. Since 1968 he has been a visiting professor and Scientific adviser at several universities, industrial plants, and firms. In 1989 he was elected President of the Academy of Creative Endeavors of the International Academy of Creative Endeavors). In 1990 he became the head of the Institute of Ecological Biophysical Chemistry (now – the Institute of Physico-chemical Problems of the International Academy of Creative Endeavors). He is the author of more than five hundred scientific articles, patents and ten monographs in the fields of Physical Chemistry, Life Science and Polymer Chemistry. His latest monographs include "Thermodynamics and Macrokinetics of Natural Hierarchical Processes" (Nauka, Moscow, 1988), "Ecological Biophysical Chemistry" (Nauka, Moscow, 1989), "Thermodynamics of the evolution of living beings" (Nova Science Pub, INC., N.Y. 1997), "Supramolecular thermodynamics: a key to understanding phenomenon of life. *What is life from a physical chemist's viewpoint*" , M., 2002; 2nd Edition - Moscow - Izevsk, 2003). He has conducted research in the fields of polymer chemistry, Physical chemistry, biology (chemical kinetics, the physico-chemical mechanism of the formation of the plasma system, the mechanism of chirality formation, the nature of ball lightning, biological evolution, aging a macrothermodynamics) .

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

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

Since 1966, Dr. Jerry Gillick has been interested in combining conventional and alternative medicine. He was the only oncologist in the area that would treat cancer patients who were under the care of an alternative physician. He noted that patients, who were integrating conventional treatments with alternative therapies, were doing better. They had fewer side effects from the chemotherapy and their quality of life was far superior. This convinced him that conventional medicine had made great strides with their chemotherapy drugs, but were lacking in the patient's immune system stimulated. He began to study the science of alternative medicine, and in received his homeopathy certificate.



► **JANINE GASTON NHAN, MD**

Graduated from Paris Medical School 1973
Fellow ABAAM ESAAM, Certified Mesotherapist, AFMCP Graduate in Functional Medicine, Chronobiology, Neurodegeneration, Prevention of pathological aging, Certified in Aesthetic & Laser Medicine Translator in French Textbook of Functional Medicine. Author Textbook Mesotherapy in Anti-Aging Medicine Lecturer A4M Congresses & French Mesotherapy Societies



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

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



► **MITCHELL J. GHEN, DO, PH.D.**

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



Dr. Rebecca Glaser has D.A. Chemistry from University of Dayton, she graduated from Wright State University in 1983 and underwent her Surgery Residency at Wright State University.

She is Board Certified in General Surgery since 1988 and a Fellow of the American College of Surgeons from 1989.
Assistant Clinical Professor of Surgery, Wright State University

Rebecca Glaser retired from surgery, April of 2004, and is currently involved with bioidentical hormone therapy and its impact on healthcare. She has evaluated and treated over two thousand breast cancer patients and over fifteen hundred patients with hormone imbalances. She continues to treat patients, train nurses and lectures on 'Bioidentical Hormone Balance and Health'.
She published the website, <http://www.hormonebalance.org/> as a nonprofit, educational website for patients with care providers (March 2005). The website has over 1200 full text, peer reviewed articles supporting use of bioidentical hormone therapy.

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

► **ROBERT M. GOLDMAN, MD, PHD, DO, FAASP**
Chairman, American Academy of Anti-Aging Medicine (4AM)

Dr. Robert M. Goldman has spearheaded the development of numerous international medical organizations and corporations. Robert Goldman, M.D., Ph.D., D.O., FAASP has served as a Senior Fellow at the Lincoln Filene Center, Tufts University, and as an Affiliate at the Philosophy of Education Research Center, Graduate School of Education, Harvard University. Dr. Goldman is a Clinical Consultant, Department of Obstetrics and Gynecology, Korea Medical University. He also serves as Professor, Department of Internal Medicine at the University of Central America (Belize). In addition, Goldman presently holds the position of Visiting Professor at Udayana University (Indonesia). Dr. Goldman is a Fellow of the American Academy of Sports Physicians and a Diplomate in Sports Medicine and Board Certified in Anti-Aging Medicine.

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

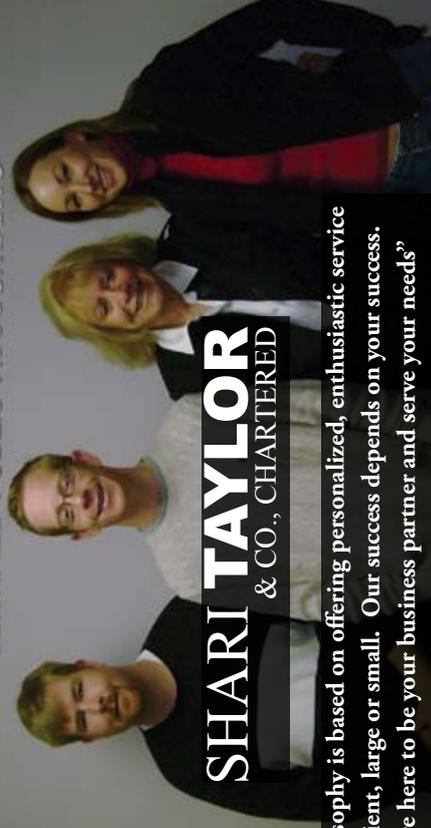
Dr. Goldman is the Chairman of the Board of Life Science Holdings, a biomedical research company with numerous medical patents under development in the areas of brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation technologies. He has overseen cooperative research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

Dr. Goldman received honors from Minister of Sports and government Health officials of 15 nations. In 2001, Excellency Juan Antonio Samaranch awarded Dr. Goldman the International Olympic Committee Tribute Diploma for contributions to the development of sport & Olympism. In addition, Dr. Goldman has been listed in the Guinness Book of World Records. Some of his past performance records include consecutive situps and 321 consecutive handstand pushups.

Dr. Goldman was an All-College athlete in four sports, a three time winner of the John F. Kennedy (JFK) Fitness Award, was voted Athlete of the Year, was the recipient of the Champions Award, and was inducted into the World Hall of Fame of Physical Fitness. In 1995, Dr. Goldman was awarded the Healthy

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

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



► **MARK L. GORDON, MD**

The Millennium Health Group for Anti Aging Medicine

After 14 years of Clinical Orthopedics and 20 years as a residency trained board certified Family Physician, Dr. Mark L. Gordon integrates Anti Aging Medical theories into a program of sports rehabilitation. Using nutrition, exercise and his knowledge of supplementation he has helped a number of injured patients return to their activities in a significantly reduced time. Pre-operative programs help surgical outcome and reduce the down time for both

and non-sports related injuries. Many natural products are available to accomplish these goals. Dr. Mark has been recognized as a leader in the area of Anti Aging Medicine and holds Associate Clinical Professor at USC and UCLA. Dr. Gordon has recently been reappointed as Medical Director for CBS Studios, Consultant to HBO and FX. In these positions he is available for consultation on areas of Preventive, and Alternative Medicine. He writes articles on nutritional supplementation and hormonal replacement of which have been published in Max Muscle and Planet Muscle. He has worked with a number of nutritional companies developing unique products; Rexall Drugs, Thane International and Life Tech Resources. A member of the State of California's board of Expert Medical Reviewers, he is recognized as the expert in Alternative and Complementary Medicine. Dr. Gordon's own involvement in Aerobic Weight Lifting and

Arts (holding a second degree black belt in Tae Kwan Do), has afforded him an opportunity to test many natural products that he has developed. His ultimate goal for his patients is to bring them back to a more level of functioning; psychological, physiological and physical.

► **JOHN GRASELA, R.PH.**

Owner, University Compounding Pharmacy

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

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

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



► **ACHIM HANSJÜRGENS, PH. D.**

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

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



► **MADALENE HENG, MD, FRACP, FACD**

"Madalene Heng, MD, FRACP, FACD is Clinical Professor of Medicine/Dermatology UCLA School of Medicine. From 1979 to 2003, she was Chief, Division of Dermatology UCLA San Fernando Valley Medicine Program. She is currently practicing at the Cer Family Health, Community Memorial Hospital, Ventura, California. Dr. Heng is a reviewer for the Journal of the American Academy of Dermatology, American Journal of Geriatric Medicine, British Journal of Dermatology, Lancet, London, and International Journal of Medicine. With more than 130 scientific publications, including 71 published peer-reviewed articles on topical

as phosphorylase kinase activity and psoriasis, pathophysiology of disease, and wound healing. Dr. Heng is a link treatment of diseases to their etiology at the basic science level. Dr. Heng is the developer of curcumin (Psoria-Gold)."



► **THIERRY HERTOEGHE, MD**

President of the World Society of Anti-Aging Medicine (WOSAAM)
President of the European Academy of Quality of Life and Longevity medicine (EaQLM)
Scientific coordinator of the International English-speaking and national French-speaking Anti-Aging Medicine Specialization linked to the European Institute of Scientific Anti-Aging Medicine

Author of various books translated into several languages (Spanish, Russian, Chinese, man, French, Danish, Dutch, etc.) including the Hormone Handbook (International Medical Books) and Hormone Solution (Harmony books).

Dr. Scepter Holt, M.D. is a Distinguished Professor of medicine and a medical practitioner in New York State. He has published many peer-review papers in medicine and he is a best-selling author with twenty books in national and international distribution. He has received several awards for teaching and research. As a full professor of medicine for 20 years and an adjunct professor of Bioengineering for 10 years, Dr. Holt is a frequent lecturer at scientific meetings and healthcare facilities throughout the world.



► **C. C. HUANG, PH.D.**



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

► **PROF. JOHN G. IONESCU, PHD**



Director and Founder, Spezialklinik Neukirchen, Germany

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

He received his PhD in medical biochemistry 1983 from the University of Saarbrücken, Germany, and directed 1985 the research programme of a dermatological clinic in Aschaffenburg. Main research areas included the diseases, psoriasis, arthritis and the MCS-syndrome. Prof. Ionescu founded 1986 in Bavaria the Spezialklinik Neukirchen for the treatment of allergic, skin and mental diseases according to the principles of the nutritional and environmental medicine. The 160 beds are fully integrated in the official hospital system and the treatment fees are reimbursed by all German and health insurances.

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

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

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

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Dr. Ronald Klatz, who coined the term "anti-aging medicine," is recognized as a pioneer in the new clinical science of anti-aging medicine. Since 1981, Dr. Klatz has been integral in the pioneering exploration of new therapies for the treatment and prevention of age-related degenerative diseases. He is the physician founder and President of the American Academy of Anti-Aging Medicine Inc. ("A4M"), a non-profit medical organization dedicated to the advancement of technology to detect, prevent, and treat aging related disease. He promotes research into methods to retard and optimize the human aging process. As a world-renowned expert in anti-aging medicine, Dr. Klatz is a popular lecturer at A4M sponsored/co-supported events in anti-aging medicine. He is instrumental in the continuing development of A4M's educational website, www.worldwidea4m.com, with an Internet audience exceeding 300,000 viewers, for which he serves as Medical Advisor.

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

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

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

The author of several nonfiction bestsellers, including *Grow Young with HGH* (HarperCollins), *Dr. Klatz's Infection Protection: How to Fight the Germs That Make You Sick* (HarperCollins), *Ten Weeks to a Younger You*, *New Anti-Aging Secrets for Maximum Lifespan*, *Brain Fitness* (Doubleday), *Hormones of Youth*, *Seven 2 1 Aging Secrets*, *Advances in Anti-Aging*, *Stopping the Clock*, *Death in the Locker Room/Drugs & Sports*, *The E The Life Extension Weight Loss Program*, and *Deprenyl-The Anti Aging Drug*. Dr. Klatz has served as a senior editor, reviewer and advisor to *Archives of Gerontology and Geriatrics*, *Journal of Gerontology*, *Osteopathic Medical Journal*, *Patient Care Medical Journal*, *Total Health for Longevity*, and *50+ Plus magazine*. His column on wellness and longevity have appeared in *Pioneer Press (a division of Time-Life Inc)*, *Townsend Letter for Doctors and Patients*, *Spa Management Journal*, *The Wellness Channel*, *Fitness & Longevity Digest*, *Alternative Medicine Digest*, *Nutritional Science News*, *Healing Retreats & Spas*, *Skin Inc.*, and *Longevity SA* (for which he is serving as Senior Medical Editor).

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

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

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

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

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



► **WOLF - DIETER KESSLER, M.D.**

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

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

He was confronted with a health problem 35 years ago after contracting a chronic infection (Coxsackie B4) in India and became highly allergic to almost anything. The lack of satisfactory conventional medicine made him hunt for both: to advance conventional and complementary treatments. In 1980's he went into private practice in Germany, which today employs 9 qualified nurses. The encounter with ONDAMED® have substantially influenced his therapy potential in his clinic. The ONDAMED® has become a "hand in hammer" tool to his clinic for effective therapy results.



► **PARRIS M. KIDD, PHD**

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



► **PETER KLAINER, MD, FACS**

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



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► **MICHAEL KLENITZE, MD, PH.D.**
Medical Director, Klentze Institute of Anti-Aging Munich, Germany, Barcelona, Spain
Member, AAM Advisory Board - Europe
Guest Professor, Medical school "Fate Bene Fratelli, University Cattolica, Roma" Italy

Dr. Klentze received his medical degree from the University of Munich Medical School and is board certified in psychiatry and gynecology. He is Medical Director of Klentze Institute of Anti-Aging Medicine in Munich, Germany and is an advisory member of the American Anti-Aging Medicine for Europe. Dr. Klentze holds membership in the Endocrine Society (USA) and in Committee of Anti-Aging Medicine, German Society of Gynecology and Obstetrics and European Society. He is the author of several scientific articles on aging-related topics including androgens in neurosteroids and the aging brain and vitamins and antioxidants



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

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

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



► **GKRITZALAS KOSTANTINOS, M.D**
 Dr. Kostantinos received his Doctorate in Medicine with Surgery specialisation at Medical University of Bologna, Italy.
 From 1997-2000 he underwent a specialisation in Dermatology – University Gianina Greece and did his Doctorship at University of Bologna "Thesis on Breast tumor locally advanced"
 In 2002 he was specializing in Lipoaspiration (Classic method and Laser system – Dekka) Under tutorship of Dott Sergio Novello, Milano

Dr. Kostantinos is a President of the Scientific committee of SIMOE (Italian Society of Medicine aesthetic). He is a member of the Hellenic Dermatology society and member of the Hellenic Dermatological surgery society. He is also a member of the Lipolysis net.

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▶ **JIM LARKEY, MBA**

Director of Product Management and Marketing at Canfield Imaging Systems

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



▶ **EVERETT MARC LAUTIN, M.D., FACR**

Everett Marc Lautin, M.D., FACR, is a physician with 30 years experience in the New York area, on staff at several hospitals, lending his talents to academic institutions and medical societies worldwide. He is the author of several texts and has lent his skills authoring chapters in many books. He is widely published in professional medical journals and has been quoted in *Prevention Magazine*, *The New York Times*, *The London Evening Standard*, *Investors Business Daily*, *Avenue*, *Discover Magazine*, and *American Spa*. His letters to the editors have appeared in *The New York Times*, *Newsday*, *New York Post*, and *Discover Magazine*. Dr. Lautin has appeared on network news shows around the country and Fox News at Noon. He has also appeared on Today Show, NBC at Sunrise, WNBC Today in New York and KOMO- TV in Seattle.

Dr. Lautin has lectured at Medical Centers around the Greater New York area. He has lectured throughout U.S. and Europe, and in Mexico to the Society of Plastic Surgeons and for a course for dermatologists. His books include: *The Botox Book* (the first trade book on Botox) and *You Don't Need Plastic Surgery*.



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

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

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

Dr. LaValle is currently in clinical practice at the LaValle Metabolic Institute (lmihealth.com) a comprehensive wellness, early detection center, which he founded. The LaValle Metabolic Institute is one of the first professional natural therapeutics with comprehensive interdisciplinary approach including M.D.'s, Pharmacists, Acupuncturist, Nurses, Fitness and other allied health care professionals



▶ **SUZANNE MARIN LEVINE, D.P.M., PC**

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



▶ **THOMAS E. LEVY, M.D., J.D.**

Dr. Levy received his bachelor of arts degree in biology from the Johns Hopkins University in 1972. He later graduated from the Tulane University School of Medicine in 1976. Continuing his training at Tulane, he specialized first in internal medicine and then in cardiology, receiving board certification in both of these disciplines. After completing his postgraduate training at Tulane, Dr. Levy served as an assistant professor of medicine at Tulane Medical School for another 10 years.

After a private practice of adult cardiology, Dr. Levy started his research on the medical impact of dental toxins. Dr. Hal Huggins in 1994. In 1998, he received his law degree from the University of Denver and was subsequently admitted to practice law in Colorado and the District of Columbia. Dr. Levy continues to research and write, especially on the medical effect of properly dosed vitamin C for over 10 years now.

Dr. Levy has now authored five books: *Uninformed Consent: The Hidden Dangers in Dental Care*, co-authored with Huggins; *The Roots of Disease: Connecting Dentistry and Medicine*, co-authored with Robert Kulacz, D.D.S.; *Optimal Nutrition for Optimal Health: Curing the Incurable: Vitamin C, Infectious Diseases, and Stop America's Killer*.



▶ **JILL LEZAIC, DO**

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



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



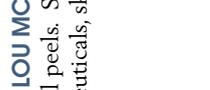
▶ **JOSEPH C. MAROON, MD**

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



▶ **JAQUELYN McCANDLESS MD**

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



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



▶ **SHARON MCQUILLAN, MD**

Dr. McQuillan is a Board Certified Family Practitioner who specializes in both Aesthetic and Anti-Aging Medicine. Dr. McQuillan has over eight years experience in Aesthetics and lectures internationally on Aesthetic Medicine and is a national educator for many organizations. Dr. McQuillan founded The Ageless Aesthetic Institute, the only level 4 ACCME accredited aesthetic training program for medical professionals, in order to standardize and elevate the practice of Aesthetic Medicine.



▶ **MARC S. MICOZZI, MD, PHD**

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

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

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



▶ **WOOCHUL MOON, MD, PH. D.**

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

ment and a number of pharmaceutical companies of Korea.

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

Dr. Moravec received a number of prizes, including prizes for the best research of the year by Korean Urologic Association (2007, 2000, 2005), European Urologic Congress (2007) and International Congress of Hepatobiliary and Pancreatic Diseases (2003), and prize of the Korean Ministry of Science and Technology for "Advanced Technology" (2003, 2004, 2006).

Dr. Moravec published 4 editions of Urologic textbook and 1 textbook on the prostate, which became best-selling Korean urologists. He published more than 100 scientific and medical papers and made presentations at more than 200 medical congresses all over the world. He has been chosen as one of the most influential 1,000 Koreans in 2006. He has become a member of faculty of American Academy of Anti-Aging Medicine (A4M) in 2006 and is making a lecture on "Application of genomics to anti-aging clinic" in A4M and other international medicine congresses in all over the world.

ALFRED G. MORAVEC, PH.D

Founder & CEO of "Life-Energy Research Institute"

Alfred G. Moravec, Ph.D, founder & CEO of "Life-Energy Research Institute" conducts private, professional and corporate Seminars titled "Truth and Clarity in the Healthcare Profession" to an international audience. Dr. Moravec has a unique ability to communicate business knowledge in a remarkably easy, very personal, yet powerful way. This seminar is especially for doctors and healthcare providers with the desire to substantially increase their income. Dr. Moravec's seminars are designed to help healthcare providers make treatment decisions completely on the basis of the needs of their patients and to enhance the financial health of their practices.



CLAUS MUSS, MD

Dr. Muss is an Immunologist and has specialized himself in the field of nutritional medicine. He received his medical degree from the University of Munich Medical School. He is also a graduate from the School of Biochemistry and Veterinary Medicine Berlin Germany. He was awarded an international prize for outstanding immunological scientific research by the International Society of Immunology Hamburg, Germany in the year 2000. Dr. Muss is an international speaker and President of the International Society of Preventive Medicine, and a board member of the European Academy of Nutritional Medicine in Munich/Germany. He belongs to the scientific lecturing staff of the Department of Clinical Research and Environment at the Danube University Vienna. Since 2002, he is the chief examiner, lecturer and course director of the postgraduate programs in Nutritional Medicine at the Danube University of Krems in Austria.



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



▶ **SHIGEO OHTA, PH.D.**

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



▶ **JAMES L. OSCHMAN, PH.D.**

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



▶ **JAMES E. PAOLETTI, R.PH**

Director of Provider Education and Hormone Consultant for ZRT Laboratory

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



▶ **RON PAUL, MD**

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

▶ **MAUREEN PELLETIER, MD**

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



▶ **DAVID PERLUTTER, MD**

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



CON ANTI-AGING AND REGENERATIVE MEDICINE BANGKOK, THAILAND JUNE 27-29, 2008



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

Over the years, Pilon has written & published several articles in recognized trade magazines and has been an invited guest on several television & radio shows.

Pilon has also led skin care conferences worldwide, notably in Paris, the USA, London, Tokyo, Hong Kong, Geneva, and Sydney.

More recently, Pilon has been invited as Master of Ceremony at the Las Vegas International Esthetics Conference and is also invited as a guest speaker to all the largest esthetic, dermatology, esthetic medicine & anti-aging conferences in North America. In 2002, Pilon was also nominated within the list of Who's Who in New York.

Pilon remains very active in the industry, continuously using her voice to give back to the esthetic, spa & anti-aging community.



▶ ASCANIO POLIMENI MD PHD

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

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

Pioneer of antiaging medicine in Italy. His practice is dedicated to antiaging medicine, focusing on biological, natural hormone replacement therapy, weight and stress management, holistic and integrative medicine, immunological and sexual enhancement. He is author of three best sellers books: Chronobiology, Depression, Premenstrual Syndrome, Pregnenolone. He is medical advisor in neuroendocrinology of many Italian and wellness magazines.



▶ HARRY G. PREUSS, MD, MACN, CNS

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



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



► **NAINA SACHDEV, MD**

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



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

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

► **JYOTSNA SAHNI, MD**

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



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

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



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

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



► **SUZIE SCHUDER, M.D.**

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



► **RAFAEL SANTOJA-GOMEZ, PHARM.D.**

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



► **MILAN SHAH, MD**

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

► **PATRICK SAVAGE, MBA**

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



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

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

► **ALEXANDER G. SCHAUSS, PH.D., FACN**

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



► **O. P. SHARMA, MD**

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



► **EUGENE SHIPPEN, MD**

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



► **GÜNTER SIEGEL, M.D., PH.D**

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



Dr. Siegel's fields of research at the Charité involve membrane physiology of cardiovascular tissues, the reaction of vessels to a variety of pharmacologically active substances and the development of atherosclerosis. His recent research has focused on the role of ginkgo extract in preventing atherosclerotic nanoplaque development (the very earliest stages in atherosclerotic plaque development). In 2004, Dr. Siegel conducted a study in cardiovascular high-risk patients indicating that ginkgo can not only reduce the formation and progression of atherosclerotic building blocks of nanoplaques, but can also diminish reactive oxygen species and increase antioxidant substances in the blood of the patients. This research applying a biosensor model is also highly significant because it provides scientists with an innovative research methodology with applications for testing of ginkgo extract to combat atherosclerosis. He has recently finished a clinical trial in patients with metabolic syndrome and gained confirmation of the impact of ginkgo biloba in the prophylaxis of atherosclerosis and promotion of well-aging. Dr. Siegel has been awarded numerous prestigious commendations, including the Carl Friedrich award from Ruprecht-Karl University in Heidelberg in 1969; the Max Ratschow award from the German Angiology Society in 1994; an honorary certificate by the 2nd International Congress of Pathophysiology in 1994; and the Rudolph Virchow Medal from the German Arteriosclerosis Society in 2004.

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

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



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

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



► **SUZANNE SOMERS**

Director, Anti-Aging and Functional Medicine Fellowship

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



► **XANYA SOFRA-WEISS, PH.D**

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



► **ALICIA STANTON, MD**

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

Virginia I. Stevens, M.D., F.R.C.C., has a large cosmetic medicine practice in Woodbury, New Jersey. Dr. Stevens has practiced medicine for 24 years, and has a background in intensive care medicine. She has practiced minimally invasive and non-invasive cosmetic medicine for the past 10 years.

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

Dr. Stevens is an authority on radiofrequency tissue tightening and has performed more Thermoage procedures than any doctor in the U.S. She serves as the Secretary of the Cosmetic Surgery Society of the Northwest, and is a member of the American Academy of Cardiology. Dr. Stevens appears frequently on the ABC affiliate KOMO 4 Northwest Afternoon, presenting cutting edge technology to the Puget Sound, and setting the pace for cosmetic medicine nation wide. She is an instructor to doctors for Cool Lipo laser lipolysis, Thermoage radiofrequency tissue tightening, Rhytec Portrait skin regeneration, and Non-Surgical Breastlift by Hypatia™ which she developed.

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



► **PAUL L. TAI, DPM**

Dr. Paul Ling Tai is a trained Podiatric medical physician and Board certified surgeon with expertise in herbal compound engineering, research and development and nine (9) U.S. Patents credited to his name. He has served under two Michigan State Governors and is recognized with a Vice Chairman's position on the Michigan Board of Podiatric Medical Licensure and as Chief Examiner for new Podiatric physicians. He also served as head of Surgical Residencies. In addition to his various capacities, Dr. Tai has served as Chairman of the Podiatric Physicians Continuing Education, as well as Chief Compliance Officer for the state of Michigan supervising doctors. He is also a professor in the New York College of Podiatric Medicine's Department of Integrative Medicine.

Dr. Tai has helped thousands of patients and consulted countless doctors on difficult cases all over the world. He has been honored with the title of the "Doctor's doctor" and "Doctor of last resort". He was invited to speak at the Cancer Society Conference; A long time supporter, faculty member and lecturer of the American Academy of Anti-Aging Medicine (A4M), American Academy of Asia Anti-Aging medicine (A5M), American Naturopathic Medical Association (ANMA), and frequent lecturer at countless other Anti-Aging & Health Conferences worldwide. Dr. Tai is also one of the academic contributing authors to the Anti-Aging Medical Therapeutic publications published by A4M. His breakthrough technologies in Natural Health Supplements, Anti-Aging Natural Skincare and Professional Bio-Hormone Liposome products have been featured in many renowned medical newsletters, television appearances, and radio health talk shows nationwide.

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



► **GORDON O. TELFORD, MD**

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

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

► **FREDERIC J. VAGNINI, M.D.**

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

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

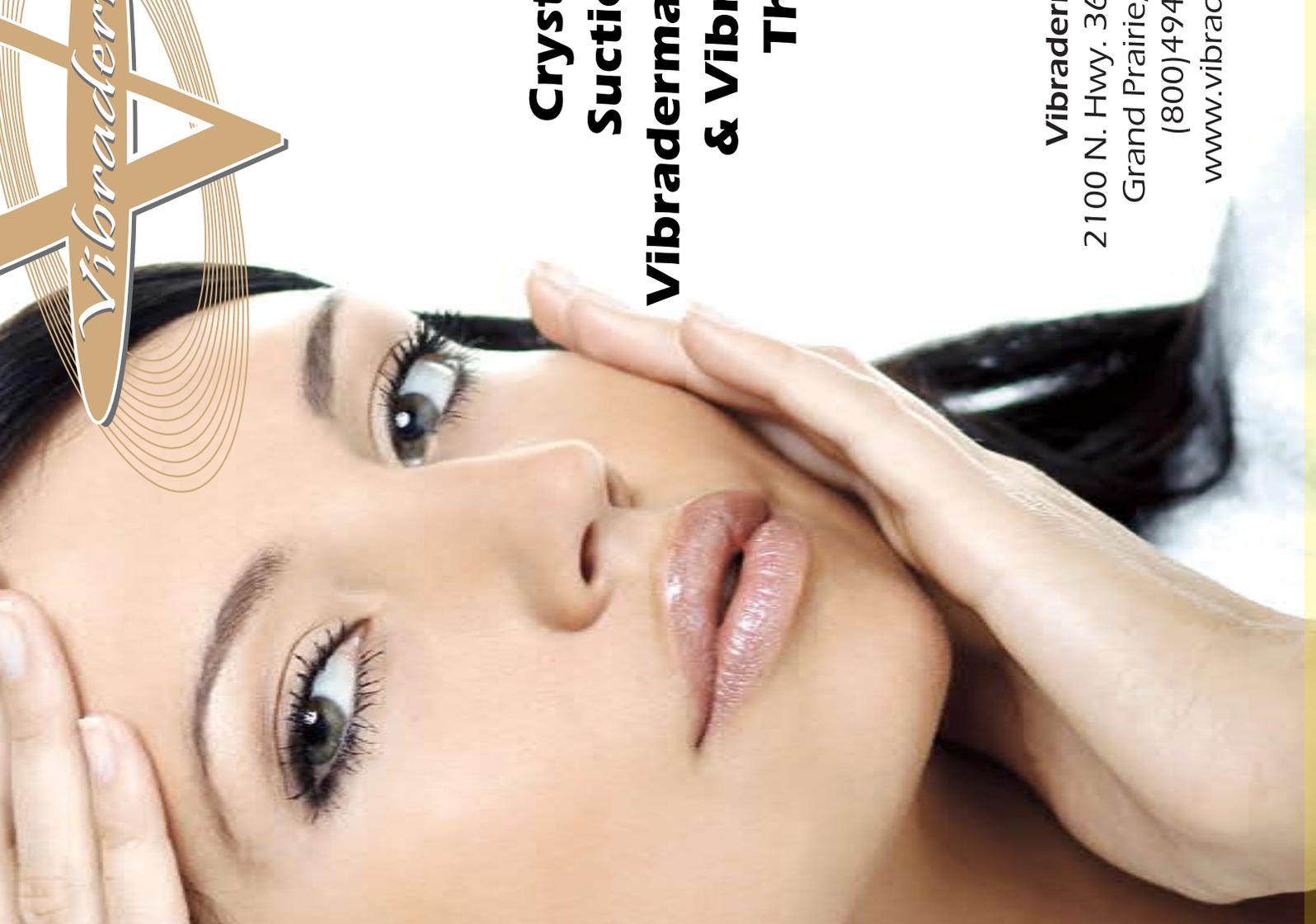
► **DONNA WHITE, ND**

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

► **CHERYL WHITMAN**

CEO, *Beautiful Forever - Medical Spa Consulting*

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



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



► **MICHAEL ZACHARIA, MD**

President Australasian Academy of Antiaging Medicine (A5M)

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



► **DAVID T. ZAVA, PH.D.**

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



► **WOLFGANG ZIEMANN, PH.D.**

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



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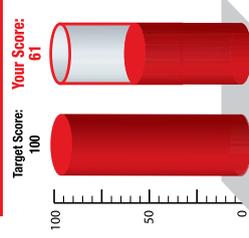
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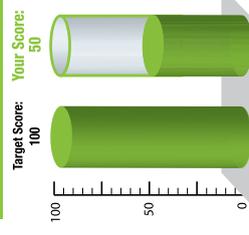
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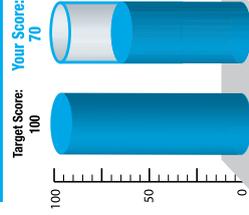
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WEDNESDAY, DECEMBER 10, 2007

7:15am-6:00pm

WORKSHOP: FELLOWSHIP MODULE I & II

DESCRIPTION:

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

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

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

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

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

WORKSHOP: THE CLINICAL APPLICATION OF INTERVENTIONAL ENDOCRINOLOGY

Gordon, MD

“HOW TO” COURSE SUPPORT BY 4700 PATIENT CYCLES IN 10 YEARS OF CLINICAL APPLICATION.

Menopause - Nuances into treatment and options.

Menopause - The challenge of Female.

Menopause - Nuances and treatment strategies.

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December 12-15, 2007, Las Vegas, Nevada.

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

DESCRIPTION:

Workshop Programs are a specialized Certificate program in conjunction with medical education to allow health professionals to learn the latest in preventative medicine, integrative medicine, sports medicine and longevity medicine, regarding muscular skeletal rehabilitation and training that directly impacts primary care/ anti-aging/ Medspa/ sports medicine practice.

FRIDAY and TUESDAY, DECEMBER 10, 11 2007

8:00am-7:00pm

WORKSHOP: THE AMERICAN COLLEGE OF ANTI-AGING SPORTS MEDICINE PROFESSIONALS (ACASP) III, Ph.D.

ASSESSMENT & EXERCISE PRESCRIPTION FOR LOW BACK PAIN, ARTHRITIS, AND OSTEOPOROSIS

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

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

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

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

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

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

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

Your Eyelashes Age?



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

Nick Delgado, Ph.D.

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

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

GOALS & OBJECTIVES:

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

WEDNESDAY, DECEMBER 12, 2007

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

Thierry Hertoghe, MD

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

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

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

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

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

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

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

GOALS & OBJECTIVES:

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

WEDNESDAY, DECEMBER 11, 2007

WORKSHOP: AESTHETIC FELLOWSHIP MODULE I — Time 8:00am-5:30pm

DESCRIPTION

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

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

Nick Delgado, Ph.D.

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

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

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

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

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

OBJECTIVES:

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

TOXIC METALS AND LONGEVITY: PRESERVATION OF THE QUALITY OF MENTAL FUNCTION

Wednesday 8:00am-8:45am

Quiig, PHD, St. Charles, IL

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

ADVANCED PHOTOACOUSTIC TECHNOLOGY FOR ANTI-AGING AND

REJUVENATION PROCEDURES USING AN EO Q-SWITCHED ND:YAG LASER — Wednesday 8:00am-12:00pm

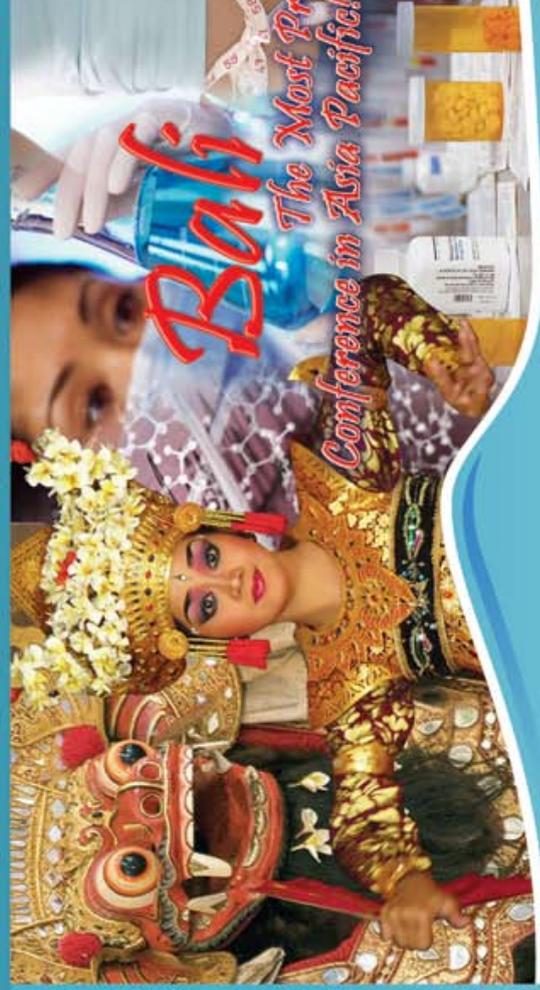
Saal, M.D.

Educational Objectives:

- During this session, the attendees will be able to:
- Understand the basic scientific principles behind PhotoAcoustic technology and next-generation Q-switched Nd:YAG laser and applied to non-ablative skin resurfacing, especially wrinkle



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Organized in Collaboration with the World Authorities in Anti-Aging and Regenerative Medicine:



understand the potential role of PhotoAcoustic technology in a broad range of aesthetic medical conditions and as a valuable practice enhancement tool.

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

References and Clinical Background:

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

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

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

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

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

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

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

In conclusion, this study demonstrated that the 1064-nm Nd:YAG laser provides a safe and effective alternative treatment for mild to moderate facial acne scarring. The results are long lasting and continue well after the last treatment, indicating ongoing collagen remodeling after completion of the laser treatment. Nonablative treatment with the 1064-nm Q-Switched Nd:YAG laser offers significant advantages to patients in terms of its minimal recovery period and minimal risk of infectious and pigmentary complications.
Q-Switched Nd: YAG Laser Effectively Treats Tattoos, Dr. Kilmner, Dr. Lee. Dr. Grevelink, Dr. Flotte, *Arch Dermatol*. 1993; 129:971-978

greater with short pulse durations.

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

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

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

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

continued on p 14

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WORKSHOP: HORMONE ESSENTIALS: PERSONALIZING DIAGNOSIS & TREATMENT EDUCATIONAL SESSIONS

Lanaauay, MD; Pamela Smith, MD, Lyotsna Salmi, MD, Alicia Stanton, MD.

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

are: How do I know if a woman entering menopause should begin hormone replacement? What are the risks and benefits of HRT? How do I know if she needs it, and who doesn't?

How do I know if the decision to begin HRT is determined, the delivery system and dosage are required. We've learned a great deal about the various delivery systems for Bioidentical HRT, as well as other hormones. Now the questions

are: How do I know if we should determine the unique and individual needs of a patient? How do I know if we should personalize the treatment?

During this session, we will review the specific, individualized needs of each patient allows us to personalize our treatment. Through laboratory and clinical assessments, based upon the 3-dimensional perspective of urine, serum, and saliva will help to determine the BEST answers in meeting the needs of each individual patient. Participants will be able to identify the best combination of hormonal therapies for maximum benefit and minimal risk.

During this session, we will review the different matrices (sample types) available for hormonal testing; which includes serum, saliva, and urine. He will discuss the features and benefits of each sample type in understanding the full picture of a woman's (or man's!) need for hormone replacement therapy, through laboratory and clinical assessments, based upon the 3-dimensional perspective of urine, serum, and saliva will help to determine the BEST answers in meeting the needs of each individual patient. Participants will be able to identify the best combination of hormonal therapies for maximum benefit and minimal risk.

SESSION OBJECTIVES:

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

At the end of this presentation, the participants should:

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



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CEs:

souw JE, Anderson GL, Prentice RL, et al. Risks and Benefits of Estrogen Plus Progesterin in Healthy Postmenopausal Women. Principal Results From the Women's Health Initiative Randomized Controlled Trial. *JAMA-Express*. 2002;288:321-329.

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

esday 8:30am-9:00am

elston, ND

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

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

GOALS & OBJECTIVES:

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

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

esday 8:30am-9:30am

wa, Ph.D.

Line of Professional Seminar

Validity of Saliva Testing for Sex-Steroid Hormones
 Involvement and Serum Correlation

The Role of Capillary (whole) Blood Spot Testing

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

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

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

continued on p 11

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" Cancer Therapy: What Works "

Shari Lieberman, Ph.D.,

Wednesday, December 12, from 9:30-10:00AM

"An Integrative Approach to Cancer Therapy"

Dr. Ahmad Nasri,

Thursday, December 13, from 1:40-2:20PM

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

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

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

Saliva, finger-stick capillary whole blood, and venipuncture serum sex-hormone levels are strongly correlated when the sex-hormones are produced endogenously throughout a menstrual cycle.

Following topical delivery of estradiol, progesterone, or testosterone, salivary and capillary whole blood levels change dramatically, but serum level of these hormones change very little.

AND OBJECTIVES:

To discuss the correlation between saliva, serum and blood spot testing to provide information about topical and sublingual steroid hormone use relative to tissue delivery. Present data to support the suggestion that serum (venipuncture) may not accurately reflect tissue uptake of topically delivered sex-steroids

to understand the difference between hormones that are bound and hormones that are unbound in a free (available) form

to understand the advantages of saliva testing for measuring free fraction of hormones
to understand the advantages of capillary (whole) blood spot testing to assess tissue uptake of hormones produced or supplemented (topical, sublingual) sex-hormone levels
to recognize the circumstances in which serum levels of sex-steroids do not correlate with salivary and blood spot levels

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

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

Ronald Wheeler, MD

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



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ate cancer, prostatitis and BHP.

& OBJECTIVES:

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

PHYSICAL THERMODYNAMICS – GENERAL THEORY OF EXISTENCE AND LIVING WORLD DEVELOPMENT:

Wednesday 8:45am-9:30am

Lieners, PhD., Laboratoires Réunis Junglinster Luxembourg, InvVitalLab Medizinischdiagnostik, Neuss Germany

There is increasing evidence that chronic inflammation is the major cause of premature aging and chronic therapy usually consists of administration of anti-oxidants or anti-inflammatory drugs with poor success. Chronic inflammation needs chronic stimulation and exposure to the antigen. Food antigens fulfill these needs. In presence of increased gut permeability, absorption and recognition of food components by the immune system is impaired. In case of delayed immunological reactions association to a particular food is Exclusion diet is one tool, but very hard to perform and is only able to identify food that already

causes strong symptoms or diseases. Food hypersensitivity can be best assessed by determination of specific IgG antibodies. Presence of IgG documents an adverse reaction of the immune system to food antigens and induces allergic reactions after repeated ingestion, by opsonisation of antigen, formation of circulating immune complexes and complement activation. Presence of food specific IgG is not to be considered as normal response of the immune system. Regular ingestion of such food causes chronic inflammation. It is shown that exclusion diet based on IgG detection leads to significant improvement of most chronic inflammatory diseases, such as rheumatoid arthritis, migraine, vertigo, IBS, diarrhoea, asthma, depression, chronic fatigue, rheumatoid disorders, autoimmune diseases.

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

& OBJECTIVES:

Discuss the importance of understanding the impact of food allergies on overall health and aging
Identify a delayed food sensitivity or a chronic illness
Discuss what is the preferred method for assessing delayed food sensitivities

PHYSICAL THERMODYNAMICS – GENERAL THEORY OF EXISTENCE AND LIVING WORLD DEVELOPMENT:

Wednesday 9:00am-9:30am

Gladyshevi, Ph.D.

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

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

of the estimation of anti-aging quality of medicines (cancer, cardiovascular disease) and food products (fats) are presented.

GOALS & OBJECTIVES:

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

ADVANCEMENT IN DIAGNOSIS OR IRRITABLE BOWEL SYNDROME (IBS)—

Time 9:00am-9:30am

Claus Muss, MD

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

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

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

continued on p 14



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...shing our IBS patients.

IRE OF MEDICAL SPAS — Wednesday 3:30pm-4:00pm
Whitman

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

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

& OBJECTIVES:

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

GRATIVE APPROACH TO CANCER THERAPY: WHAT WORKS — Saturday 10:30am-11:00am
Sherman Ph.D.

ere are numerous natural products that show promise in the treatment of cancer. However, full-scale studies are cost prohibitive to “prove” to the FDA that these products fulfill their promise. It costs more than 10 million US dollars to bring a cancer drug to market – an amount that is impossible for any natural company. Case studies, discovery of mechanism of action(s), cell line studies and animal studies provide pertinent information for the clinical application of the product. A paper reviewing 50 studies involving 8,521 will dispel the myth that antioxidants (and other nutrients) interfere with chemotherapy and radiation.

& OBJECTIVES:

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

E PRESCRIPTION FOR PATIENTS WITH OBESITY, METABOLIC SYNDROME, CARDIOVASCULAR AND RESPIRA- PAIRMENT
esday 9:30am-10:00am
Bell, Ph.D.

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

& OBJECTIVES:

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

continued on page 142

FACT: FDA cleared the first Laser Hair Therapy Device to grow hair in

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“Laser Hair Brush.....
.....Enhancing Results”

Medical Advisory Board



U.S. Patent #7,258,695



Patient

Before



Untouched Photo
Non-Transplant Patients



Featured on NBC's TODAY SHOW
March 2007

Sunetics International Medical Advisory Board is comprised of leading Board Certified cosmetic surgeons and physicians specializing in Hair Restoration therapies; highly respected medical professionals who have presented papers and studies at scientific conferences and have contributed research to peer-reviewed medical journals and books.

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SUNETICS INTERNATIONAL

needed at preventing further disease progression and its associated morbidity, mortality and disability in individuals with disease

Focus on exercise and nutrition prescription to enhance quality of life for those with known disease. Team effective communications to increase patient adherence to exercise and nutrition lifestyle changes.

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

Kidd, PhD

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

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

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

M. Lichten, MD

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

GOALS & OBJECTIVES:

1. Educate the physician to the role that Gender Specific Medicine, specifically Testosterone and Estrogen play in insulin resistance in men.

2. Educate the physician to the use of new testing parameters to identify insulin-requiring diabetes.

3. Educate the physician as to the role that injected not topical Testosterone plays in the treatment of metabolic syndrome in men.

4. Review other applications of testosterone in the treatment of Diseases in men.

PHYSIOLOGY OF FITNESS — *Wednesday 10:00am-10:30am*

Cowan, Ph.D.

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

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

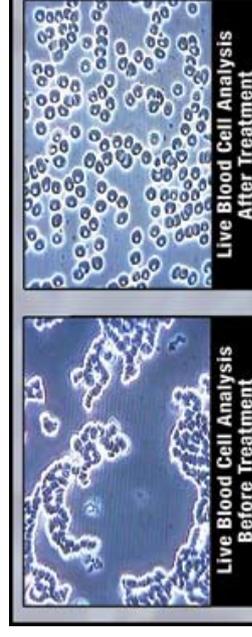
The importance of effective stress management becomes obvious. However, too often stress management is presented in an abbreviated fashion. Stress management is often reduced into relaxation training or meditation techniques. While these skills are valuable, they, alone are not sufficient in slowing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

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

Mayer Eisenstein, MD

Probiotics, digestive enzymes, stevia, chewing sugarless gum as natural alternatives to proton pump in-

continued on p 11



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lose and Prevacid Could Make Ulcers Worse”, “Long-term Proton Pump Inhibitor Therapy and Hip Fracture” have shown that prolonged use of Proton Pump Inhibitors (PPIs) carry with them a significant risk of prolonged use as greater than one year. Even though the drug industry has defined a “prolonged use” as greater than one year, even though the drug industry’s recommendations for this class of pharmaceuticals is that they should not be taken for more than 12 weeks, many physicians have prescribed them for extended periods of time (sometimes as long as 2 years). The violation of the pharmaceutical guidelines for these drugs by physicians may bring about the need for Proton Pump Inhibitors as that of Vioxx®, Bextra® and Mobid®. These Cox2 inhibitors, after being taken off the market, have generated more than 27,000 lawsuits alleging that they were the cause of heart attack and strokes.

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

GOALS & OBJECTIVES:

To inform physicians of the serious side effects of Proton Pump Inhibitors (PPI).
 To inform physicians of natural treatments for digestive issues.
 To implement protocol for lowering of prescription drug usage for digestive issues.

TERAPY IN SPORTS MEDICINE — Wednesday 10:30am-11:00am
 Gaston Nhan, MD

French athletes are treated by Mesotherapy.
 Mesotherapy is a treatment closer to the sites of the ailment for improved efficiency
 decreasing use of painkillers
 reducing healing times
 allowing fast efficient pain relief with low doses of injected drugs and few side effects
 low cost

Mesotherapy treats inflammation, controls pain and helps to recover at integument
 use of nutritional supplements by athletes does not mean that their tissues get optimal levels of these
 nutrients
 Mesotherapy brings locally and regionally optimal nutritional status to saturate tissues with antioxidants
 to protect them from oxidative stress, promoting ATP production and cells detoxification.

Significant oxidative stress, intracellular GSH depletion can lead to overtraining syndrome in athletes with
 physiological, immunological and psychological functions resulting in fatigue and underperformance
 to ensure and protect tissue integrity, guarantee cellular energy production and mitochondrial function, we
 use a specific glutathione protocol in Sports Mesotherapy
 Mesotherapy will aim to replenish intracellular GSH & prevent muscle weakness and restore immunity
 protocols do not include drugs on the IOC doping list
 Mesotherapy is an efficient medical technique for pain control and energy production for sports amateurs,
 and the aging aching population

GOALS & OBJECTIVES:

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

A prescription for life

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- Training centre of excellence
- High performance cos...
- Centre for aesthetics and...
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encourage attendees to learn Mesotherapy to alleviate many age-related disorders (from pain to neuro-sensory loss ,immunity enhancement ,sexual dysfunction

AL NUTRITIONAL CONSIDERATIONS FOR OPTIMIZING

INE THERAPY — Wednesday 10:30am-11:15am

/lite, ND

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

& OBJECTIVES:

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

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

OF LOW FREQUENCY PULSE MAGNETIC RESONANCE CELL REJUVENATION

-AGING — Wednesday 10:30am-11:00am

lelesus, MD

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

hematically complex model of the division of the main signal into pulse packets enables a bundle of tically effective frequencies to be delivered effectively; this can be modified according to the time of hphasizing the tonifying or activation frequency components in the morning and the sedating and calming ents in the evenings

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

& OBJECTIVES:

hance the participant's knowledge regarding the use of magnetic therapy for anti-aging treatments icipants will learn how Low Frequency Pulse Magnetic Resonance Cell Rejuvenation actually ects the human body down to the cellular level

gnetic Resonance Cell Rejuvenation can be included in the anti-aging arsenal of treatments and can used alone or as a complement to other treatments

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

Paul Ling Tai, DPM

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

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

Common Mistakes in Saliva Hormone Testing:

continued on p



Bringing Out The Best In Mother Nature

"Just like vitamins and minerals, the phytonutrients from the high ORAC*, organic fruits and vegetables in NanoGreens¹⁰™, and the zoonutrients from the undenatured whey and colostrum in new NanoPro^{PH}™, are most beneficial when taken together."

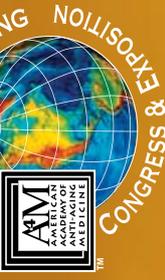
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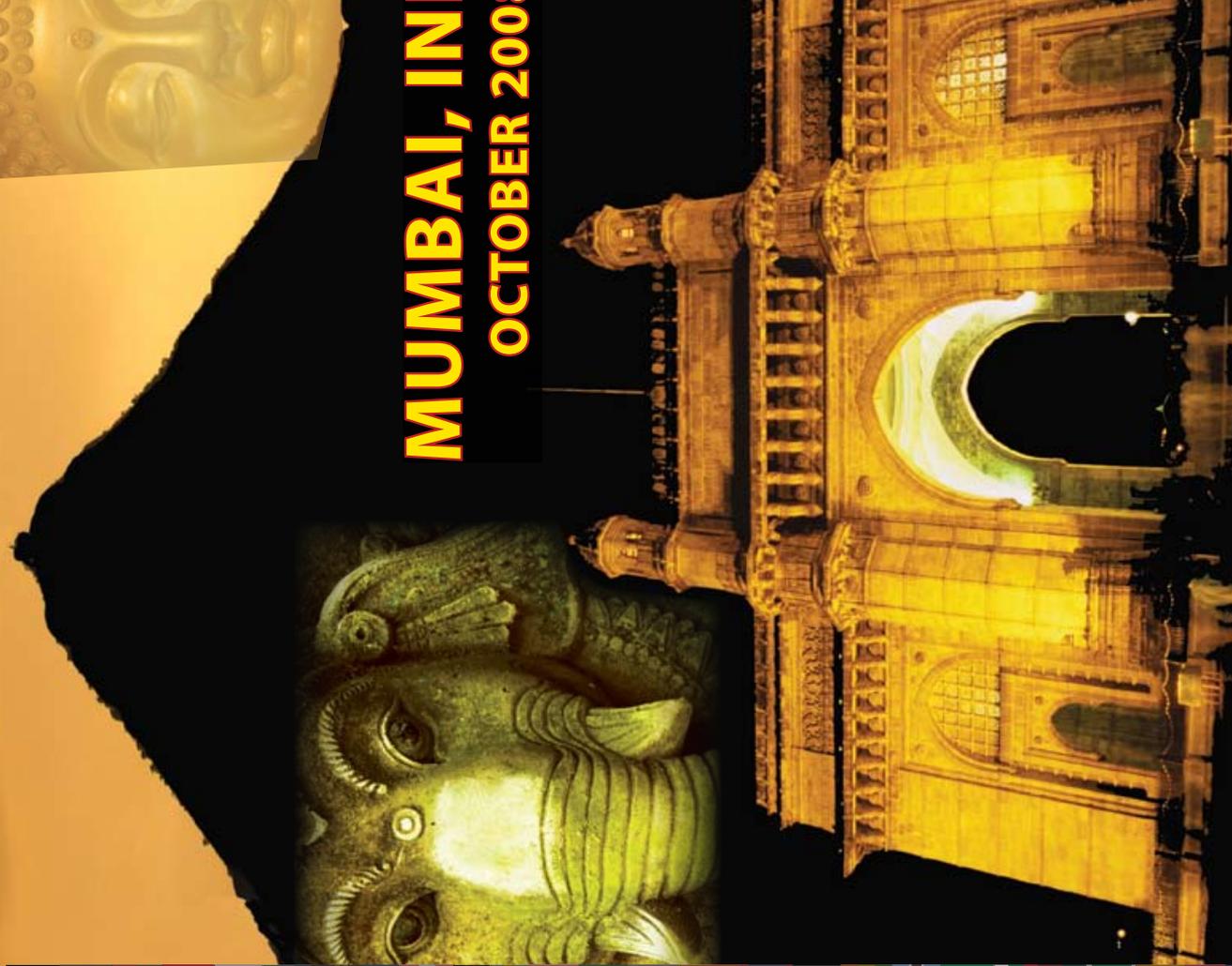
-Ron Rothenberg, MD, Founder, California Health Span Institute

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MUMBAI, IN OCTOBER 200

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

MARY:

- Free multiple saliva samples
- Samples every 3 hours throughout the day
- Food contamination
- Card samples with blood contamination
- Do not use cotton swabs
- Do not use containers made with glass, polypropylene or polystyrene

AGING NUTRACEUTICALS— Wednesday 11:00am-11:30am Peterson, MD

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

GOALS & OBJECTIVES:

- Discuss the possibility that safe nutraceuticals have the potential to increase life span.
- Present the data obtained from studies using trivalent chromium that indicate that nutraceuticals may increase life span.
- Describe mechanism through which the nutraceuticals might increase life span.

BRINGING HRT INTO THE AGE MANAGEMENT PRACTICE DR. J'S TOOLBOX — Wednesday 11:15am-12:00pm Peterson, DO

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

development led to the release of a 120W KTP laser. Initial outcomes in 64 patients at our site show short operative time, decreased irritative bladder symptoms of frequency and urgency and less hematuria. 17 term evaluations are still needed to verify consistency of long term outcomes with this higher power system. PVP has demonstrated improvements over TURP with respect to morbidity and has well established and long term symptomatic and urodynamic improvements consistent with TURP. KTP has evolved into a treatment that should affect our approach in the management of the obstructive BPH.

ENDNOTES:

- 1 Anson K. Could the latest generation potassium titanium phosphate lasers be the ones to make transurethral resection of the prostate an operation of historical interest only? *Curr. Opin. Urol.*, 2004, Jan; 14(1):27-29. Review.
- 2 Malek RS, Nahen K. Photoselective Vaporization of the Prostate (PVP): KTP Laser Therapy of obstructive Benign Prostatic Hyperplasia. *AUA Update*, Lesson 20, 2004. 23:153-160
- 3 Stovsky MD, Griffiths RI, Duffis SB. A Clinical Outcomes And Cost Analysis Comparing Photoselective Vaporization Of Prostate To Alternative Minimally Invasive Therapies And Transurethral Prostate Resection For The Treatment Of Benign Prostatic Hyperplasia. *J Urol.* 2006 Oct;176(4 Pt 1):1500-6.
- 4 Reich O, Bachmann A, Zaak D, Hofstetter A, Sulser T, Steif CG. Photoselective Vaporization of the Prostate (PVP): Prospective Evaluation in 85 High Risk Patients. *J Urol* 2005, April; 173(4):422. Supplement.
- 5 Sandhu JS, Nb CK, Gonzalez RR, Kaplan SA, Te AE. Photoselective laser vaporization prostatectomy in men receiving anticoagulants. *J Endourol* 2005; 19: 1196-1198.
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- 7 Malloy TR, Harryhill JF, Smith AL. Potassium-Titanium-Phosphate (KTP) Laser Vaporization of the Prostate in Hematologically Impaired Patients with Benign Prostatic Hypertrophy. Amer Society for Las Medicin Surg April 2005 Annual Meeting.
- 8 Mueller EJ. Photoselective Vaporization of the Prostate (PVP): a Case Report of a Hematologically Impaired High Risk Patient with Acute Urinary Retention Secondary to Bladder Outlet Obstruction. Amer Society for Las Medicin Surg April 2005 Annual Meeting.

continued on p

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ld you have your hormone therapy patients sign an informed consent? What about an informed refusal? your patients money, use the calculator to arrive at the free testosterone level. a quick way to document /screen for depression? And more.

HYDROTHERAPY AND DETOXIFICATION — Wednesday 11:30am-12:00pm
Kolbo, DC, ND

be giving a very brief introduction to colon hydrotherapy including the history, contraindications, guidelines and classifications of colon hydrotherapy devices. There will also be several studies that show efficacy of colon hydrotherapy as well as several clinical case studies. balance of the presentation will discuss the use of colonics in detoxification/cleansing programs during which will give protocols for various detoxification programs.

& OBJECTIVES:

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

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

urethral Resection of the Prostate (TURP) has in the past been referred to as 'the gold standard' for nt of obstructive BPH because of its exceptional affect on obstructive symptoms of BPH and speed dure; however, it is a procedure associated with significant limitations and risks. Over the last two laser technology for the treatment of Benign Prostatic Hyperplasia (BPH) has undergone an evolution y to practical application. Recent generations of laser treatments now enable similar symptom ents while providing advantages in morbidity associated with TURP.1

nificant step forward was made with the discovery of the KTP laser. The KTP laser works by selectively ng energy to hemoglobin which consequently results in vaporizing thermal energy.2 Recent studies3 rmed that KTP (potassium titanium phosphate) laser resection of the prostate – otherwise known as lective vaporization of the prostate (PVP) – provides equivalent or superior clinical outcomes, lesser ty and lower overall economic burden when compared to TURP. It also provides a means of treating atients with co-morbidities that precluded TURP in the past. 4,5,6,7,8,9 Furthermore, a comparison of BPH treatments using typical diagnostic tests, such as AUA symptom score, IPSS and maximum flow (max), shows remarkable superiority of PVP over other procedures.10

Research of a 60 watt KTP laser showed significant improvement in symptom and urologic measures tely and at 2 and 5 years. 11,12 Subsequently an 80W laser was created to address slow procedure times.

effective the treatment can be. Professor Dr. Harald Mischak has developed the DiaPat not only to a variety of diseases earlier but also to avoid complicated and invasive diagnostic procedures, expensive imaging methods or painful biopsies. DiaPat is based on the analysis of thousands of proteomes (s/peptides) in the urine and is more precise than conventional lab tests. Conventional tests generally only a few specific markers that oftentimes are revealed when the disease has already significantly advanced. DiaPat is able to analyze very precise such proteome patterns that are very specific for certain diseases.

The information allows an early diagnosis of different diseases and immediate preventive intervention. It can predict prostate cancer earlier and more precisely than PSA or biopsy with 90% accuracy. In a study with 665 patients with bladder cancer we were able to predict cardiovascular diseases with this test. Studies have shown that DiaPats' ability to predict cardiovascular diseases was higher than 90%. Application for DiaPat and research demonstrating results with DiaPat for a variety of diseases will be discussed.

GOALS & OBJECTIVES:

Understand the mechanism of how proteomes can diagnose and predict disease. Review the scientific studies demonstrating the statistical significance of the use of proteomes in diagnosing early stage disease.

Become proficient in the correct use and application of proteome analysis in a patient population.

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

Hertoghe, MD

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

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

TESTIMONIAL ADVANTAGE IN HRT — *Wednesday 1:00pm-2:40pm*

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

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

GOALS & OBJECTIVES:

Review the evidence that supports the use of hormone implants in both men and women. Describe the procedure for implanting pellets and the clinical considerations (dosage, hormone levels, safety, side effects etc.) in treating patients with hormone implants.

Review current clinical research on the pharmacokinetics of hormone implants. Review a better understanding of the role of hormone implants in patient care through clinical case presentations.

Eric Brauerman, MD

The following subjects will be discussed:

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

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

Ron Rothenberg, MD

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

The influence on the human body of the very small amount of thyroid hormones that it daily produces. continued on p

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myxedema, loses consciousness and even any feelings, becoming a human "plant", dying in coma. Partial deficiency in thyroid hormones – hypothyroidism - allows life, but a life often miserable with ailments and physical signs typical for the disease. The increased incidence of age-related thyroid deficiency explain some of the puffiness of the face of aging adults, dry skin, mild obesity, cold extremities, increased risk of coronary heart disease, and possibly of cancer. Psychic and mental symptoms such as morning depression, slowness, memory loss, etc. are common complaints of elderly adults that may result from related decline of thyroid hormones.

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

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

What is the best thyroid treatment? Despite intensive use and marketing, treatment with thyroxine alone has not been reported to be superior to medications combining both thyroxine (T4) and its much more active partner, triiodothyronine (T3). On the contrary, in several studies on human subjects associations of T4 and T3 have been shown to be more efficient.

Thyroid Deficiencies Treatments

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

OBJECTIVES:
 1. Understand the symptoms and treatment of Adult Growth Hormone Deficiency
 2. Understand the schedules, dosages and side effects of treatment of AGHD.
 3. Understand the controversies surrounding GHRT for AGHD

OBJECTIVES:

1. Understand the symptoms and treatment of Adult Growth Hormone Deficiency

2. Understand the schedules, dosages and side effects of treatment of AGHD.

3. Understand the controversies surrounding GHRT for AGHD

THE ART TREATMENT OF THE AGED SKIN USING CREAMS WITH

TAMIN C AND TOPICAL MELATONIN. — *Wednesday 2:00pm-2:30pm*
 Marino, MD

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

EVIDENCE OF HORMONORESTORATIVE THERAPY IN TREATMENT

OF HYPERTENSION — *Wednesday 11:00am-11:30am*

Dzigan, M.D., Ph.D.,

ozakias, M.D., R.

Smith, M.D

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

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

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Cancer Institute (SEER) is only 14%, and the probability of 5-year survival with unresected disease is 2%.

aine affects about 10-15% of the populations in different countries. presentation we describe hormone restorative therapy and make retrospective analysis evaluating the effect of hormone restorative therapy in treatment of these major illnesses.

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

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

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

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

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

diverse effects or complications related to HT were registered in all three studies. Most patients described ant improvement in quality of life.

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

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

FORE CONCEPTION - THE LOGICAL STARTING PLACE FOR OPTIMALLY EFFECTIVE ANTI-AGING MEDICINE

esday 2:00pm-2:30pm
oberts B.Pharm. (Hons)

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

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

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

GOALS & OBJECTIVES:

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

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

Ferre Akbarpour, M.D.

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

continued on P



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ROGICAL BREAST LIFT — *Wednesday 2:30pm-3:30pm*

F. Stevens, M.D.,

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

Stevens uses a dual-modality approach to diminish breast ptosis. This approach both lifts the breasts in the chest, increases "cleavage" visible at the neckline of clothing, remedies the "snoopy dog" drooping of the nipples of the ptotic breast, and often produces a mounding of the superior breast replacing the ptosis of the ptotic breast.

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

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

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

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

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

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

McCamless MD

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

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

Smith, MD



s are needed to make hormones? Anti-aging medicine specializes in keeping patients hormonally and ally sound. Join us for a seminar that you will not want to miss.

INES AND A "NEW LOOK AT OSTEOPOROSIS — Wednesday 2:30pm-3:00pm *mith, MD*

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

LOSS: THE ANSWER: — Wednesday 4:15pm-5:00pm *mith, MD*

ht loss is a multifactorial problem. Hormonal issues including sex hormones, thyroid hormones, and lay a major role. Allergies and inflammation are also significant contributing factors. This seminar will he science behind one of the largest reasons weight gain occurs: addiction to a particular food. Yes, a scientific reason that one become addicted to chocolate and even "healthy" foods such as cheese. This ce will provide the attendee with the latest information to help their patients with one of the hardest reas, that of weight loss.

L SCURVY: PREVENTING AND REVERSING ATHEROSCLEROSIS — Wednesday 3:00pm-3:30pm *E. Levy, MD*

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

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

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

& OBJECTIVES:

understand that focal scurvy is much more common than generalized scurvy
understand that focal coronary artery scurvy is the primary cause of all coronary artery heart disease lay
appreciate that sources of infection and toxicity, most commonly found in the mouth as root canal- ated teeth and periodontal disease, are the most common reasons for the severe depletion of vitamin n the coronary arteries

appreciate that understanding why this arterial pathophysiology is present allows for a treatment otocol that can reliably stop and often reverse the evolution of coronary artery atherosclerosis

Guy Ferru, MD

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

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

GOALS & OBJECTIVES:

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

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

John Grasela, R.Ph.

continued on p

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ns have never been in a compounding pharmacy or are not aware of how they are used in their practice. entation is designed to teach the physician about the availability of compounded drugs for their will go over the laws that govern compounding that the physician must know, what to look for in nding practice and the various unique products that are available. Physicians will learn about bio-ormone replacement compounds used in the treatment of menopause, andropause, and total hormone ent used in anti-aging medicine. Manufactured growth hormone used in somatopause and devices will ssed along with the cost for various growth products. Also included will be aesthetic compounds that in anti-aging medicine to keep you looking younger as we age.

& OBJECTIVES:

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

MIN: BASIS FOR ANTI-PHOTOAGING AND ANTI-CARCINOGENIC THERAPY — Wednesday 4:00pm-4:30pm
e Heng, MD

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

& OBJECTIVES:

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

REJUVENATION USING THE BIOSTIMULATION METHOD

esday 4:30pm-5:00pm
(Australia) – Dr.G.Leibaschhoff (Argentina) – Dr.A.Berger (USA)

e last years, the concept of Anti-Aging Medicine has been rapidly gaining in importance, both in terms of iner (name and spreading) and contents (diagnostic, preventive and therapeutic specific procedures). y, we all know that the Anti-Aging Medicine seeks to improve the quality of life throughout the gical aging process, focusing on skin aging among other purely cosmetic aspects. ntly, the WHO defined “active aging” as the process that “**optimizes** the chances of physical, social and well-being throughout lifetime aimed at increasing a healthy life expectancy, productivity and quality of e old age”.

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

continued on page **168**



CLEAR MIND
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in Non-Drug treatment of Emotional, Learning, & Stress Related Conditions



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

ADD/ADHD HEAD INJURIES

- Addictions
- Anxiety
- Insomnia
- Memory Loss
- Fibromyalgia
- Depression
- Migraines
- Chronic Fatigue

pes) have been redefined, the skin now plays a prominent role.

nerous technological breakthroughs (laser, intense pulsed light, radiofrequency, etc.) have enabled new approaches to skin aging. These techniques have been sometimes misconsidered simplistic ("*anyone*" can be in their use), disregarding the complexity common to any medical act, that includes evaluation, diagnosis, treatment of therapeutic alternatives, analysis of pros and cons, treatment selection agreed with patients, the patient's own expectations, and the prevention of complications, ...

now, the "like" - products burst in into the market: botox-like, filler-like, etc. The time for a return to a more personalized medicine, in which technology is just a tool and physicians their prominent role, making good use of readily available resources that sometimes are overlooked. There are four treatment groups for skin aging, and probably for any unaestheticism: the preventive, the curative, and palliative treatments.

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

stimulation

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

ESSENTIAL FOR CONTROLLING LYME AND OTHER MICROBIAL DISEASES: DETECTION CO-INFECTIONS.

RES AND TREATMENTS — Wednesday 4:00pm-4:30pm

Bradford

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

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

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

- multiple co-infections
- recurrent symptoms
- more than 40 diseases
- difficult to diagnose clinically
- effective Lyme treatment protocol must address the co-infection as well as the Lyme.

GOALS & OBJECTIVES:

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

UNLATED PLGA NANOSPHERES FOR SKINCARE AND FOLLOWING APPLICATIONS — Wednesday 4:30pm-5:00pm

Ang, Ph.D

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

growing ingredient through the skin.

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

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

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

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continued on F

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6:00pm-9:00pm

6:00pm-9:00pm

SHOP: Laboratory Testing in Anti-Aging Medicine

Ph.D.

STUDIES IN ANTI-AGING LABORATORY TESTING/MONITORING

Aging is about depletion, inflammation and wear and tear. In this series of workshops we will cover available, when to order them, how to interpret them and how to treat your patients. These are the Tests you need to know about. Now they are available through an A4M Accredited Anti-Aging Laboratory. With Comments & Treatment Protocols as per the Fellowship & Board Certification Training in the USA, Austral-Asia and Europe.

OBJECTIVES:

Sexually Transmitted Disease

Learning New Patented Laboratory Technology (A spot Urine Test or Swab to screen for STDs with PCR technology)

Sexually Transmitted Diseases Identified with ONE test.

Sexually Transmitted Diseases, Systemic STD, Standard Screen, HPV, or Comprehensive

Hormones & Lab Case Studies Serum, Saliva & Urine

Which tests to order, how to correlate to HRT & troubleshooting with hormones.

Studies in Menopause, Andropause, Somatopause, PCOs, Thyroid, Adrenals, Estrogen Metabolites.

Minerals & Antioxidants Water & Fat Soluble, Oxidative Damage assessment

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

Minerals & Antioxidants Water & Fat Soluble, Oxidative Damage assessment

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

Minerals & Antioxidants Water & Fat Soluble, Oxidative Damage assessment

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

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

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

ETRAHYDROFOLATE: METABOLIC AND CLINICAL SIGNIFICANCE IN AGING.

8:30am-9:00am

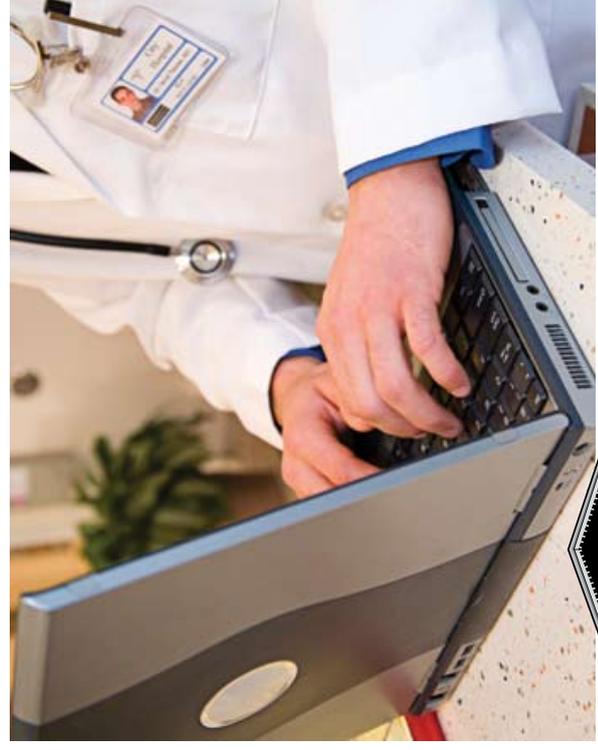
Forrester, MD

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

continued on page 172

TRAINING ON YOUR SCHE AND ON YOUR TERMS

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"I'm proud to be the director of this comprehensive new
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medical education and deliver with a roster of world-class
from this new clinical specialty.

Panel



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the history of medicine...
teaching physiology to practical
evaluation and comprehensive
treatment. The speakers are experts in
their fields and are accessible. I'm proud
to participate."



"This is the most
integrated approach to
medicine, regenerative
medical nutrition
healthcare. This
world-class group of intern
experts in this new medicine

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

Ron Rothenberg, M.D.

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benefits of CAM and natural healing in holistic environments today.

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

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

GOALS & OBJECTIVES:

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

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

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

continued on p

methylene (CH+) or formyl (CHO) derivatives. The interconversion of the folate derivatives are mediated by folate dependent enzymes which transfer one-carbon units to provide substrate's for a number of metabolic pathways that are essential for cellular function. Foliates are required for the synthesis of DNA, synthesis of amino acids (homocysteine, histidine, serine and glycine), and for the de-novo synthesis of nosylmethionine required in numerous methylation reactions that regulate cell function. Folate deficiency may commonly occur as a result of poor nutrition, defects in absorption and utilization, disease or metabolic interference from drugs, and deficiencies in enzymes and /or cofactors required in the synthesis of folate forms. Genetic, drug and dietary interactions may therefore predispose certain groups of population to an increased risk of folate deficiency. Clinical consequences of folate deficiency include megaloblastic anemia, fatigue, irritability, peripheral neuropathy, restless leg syndrome, diarrhea, weight loss, depression, dementia, cognitive disturbances, and psychiatric disorders.

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

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

The anti-aging segment of the beauty industry is a multibillion dollar industry and is expected to continue for the next 20 years. There are hundreds of skincare companies and thousands of non-active ingredients available, some safe and effective and some unsafe with no proven efficacy.

Very important that the age-management practitioner have a basic understanding of the many active and non-active ingredients which are incorporated into skincare products.

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

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

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

Why people would benefit from the application of CAM therapies and protocols (during succeeding days of residential care in a holistic and healthful environment. Potential CAM care can be provided in more holistic environments and at lower costs than in hospitals providing vastly enhanced levels of hospitality services. Ideal settings for providing residential CAM health care exist in healthful environments with the benefits of nature. Historically, much of today's CAM may be thought of as natural medicine, or "nature cures." There is a great deal of now largely forgotten historical information about the benefits of "nature cure" during the late 1700's, 1800's and early 1900's in the United States.

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e. For each hormone the following will be detailed:

- Every method, dosage forms
- how to select initial dose
- Symptoms of Deficiency
- Symptoms of Excess

resting
stream metabolites
effects

up required: lab and clinical

versities: medical, legal, philosophical, informed consent.

OBJECTIVES:

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

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

ating

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

• Needle mesotherapy uses a technology based on electroporation which delivers a gel based,
• A customized mesotherapy cocktail to approximately the same depth as an injection. The treatment utilizes
• A combination of low level laser and three separate electrical waveform to penetrate minute water channels
• into the dermis on the surface of skin. Electroporation offers many advantages over iontophoresis which
• is a method of delivering materials to the treatment site. Radio isotope lymphography studies confirm
• the deep penetration of materials, an even distribution of ingredients and prolonged retention in tissue
• for up to 24 hours. Electroporation does not require the removal of the stratum corneum and is extremely
• safe and painless. The procedure is friendly, elimination all the downsides of the injection technique.

• Needle Mesotherapy may also be employed in combination with other device protocols to enhance the
• reduction of cellulite or fat reduction treatments. A facial application is offered to address various aspects of photo
• aging and wrinkle reduction.

OBJECTIVES:

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

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

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

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

THE MOST IMPORTANT ANTI-AGING INITIATIVE: METABOLIC SYNDROME X — *Wednesday 6:00pm-7:00pm* *Stephen Holt, MD, LLD(Hon.), ChB, PhD, DNM, FRCP (C), MRCP (UK), FACP, FAGC, FACN, FACAM*

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

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

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

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

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

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

THE SUCCESSFUL AESTHETIC PRACTICE — *Wednesday 7:30pm-8:30pm* *Janette Daher, BS*

• The successful aesthetic practice model requires a unique combination of successful patient outcomes
• with superior customer service. This presentation will discuss twenty ways for a practice to take advan
• the aesthetic opportunity. Included in this discussion will be aspects such as staff development, operatio
• considerations, training, regulatory components, marketing, and advertising.

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

day 7:00am-8:30pm

Vagnini, MD

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

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

- immune function
- male sexual function
- telomere length
- energy

& OBJECTIVES:

• explain telomerase and aging
 • explain telomerase activation
 • present clinical data on nutraceutical approval to telomerase activation
 • lecture will help provide an understanding of the importance of telomeres and the underlying science of telomerase activation, clinical data in regards to: immune function, well-being and energy.

LAXIS OF ATHEROSCLEROSIS AND PROMOTION OF WELL-AGING IN

WITH METABOLIC SYNDROME — Thursday 9:30am-10:00am

Legel, MD, PhD

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

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

PREGNENOLONE : A NERVOUS SYSTEM PROTECTOR AND MEMORY-ENHANCING

HORMONE FOR HUMANS TOO? — Thursday 10:30am-10:30am

Acamio Polimeni, MD, PhD

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

continued on p

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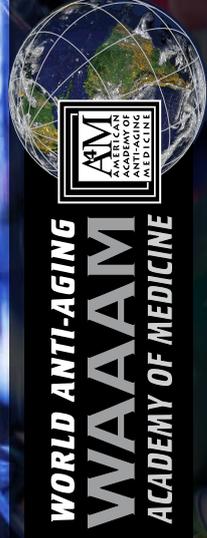
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MD, DO
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nervous system, and for this reason, it's often referred as adaptogen. Several factors are responsible for decline in memory. As we age, the functioning of the brain's neurotransmission system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

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

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

OBJECTIVES:

This lecture shows the memory enhancing effects of pregnenolone on mice's and humans's brains. Presentation is focused in particular on the neuroprotective and neurotrophic actions of this precious neurosteroid.

DIENOGENIC FACTORS AND CANCER PREVENTION — *Thursday 10:30am-11:00am*
astro Nunez, MD

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

Cancer is not a unique illness and it does not have only one cause either, but it can be formed of a group of factors. There are multiple factors that take part in the genetic code modification, such as DNA mutations or an uncontrolled cell multiplication, causing the unbalance of the body harmony. One or more of the factors or the combination of both, grow the probability of a person to get cancer. Until today, there is information that can determine the number of factors that help develop this pathology. Factors like heredity, environment, dietary habits, modified life styles, traumas and viral infections, increment the cancer development. In present time, some of these factors can be modified throughout complementary therapies, healthy life style, alimentary supplements, correcting life styles, inadequate sun exposure, protect or avoid radiation devices and toxic substances aside from the elimination of tobacco consumption.

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

THE ROLE OF AGING IN INTEGRATIVE MEDICINE — *Thursday 1:00pm-1:40pm*
Eric Braverman, M.D.

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

LABORATORY TESTING IN ANTI-AGING MEDICINE — *Thursday: 1:00pm-4:00pm*
Bill Anton Ph.D.

Case Studies in Anti-Aging Laboratory Testing/Monitoring

Anti-Aging is about depletion, inflammation and wear and tear. In this series of workshops we will cover the tests available, when to order them, how to interpret them and how to treat your patients. These are Standard Tests you need to know about. Now they are available through an A4M Accredited Anti-Aging Laboratory. With Comments & Treatment Protocols as per the Fellowship & Board Certification Training Programs in the USA, Austral-Asia and Europe.

continued on p

A lecture that will speak to you

Arterial Scurvy: Preventing and Reversing Atherosclerosis

by Board Certified Cardiologist
Thomas E. Levy, MD, JD

Dec. 12th @ 12:00pm

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 minis & Antioxidants Water & Fat Soluble, Oxidative Damage assessment
 nerals & Metals Trace & Macro, Heavy/Toxics, Post Challenge Tests, RBC, Hair Mineral, Urine, Serum
 s.
 no Acids Essentials & Non-Essentials, Neurotransmitters & Metabolites
 tital Fatty Acids Omega 3, 6, 9 and how to supplement based on lab results.
 mic Acids. The first step in Anti-Aging screening - Metabolic Pathways, Environmental Toxins.
 mmation CRP(hs), Cytokines, AA/EPA, Anabolic/Catabolic Ratio, Gut Functional Assessment
 gies & Sensitivities Food Allergies, Food Additives, Medicine Sensitivities, Obesity &
 Sensitivities, Metal Allergies & Sensitivities.
 ctics, SNPs and Proteomics Panels Nutritionomics, Inflammation, Cardiovascular & Hypertension, Bone
 th, Dementia, Detox, Male Panel, Female Panel, Metabolic Syndrome, Cancer Panel, Skin & Hair Health
 s.

WEDNESDAY, DECEMBER 13, 2007 1:00pm-4:00pm

WORKSHOP: BREAKOUT SESSION II AESTHETIC MEDICINE:
ANAL RESURFACING— Thursday 1:00pm-1:40pm
JoQuillian, MD

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

POLYSIS— Thursday 1:40pm-2:20pm
Los Gkritzalas, MD

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

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

CONCLUSION

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

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

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



English
 Spanish
 Russian

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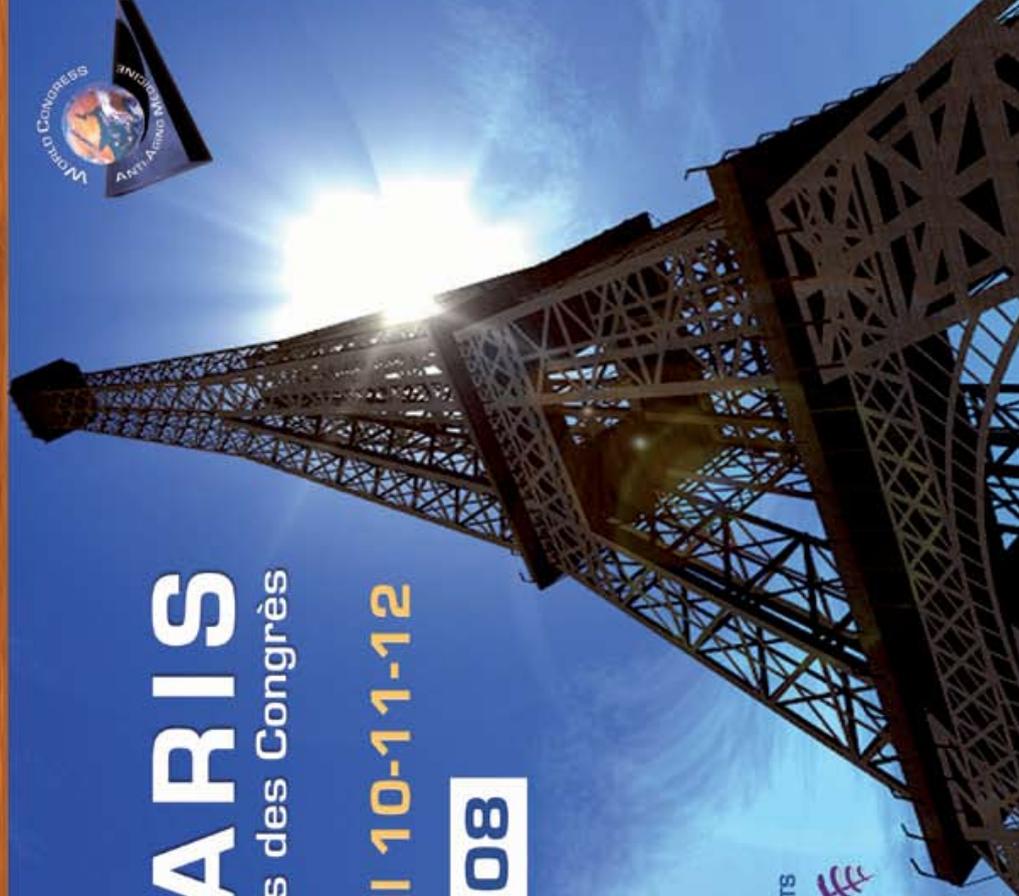


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When we operate with classic liposuction the limitation is the blood loss associated with fat. When we operate with the Laser we have a very low level of blood loss low rate of echimosis and much less post operative results, and a better retraction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

Initially when we operate areas like hands, submental area, we can operate without liposuction just leaving it flat in area and only using a good massage of the area treated and then waiting the natural absorption of the fat. At the end if we compare the result of the laserlypolisis with the classic method we can say that after the laser a big amount of fat cells is let inside which is already "destroyed" by the laser action and slowly is absorbed by the tissue normally.

Reevaluation of the results is after 3 months.

CES:

Dr. Goldmann, et al. Laser Lipolysis. Abstracts of the 10th International Symposium on Cosmetic Laser Surgery; Las Vegas, USA.

Y.G. Une nouvelle technique pour les lipodystrophies localisées. Ver Chir Esth. Franc. 1980 ;6 (9).

Dr. F. J. Goldberg, et al. Results of multicentric Study of laser-assisted liposuction. Clin Plast Surg. 1996; 23 (4):7B-9.

Dr. G. G. G. Laserlipolysis for the treatment of localized adiposity and "cellulite". Abstracts of World Congress on Plastic Surgery. 2000: Dearborn, Michigan, USA.

WORKSHOP: ADVANCED LASER AESTHETIC MEDICINE — Thursday 2:20pm-3:00pm

The field of Aesthetic Medicine grows and evolves at a rapid pace, there are many questions and gray areas regarding many issues such as delegation of treatment, licensing, and education requirements. This presentation will discuss some of these important issues and also discuss future issues to come.

WORKSHOP: LIGHT WORKSHOP PRESENTED BY SYNERON * — Thursday 3:00pm-4:00pm

The field of Aesthetic Medicine grows and evolves at a rapid pace, there are many questions and gray areas regarding many issues such as delegation of treatment, licensing, and education requirements. This presentation will discuss some of these important issues and also discuss future issues to come.

WORKSHOP: AGRATIVE APPROACH TO CANCER THERAPY — Thursday: 1:40pm-2:20pm

Dr. Nasri, MD (Dom. Rep.), HD.

Workshop: Studies in Anti-Aging Laboratory Testing/Monitoring

A summary of 12 years clinical experience employing different therapies in cancer adjunctive therapy such as cytotoxic chemotherapeutic agents, Angiogenesis Inhibitors, Oxygenation Therapies, Immune Therapies, and other Biological Modulators and Homeopathic Remedies. A brief description of the treatment modalities is first mentioned and its efficacy is researched.

GOALS & OBJECTIVES:

- Present how to combine these modalities to tailor the appropriate treatment protocol for different patients.
- Illustrate the great response through presentation of several clinical cases.
- Discuss the efficacy of these therapies to decrease the side effects of conventional treatments and thus improve patients' survival and well-being.

WORKSHOP: GENETIC MEDICINE. THE WISDOM OF SMART MEDICINE — Thursday 2:20pm-3:00pm

Dr. Minatra, MD

practicing medicine for more than three decades the essence of disease originates from an unholy triad

is the compromised cellular membrane. The human body is a high energy machine but produces an enormous amount of toxic waste. As the cellular membrane becomes compromised, vital nutrients such as oxygen, vitamins, minerals, and hormones are not able to enter and nourish the cell in sufficient amounts. Similar to toxic waste is not adequately flushed out of the cell. This scenario accelerates the development of microbotox enhancement.

Eventually the cells become toxic, unable to regenerate and malfunction occurs. Clearly, the pharmaceutical approach to disease is not the answer. Most pharmaceutical drugs are not only toxic to mitochondria; they also create enormous nutrient depletion. Since healthy cells create strong electrical frequencies, they assist the body in proper cell function as well as cellular repair. Organic healthy foods in the presence of revitalizing waters provide the necessary materials to support the cellular basement membrane as well as cellular function. The body requires an energetic interplay of the energies that create real healing.

This lecture will discuss how the marriage of electrical and nutraceutical medicine will achieve cellular support that will not only rejuvenate and restore the cell but repair it as well. Energy-enhancing, ATP-supporting nutrients as well as biological waters, sunlight, bee propolis and MK-7 are just a few of the nutraceutical discoveries that assist the quantum energy of the body. Electrical medicine

provided by low frequency pulsed biofeedback devices as well as revitalized waters assist nutraceuticals in achieving their goal. Such bioenergetic medicine in which the pulsation of the cell is maximized helps create the milieu landscape for optimum health.

GOALS & OBJECTIVES:

- Discuss the role of energy medicine in optimum health
- List five nutraceuticals that promote favorable vibrational frequencies in the body
- Discuss how electrical medicine assists in optimizing cellular function
- Describe the nature of energized revitalized biological water in the healing process

continued on p 10

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ussion will include the unique pharmacokinetics of topically applied hormones including absorption, ion and metabolism. Considerations in choice of base, volume size, concentration, and method of ion will be discussed.

discussed will be interpretation of clinical response and proper testing for topical administration. the ever increasing popularity of the use of topical hormone products, both OTC and compounded tions, the practitioner should be aware of the unique parameters of this method of delivery. An nding of the characteristics of absorption and distribution of topically applied hormones is paramount to nterpretation of clinical response. Symptoms of an excess of hormone often closely mimic the symptoms ncy of the hormone. Absorption of hormones into and across the skin varies with micronization of the e, formulation of the base, and concentration of the hormone. Delivery and distribution of the hormone ed by type of base, volume applied, site of application, and additional factors. The goal of the practitioner e to use the lowest amount of hormone to achieve symptom management and normal physiological levels. anding these parameters will enable the practitioner to make adjustments to the method of hormone on as well as the dose of hormone to achieve desired results while maintaining normal physiological levels. ation of symptom management should be correlated with measurement of hormone levels in analysis erapeutic outcome and dosage adjustments. Understanding the pharmacokinetics will enable the ner to recommend proper testing and interpretation of test results. Dosage guidelines for topical ner will be provided, based on science and clinical experience. Application method recommendations ll take into consideration the patient individual desires and patient compliance as well as the science le to this route of administration.

prehensive patient consultation on the method of application is critical to the desired therapeutic . Also, practitioner and patient need to be aware of the possibilities of transference of hormone to ojects, and inanimate objects.

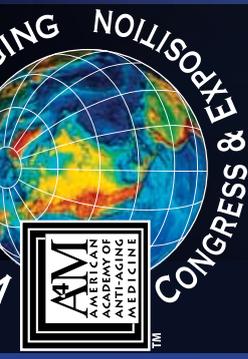
OBJECTIVES:

re conclusion of the presentation, the attendee should be able to:
 scribe the delivery and distribution of hormones applied to the skin
 discuss the variables affecting absorption rate of topically applied hormones, including particle size, e, and site of application
 plain how to measure hormone levels with topical hormone administration and correlate to symptoms

CES:

roff L, et al. Gynecological Endocrinology and Infertility. 6th ed. Philadelphia: Williams & Wilkins, Inc
 ddell B. Distribution and metabolism of topically applied progesterone in a rat model. J Ster Biochem & Mole Bio. 2002; 449-455.
 nson MK, et al. Permeation of Steroids Through Human Skin. J Pharm Sci. 1995 Sep; 84(9):1144-6.
 ang KI. Influences of Percutaneous Administration of E2 & Progesterone on Human Breast Epithelial Cell Cycle in vivo. il Steril Apr 1995; 63(4):785-91
 kowitz D. Changing Views: The Emergence and Efficacy of Natural Hormones in the Treatment of Menopause. JANA. 2000;3(3):36-44.
 mbacciana M, Genazzani AR; Hormone replacement therapy: the benefits in tailoring the regimen and dose. Maturitas . 1969; 193(1):36-47.
 l H; Pharmacokinetics of Oestrogens and Progestogens. Maturitas Sept. 1990; 12(3):171-97.
 enuto F, et al; Human Erythrocyte Membrane. Uptake of Progesterone and Chemical Alterations. Biochim Biophys Acta . 1969; 193(1):36-47.
 oof P, et al; The Permeability of the Human Red Cell Membrane to Steroid Sex Hormones Biochim Biophys Acta Oct. 4; 1195(1):55-62.
 phenson K, Price C, Kurdowska A, et al. Topical Progesterone Cream Does Not Increase Thrombotic and Inflammatory tors in Postmenopausal Women Blood , November 16, 2004;104(11):

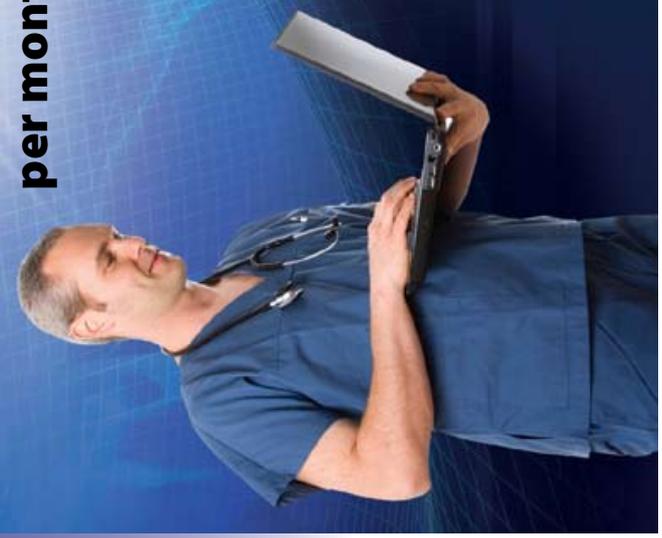
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Publications show that the reliability of saliva testing in some commercial labs is questionable. One contributing factor to unreliable lab test results can be sample collection technique and instructions. Clinically relevant salivary analytes must be small non-polar molecules. Physiologically there is no expect clinical levels of analytes such as DHEA-S, T3, T4, proteins, or catecholamines to be found in saliva.

Collection device: Because non-polar analytes such as steroid hormones have a strong tendency to adsorb to many plastics, only polypropylene devices with integrated cap should be used. Screw caps can be a source of interference. Don't use cotton based collection devices.

Mucination of saliva flow: No chewing during the collection procedure. Chewing increases the presence of gingival fluid which can significantly contaminate saliva samples.

Food contamination: The patient should inspect freshly collected saliva samples for any tint of red color, and discard the sample if red color is seen. Wait 10 minutes and collect a replacement sample.

Food interference: Avoid any food of animal origin during the collection day until sampling is completed.

Multiple sampling: Because levels of steroid hormones fluctuate over short periods of time in either saliva or serum, multiple sampling is highly recommended. Best results can be expected if 5 samples collected within a period of 2 hours.

Saliva samples can be sent to the lab without cooling.

These recommendations are followed carefully the results of saliva lab tests will be superior to serum tests of the same analytes. It has been reported in literature that the clinical validity of serum analysis is sometimes of limited value due to interference of conjugates and binding proteins. This can be overcome by non-invasive salivary testing which provides analytical results closely correlating to the free fraction of hormone in serum. Moreover the episodic pattern of steroid secretion can be easily compensated for by multiple sampling.

GOALS & OBJECTIVES:

- optimize saliva sample collection procedures
- review physiological limitations of salivary glands
- compare saliva and serum assessment of steroids

FRIDAY, DECEMBER 13, 2007

5:30pm-8:30pm

WORKSHOP: AESTHETIC COMMERCIAL WORKSHOPS *

WORKSHOP PRESENTED BY CYNOSURE— Thursday 5:30pm-6:30pm

Chesapeake, MD

Have you ever thought about integrating liposuction into your current practice offerings but did not know where to start? Are you already offering liposuction to your patients? If so, Cynosure and Dr. Peter Klainer would like to introduce you to a new, dynamic opportunity to learn the latest in Smartlipo™.

WORKSHOP: OPERATE A SUCCESSFUL AESTHETIC LASER PRACTICE PRESENTED BY PALOMARD

Friday 6:30pm-7:30pm

Quintell, MD

How can you lead the way in your aesthetic business with the latest laser/light aesthetic technologies? This workshop will discuss the best laser and pulsed light system for your needs, with an eye on safety and ease of use. • How to integrate aesthetic treatments into your practice while still maintaining high standards of patient care. • Marketing your new aesthetic treatments to your patient base and the general public for maximum profitability. StarLux applications include: • Permanent Hair Reduction • Photofacials for aging and Vascular Lesions • Leg Vein Treatment • Acne Clearance

WORKSHOP: HOW TO OPEN A SUCCESSFUL ANTI-AGING PRACTICE (ACASP)/ SPORTS MEDICINE

John Grasel, R.Ph., Pamela Smith, MD, Ron Rothenberg, MD, Patrick Savage, MD

Presentation on the key requirements of starting and growing a successful Bioidentical Hormone Therapy practice within the United States. Key topics include proven experience in Marketing, converting prospective patients and operational follow up to ensure practice success.

BodyLogicMD® is a nationally recognized network of anti-aging physicians who share the marketing, knowledge, strategic partners and technology necessary to successfully grow their hormone therapy practice.

BodyLogicMD® physicians specialize in bioidentical hormone therapy integrated with proper fitness and nutrition. Helping women and men suffering the symptoms from hormonal imbalance, menopause and andropause (the male menopause).

Over the past 4 years, **BodyLogicMD®** has launched and grown to over 15 centers and 18 under construction has created 17,000 prospects and 4,600 new patients for these centers.

BodyLogicMD® currently is producing over 1,200 new prospects and adding 250 new patients monthly facilitating it tremendous growth rate.

Patients are demanding better preventative care to preserve health; and physicians are entering this market to meet this need. Anti-aging is generally not insurance-based medicine. It is elective care driven by patient desires to age with vitality and good health – avoiding the syndromes seen by many in their parents as they have aged. Doctors see anti-aging practices as a cash-based (non-insurance) model as a means to improve their wealth, provide proactive patient care, and improve their own quality of life.

GOALS & OBJECTIVES:

- Understanding of the keys to successfully marketing your practice.

continued on p 10

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MEDICINE AND LONGEVITY — *Thursday 6:00pm-9:00pm*
Oschman, Ph.D.

much skepticism, energy medicine and the science behind it are emerging as rich and fascinating with major implications for anti-aging medicine. The public is attracted to energetic techniques because cost-effective, are relatively non-invasive and have few if any side effects. This presentation focuses on holistic/therapeutic approaches utilizing pulse biofeedback. These devices are based on the Vascular Signal (VAS), a sensitive indicator of the condition of systems throughout the body. The VAS is a change in the tone of the smooth muscles in the walls of the arterial system, mediated by sympathetic and parasympathetic neurons. The VAS can be used to determine the response of the body to specific microcurrent stimuli known to influence particular tissues and physiological systems, as well as the responses to techniques that are known to stimulate healing. Well-documented and widely used examples include the use of magnetic fields to stimulate bone growth and the healing of soft tissue injuries. The VAS is extremely sensitive for detecting elusive pathologies and serious medical conditions in the earliest stages of development. The implications for prevention and longevity are profound.

OBJECTIVES:

Identify the part of the nervous system that mediates the VAS.
 Identify the part of the nervous system that mediates the VAS.

TERAPY, MESOPLASTY®, LIPODISSOLVE, AND INJECTION LIPOLYSIS: APPLICATIONS IN AESTHETIC MEDICINE

Friday 7:00am-8:00am
Salas, MD,

therapy was developed in France in 1952 by Dr. Michel Pistor. It has become a popular therapeutic modality, especially in aesthetic medicine. Mesotherapy involves delivery of therapeutic agents directly through the skin to the target area, minimizing the systemic impact of the treatment. Although mesotherapy has traditionally been used to treat common medical conditions, in the USA the primary interest in mesotherapy has been in aesthetic applications. We have reported our experience in aesthetic mesotherapy in an effort to better understand the optimal treatment regimens and best candidates for this modality.

Over 2000 patients have been treated with mesotherapy for various indications, primarily related to localized cellulite, fatty neck, jowls, and lower eyelid fat herniation. In our initial experience we treated patients primarily with a contralateral control to show the efficacy of mesotherapy as an effective aesthetic procedure. We subsequently looked at different combinations of medications in an effort to derive an optimal treatment protocol. We also compared the results of mesotherapy with liposuction in a prospective study. Our treatment protocol usually involved the use of an automated injector.

We found that mesotherapy is well received by patients and is very effective in the treatment of localized cellulite. Side effects observed in our patient population were generally minor and self limited. We are not aware of any significant changes in patient weight with Mesotherapy. In addition, we found that mesotherapy is as effective as liposuction in the treatment of lipodystrophy.

We will review the scientific basis of mesotherapy, and the medications currently used in aesthetic mesotherapy. Special attention will be given to effective techniques and appropriate patient selection.

- Discuss the scientific basis of mesotherapy, Mesoplasty, Lipodissolve, Injection Lipolysis
- Understanding the role of mesotherapy, Mesoplasty, Lipodissolve, Injection Lipolysis in aesthetic medicine
- Explain the proper technique of administration
- Selecting the appropriate candidate

COMPREHENSIVE CANCER TREATMENT — *Friday 8:00am-9:00am*
Mark Rosenberg, MD

The efficacy of treatment for Stage III and Stage IV cancer has progressed minimally since the inception of chemotherapy. The initial approach was to use relatively broad spectrum chemotherapy drugs that attempt to kill rapidly dividing cells. Results for the majority of cancers (with the exception of the leukemias, choriocarcinoma, testicular cancer, ovarian cancer, and the lymphomas) have been dismal. At best, we may have a temporary response which may extend survival by up to 2-3 months; unfortunately, the minimally extended survival 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 a medical oncologist) undertook a literature search for all randomized-controlled trials that reported a statistically significant increase in 5-year survival due solely to cytotoxic chemotherapy in adult malignancies. The search period was from January 1990 to January 2004. The results were disappointing. "The overall contribution to curative and adjuvant cytotoxic chemotherapy to 5-year survival in adults was estimated to be 2.3% in Adenocarcinoma and 2.1% in the U.S."

continued on p

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of mechanisms. It would therefore be cavalier to think that we can manage such a disease process by 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 allow the individual to coexist in harmony with their existing cancer; the cancer should be stabilized so no progression and no symptoms. The management of HIV is an excellent analogy. There was a time HIV was an automatic death sentence. Now, HIV is often managed as a disease that individuals may live symptom free, for decades.

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 presented, followed by case reports of patients with metastatic cancer who have undergone this protocol.

& OBJECTIVES:

Understand 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

LEGAL NEWS: VICTORY OVER FDA SUPPRESSION OF LEGAL PHYSICIAN USE OF GROWTH HORMONE (HGH) — Friday 9:00am-9:30am

Dr. Mirch, MD

This presentation will cover the indictment of an anti-aging physician who is Board Certified in Internal Medicine, Medical Oncology and Homeopathy for prescribing "off label" usage of Human Growth Hormone for a recognized medical condition, namely Anti-Aging medicine.

This case will be reviewed including "trigger" complaints, the failure of the FDA

to issue a mandatory warning, undue search and seizure by 3 dozen federal agents on the personal home and office of the defendant in February of 2005.

Examples of prosecutory misconduct will be cited including:

- Selective enforcement
- Denial of "Miranda rights"
- "Decoding" of shill's medical records
- Under and libel in the electronic and print media
- Providing false testimony and affidavits to the federal grand jury to secure an indictment
- Denying medicine without a license by the FDA.

Strategy and tactics used by the legal team of Mirch and Mirch using the evidence of Prosecutory misconduct and the threat of "wrongful deaths" countersuit were key factors in forcing the prosecution to back down from a felony to a misdemeanor to a civil action. Ultimately the defendant was ironically placed in a position of writing a national protocol for GHD in adults.

& OBJECTIVES:

Understand this landmark legal case which will make HGH now "on label" for use in GHD in adults.
Understand how other anti-aging MD's/DO's in their battles with the FDA and medical boards using expert legal tactics.

Botox® is the #1 cosmetic procedure in North America, why is patient retention only 57%? In the author's practice, patient retention is over 90%. Unfortunately, Botox® is like driving –everyone thinks they are an expert. This talk will examine the factors that result in satisfied patients with a high retention rate for the number one anti-aging procedure.

WORKSHOP: BREAKOUT SESSION II AESTHETIC MEDICINE

PANFACIAL BOTULINUM TOXIN A TREATMENTS — Friday 1:00pm-1:40pm *Manon Pilon*

Almost 20 years have passed since the first Botox Cosmetic® (botulinum toxin A) injections were done. The unsightly frown lines between the eyebrows. Now that the long-term safety of Botox® has become clinically established, with millions of men and women having received injections, Botox® treatments have become a cosmetic procedure in the USA. Botox® is truly anti-aging medicine, and should be available from any anti-aging physician who has undertaken proper training.

If Botox is the #1 cosmetic procedure in North America, why is patient retention only 57%? In the author's practice, patient retention is over 90%. Unfortunately, Botox is like driving –everyone thinks they are an expert. This talk will examine the factors that result in satisfied patients with a high retention rate for the number one cosmetic anti-aging procedure.

HYALURONIAN FILLER UPDATE — Friday 1:40pm-2:20pm *Milan Shah, MD*

Over the last few months at least 5 major players have obtained FDA approval for their newest facial fillers. When looking for the ideal filler practitioners consider many important characteristics including, longevity, ease of injection, cost, results and of course the safety profile. Because of the high demand of these products, manufacturers are raising the bar and as a result we have a new array of fillers to choose from. So which is the best, the most ideal filler? Not only have there been advancements in characteristics of fillers including:

continued on p 7



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techniques in filler injection allow their use in not only naso-labial folds, lips and oral commissures, we are targeting malar volume loss, tear trough depression and even aiding in creating the effect al lift. This lecture is intended to provide an update on the current market trends on fillers and the es of each. We will also discuss advanced injection techniques and applications of each of the latest and fillers on the market today.

INATION THERAPY INJECTABLES DEMONSTRATION — Friday 2:20pm-3:00pm *icQuillan, MD*

a live demonstration of the use of Botulinum Toxin A and Facial Fillers treatments to achieve results ble to that of a face lift with minimal risk and far less down time. These procedures can be performed in an office setting.

ITIC LASER TREATMENTS PRESENTED BY CANDELA * — Friday 3:00pm-4:00pm *ilast, MD*

n from one of our experts, Dr. Nissan Pilest, about the latest advances in aesthetic laser and light-based gy and what they can do for your practice. See how hair removal, pigmented lesion removal, skin g, wrinkle reduction, tattoo removal, leg and facial veins and other popular therapies can expand and n your practice..

IST & GREATEST TECHNOLOGIES IN FACIAL FILLERS — Friday 1:40pm-2:20pm *Shah, M.D.*

the last few months at least 5 major players have obtained FDA approval for their newest facial filler. oking for the ideal filler practitioners consider many important characteristics including, longevity, ease of , cost, results and of course the safety profile. Because of the high demand of these products, manufacturers ng the bar and as a result we have a new array of fillers to choose from. So which is truly the best, the most er? Not only have there been advancements in characteristics of fillers including longevity, safety, ease of appearance, but the fillers are now used for a variety of applications. Newly pioneered techniques in filler allow their use in not only naso-labial folds, lips and oral commissures, but now we are targeting malar oss, tear trough depression and even aiding in creating the effect of a facial lift. This lecture is intended to an update on the current market trends on fillers and the properties of each. We will also discuss advanced techniques and applications of each of the latest and greatest fillers on the market today.

IC APPROACH TO CANCER TREATMENT— Friday 1:40pm-2:20pm *zynski, M.D., Ph.D.*

s presentation, I will try to answer the question if a personalized treatment approach may improve the results r therapy and I will review the most important strategies that are useful in current oncology practices. determining a sequence of the human genome, it was discovered that only 10% of genes are active life; therefore, approximately 90% of our genes are silenced(1). The system of biochemical factors igranome consists of molecular switches that silence and activate genes throughout our lifetime(2). g of tumor suppressor genes triggers higher oncogene activity leading to mutations and an increased ancer. Decreased activity of tumor suppressors and increased activity of oncogenes lead to cancer, but arse controls cancer. Since epigenomes are systems of molecular switches which target gene expression, ration of gene expression based on epigenetic mechanisms is a very attractive approach to control Drugs that were initially approved for oncological indications which were directed against single targets raised tremendous hopes and excitement as well as disappointment. Currently, the emphasis of is centered around drugs affecting multiple targets. In summary, there are over 20 targeted therapeutics d by the FDA and the number is growing rapidly(3). Currently available targeted therapeutics are either nal antibodies injected intravenously or “small molecules” administered orally.

results of standard treatments are disappointing in glioblastoma multiforme (GBM), the most common

diagnosis in North America and approximately 3% survived 2 years after diagnosis in Western Europe. group of 88 evaluable patients with GBM treated in phase II trials with antineoplastons, 25% were long-term survivors (over 2 years) and the maximum survival now exceeds 13 years(9).

In conclusion, personalized treatment based on identification of oncogenes involved in cancer allows successful therapy of patients who have failed standard radiation and chemotherapy. Antineoplaston treatment results in objective responses and long-term survival in difficult-to-treat malignant brain tumors and colore cancer. Dynamic expansion of research of targeted therapies and identification of patients who are prospersponders promises much better results in overall cancer treatment in the near future.

CELLULAR ENERGETIC IN CHRONIC DERMATOSES AND SKIN AGING — Friday 2:20pm-3:00pm *Prof. John G. Ionescu, PhD*

Previous research indicates that the intrinsic (genetically determined) and the extrinsic (UV- and toxin exposure mediated) skin aging processes are overlapped and strongly related to an increased generation of radicals. In turn, the intrinsic skin aging process is mediated by decreased energy levels and anabolic process in the skin cells, deficient antioxidant defence mechanisms, deficient melanin synthesis, deficient detox (genetic polymorphisms) as well as decreased sexual hormones supply (age related) and water retention.

Biomarkers of the intrinsic aging include hyaluronic acid depolymerisation, a reduced melanogenesis a oestrogen dependent collagen synthesis, lowered ATP generation and wound repair capabilities, an impaired antioxidant defence and an increased lipofuscin generation (age spots). On the other hand, inflammatory proliferating skin conditions like acne and psoriasis are also associated with decreased ATP and cyclic nucleotide (cAMP) in blood and epidermal cells.

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ing compounds and melanin promoters. In clinical studies, topically applied energy generating compounds such as P, ADP and NAD (Cell Energy ®) normalized the cell replication rate in psoriatic skin, diminished the thickness of the stratum corneum and induced a significant improvement of skin structure and wrinkles (anti-aging-effect).

By slowing down the photoaging related wrinkle formation efficiently, a new collagen synthase stimulating formula (Repair Complex®) offers a synergistic anti-aging combination of UV-light blockers, free radical quenchers (Coenzyme Q10) and collagen/elastin synthesis promoters like hydroxyprolin and plant bioflavonoids. The active ingredients are incorporated in liposomes containing skin identical phospholipids and ceramides by means of a novel DMS® nanoparticle technology. A rapid uptake in the epidermis cells is thus granted.

Results of the described hypoallergenic topical products results in a significant improvement of the skin structure and appearance within 30 days, as documented with the standardized Surface Evaluation of Living Skin (SELS) methodology in a group of 35 women aged 40 to 63 years.

GOALS & OBJECTIVES:

Understanding the role of cellular energetics in chronic inflammatory skin diseases (psoriasis, acne, eczema) and aging skin, and explaining the biomarkers of the skin aging process as background for specific anti-aging treatments and describing innovative procedures and formulas to counteract the described chronic dermatoses and wrinkles formation

Monitoring the anti-aging therapy results by means of the standardized Surface Evaluation of Living Skin (SELS) methodology

SESSION ON OF AESTHETICS AND AGE MANAGEMENT — Friday 3:00pm-3:30pm

Zacharia, M.D

As we enter a new phase of anti-aging medicine, it has become more and more obvious that our clients need a sophisticated, combined approach to augment their anti-aging medical treatments. This lecture will describe the means by which a patient can have an integrated treatment plan involving both anti-aging and anti-aging procedures in the same practice. More importantly it will describe the way we as doctors can combine these specialties into a common practice.

THE SIGNIFICANT ROLE OF TOPICAL ANTIOXIDANT CREAMS CONTAINING VITAMINS A, C, AND E IN PROMOTING AND MAINTAINING THE HEALTH OF THE SKIN — Friday 3:00pm-3:30pm

D. Telford, M.D.

Chronic sun exposure results in premature ageing, immunosuppression and skin cancer. The mechanism involves free radical production. Antioxidants absorb free radicals. In the epidermis the exogenous antioxidants are Vitamins A, C, and E. Topical application markedly increases the available levels.

What treatment may offer:

Enhanced photoprotection on a cellular level: a biological sunscreen

Prevention of photoaging

Reversal of photoaging

Prevention of skin cancers and melanoma.

Reversal of natural ageing

Proved wound healing

GOALS & OBJECTIVES:

How to recognise sun damage

Current Concepts in:

- The effects of chronic sun exposure

- The free radical model

* of injury and the role

* of exogenous antioxidants

CLINICAL THERAPIES TO CONTROL INFLAMMATION AND METABOLIC PERFORMANCE — Friday 3:30pm-4:00pm

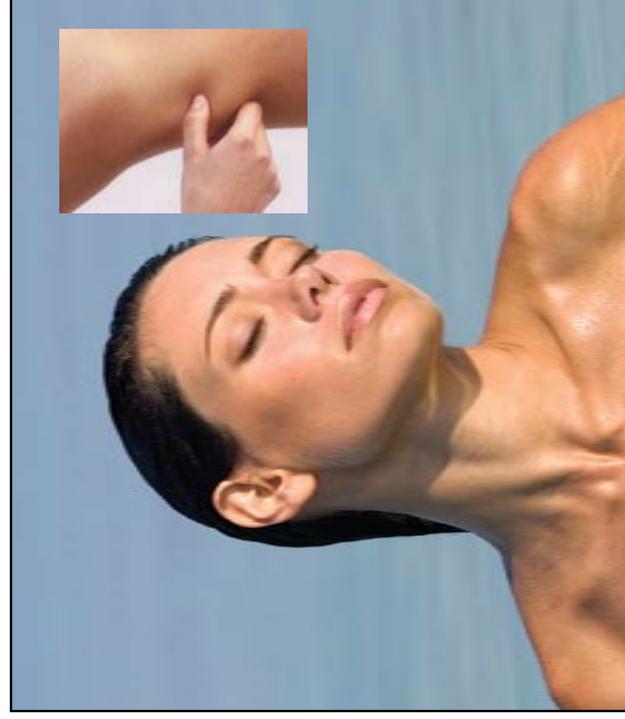
Chris Melietis, ND

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

GOALS & OBJECTIVES:

- Expand Clinical Understanding of Natural Approaches to Inflammation Control
- Acquire Botanical Therapeutic Knowledge Relative to Human Physiology Modulation
- Appreciate the Clinical Synergies of Combined Natural Therapeutic Interventions practice.

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DECEMBER 14, 2007

Friday 5:30pm-8:30pm

NG WORKSHOP: AESTHETIC COMMERCIAL WORKSHOPS *

SUCCESSFUL PATIENT OUTCOMES FOR THE TREATMENT OF HAIR, VEINS, PIGMENT, SKIN LAXITY,

ATURE PRESENTED BY SCITON LASER — *Friday 5:30pm-6:30pm*

aker

out why physicians offering non-invasive cosmetic procedures see more patients and greater profitability. se Baker will share her clinical and personal perspective on new popular rapid-recovery and no-downtime es. You will learn how these procedures can be a source of growth and prosperity for your practice. es include facial wrinkle treatment, high-speed hair removal, MicrolaserPeel(TM), Vascular lesions and treatment, photofacial treatments, and more. Devices include the Profile expandable platform with (TM) for resurfacing and MicrolaserPeel; ClearScan(TM) for high-speed automated hair removal and treatment; ThermoScan(TM) non-ablative wrinkle treatment, acne scar and acne treatment; and the new (TM) broadband pulsed flashlamp for treating a wide variety of conditions.

60 DEGREE PRESENTED BY ALMA LASERS — *Friday 6:30pm-7:30pm*

raun, MD

360 skin rejuvenation uses three laser and light techniques improving patients' skin, color, texture, tone y. This 60 day application treatment applies the fractional resurfacing technique with the Pixel hand is new laser technique involves creating thousands of tiny micro-perforations in the skin smaller than these tiny micro-perforations heal in 24-36 hours. The Pixel's healing response results in new collagen rmed in the skin. This is different from the traditional resurfacing, which involved burning away the e of the skin resulting in considerable downtime and risk. With the Pixel hand piece there is no ne and no pain. Furthermore, traditional resurfacing was too harsh to perform on the skin, neck or chest. al resurfacing with the Pixel during the Laser360 skin rejuvenation program can be done anywhere on r, and the end result is smoother skin with improved tone and texture, with virtually no downtime or patient notices smaller pores, less fine lines, and improved acne scars with more radiant skin.

IC MARKETING 101 — *Friday 7:30pm-8:30pm*

aher, BS

successful aesthetic practice model requires a unique combination of successful patient outcomes with customer service. This presentation will review 26 components from A-Z to accomplish a successful model.

MAGNETIC FIELDS. IMPACTS AND ANTIDOTE — *Friday 6:00pm-9:00pm*

erman, M.D.

r increasingly "high-tech" society, it is impossible to avoid being affected by electromagnetic fields Greater than 2 milligauss extremely low frequency (ELF) EMF is common in our environment, even t is associated with an increased risk for brain cancer, among other risks. Although there is still much to

increasingly clear that ELF EMF have ubiquitous effects on our bodies that parallel their ubiquity in our Studies have shown that children living near power lines are more prone to develop leukemia, perhaps to power frequency magnetic fields suppressing the nocturnal production of melatonin in the pineal gland. Electrical workers may also be at an increased risk for leukemia. ELF EMF may have a causal relationship to other cancers, such as lymphomas and cancers of the nervous system. DNA crosslinking increases upon e to 50 Hz magnetic fields. Intermittent ELF EMF have a clastogenic potential which may lead to chromos damage in dividing cells. Intermittent exposure to 60 Hz, 28.3 microT magnetic fields results in less sleep and reduction of sleep efficiency, increased time in Stage II sleep, and decreased REM sleep. Long-term st of ELF EMF suggest that ELF EMF exposure may be linked to higher levels of oxidative stress. Magnetic affect human heart rate variability, AV conduction, and heart rhythm. ELF EMF may deplete endorphins brain, which could lead to addiction and other psychiatric disorders. Exposure to ELF EMF puts electric workers at an increased risk of suicide. ELF EMF have detrimental effects on cognitive process, such as sh term memory and executive functioning, attention, and reaction speed. ELF EMF alter calcium ion prod in our cells and can therefore alter hormone production. They cause an increased production of soluble a beta protein (sAb) secreted into the blood stream. It crosses the blood-brain-barrier in amounts that can eventually lead to Alzheimer's disease.

Is there an electromagnetic antidote for these detrimental effects of electromagnetic pollution?

The cranial electrical stimulation (CES) device, combined with a healthy diet and lifestyle, is the anti and preventive measure for the damage that one can incur from living in today's high-tech society. Just as "good" heavy metals (e.g. Selenium) to antidote toxic heavy metals (Mercury), and organic chemicals to a organic toxins, we can also use electrotherapy to antidote the negative effects of ELF EMF.

CES devices normalize numerous types of brain rhythms. By doing so they have been shown to reduce anxiety and increase attention, in addition to improving sleep. They improve hearing and cognition, and suppress tinnitus. They can be used for the treatment of addiction. CES devices inhibit the locus coreleu produce the same effect as clonidine of blocking anxiety. They have been shown to increase the P300 wa amplitude in alcoholics. They decrease alpha-theta brain wave activity, and increase theta-alpha brain wa devices raise blood levels of endorphins and increase the conversion of amino acids into neurotransmitter modulating neurotransmitters in the brain they may rebalance the immune system to help with aspects c depression and anxiety-type symptoms. They decrease hallucinations. They are used for treatment dysme They improve Parkinson's disease symptoms – including the elimination of dyskinesias. CES devices help to decrease violence in a group of mentally retarded individuals. They treat fibromyalgia. They can be use enhance cognitive behavioral therapy. CES devices have no serious side effects and are therefore a safe an for damage incurred by contact with EMF, and an effective preventive measure in conjunction with a lifestyle and diet.

As electrical beings, we are very susceptible to harmful effects of our increasingly electronic world. Bu can also use electrotherapy to reverse and prevent disease. A man who spent 6 years with minimal consci had electrodes implanted in his thalamus, causing him to respond immediately to voices in the room and open his eyes. More research will continue to reveal the preventive and lifesaving effects of electrotherap antiodote for electromagnetic pollution.

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Course Completion Guidelines and Curriculum

The four module lecture series will be held at the A4M World Congresses in Orlando, Washington, DC, and Las Vegas. Each module will feature a two-day lecture, discussion, and live demonstration program:

- Module I: Advanced Facial Sculpting and Contouring with Botulinum Toxin A and Facial Fillers
- Module II: Aesthetic Treatments Utilizing Lasers and Light
- Module III: Aesthetic Venous Treatments
- Module IV: Body Contouring
- Module V: Chemical and Mechanical Exfoliation
- Module VI: Cosmeceutical Additives

The three module intensive hands-on clinical training series will be offered at The Ageless Aesthetic Institute locations in Columbus, OH and Seattle, WA:

- Module V: Facial Injectables
- Module VI: Aesthetic Lasers and Light
- Module VII: Sclerotherapy
- Body Contouring
- Chemical and Mechanical Exfoliation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCM) through joint sponsorship of the Foundation for Care Management (FCM) and The Ageless Aesthetic Institute (AAI). FCM is accredited by the ACCME to provide continuing medical education for physicians. FCM has verified that a physician may earn up to a total of 66 AMA/PRA Category 1 Credits™ by completing the Level 4 classification course, and is competent to perform the procedure without further supervision, in accordance with AMA guidelines for continuing medical education on new procedures and skills. This activity has also been planned and implemented in accordance with the Essential Areas and Policies of the ACCME through joint sponsorship of the Medical Educator Consortium and the Aesthetic Anti-Aging Fellowship. MEC is accredited by the ACCME to provide continuing medical education for physicians. MEC has verified that a physician may earn up to 64 AMA/PRA Category 1 Credits™.



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protocols providing practical applications on how to restore full male function to youthful ability.

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

GOALS & OBJECTIVES:

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

HAIR RESTORATION: MAINTAINING AND RESTORING

THE AGING FRAME OF THE FACE — Friday 1:00 PM - 1:30 PM

Alan Bauman, MD

Hereditary hair loss, considered by many as an outward sign of premature aging that can be 'seen from the room,' currently affects an estimated 50 Million men and 30 Million women in the U.S. Research suggests that 50% of all men and women will experience some degree of hair loss by the time they are age 50, with Americans spending hundreds of millions of dollars annually on treatments, 'cures' and cover-ups. However, recent advances in medical treatments and procedures now offer men and women who suffer from hair loss an effective, truly viable methods of maintaining and/or restoring their own natural, living and growing

GOALS & OBJECTIVES:

It is our goal to present an overview of the mechanisms of Androgenetic Alopecia (male and female hair loss) and viable treatment options that address its long and short term management, including non-chemical/non-invasive therapies (Low Level Laser Therapy/LED phototherapy), FDA-approved medical advanced microsurgical hair transplantation procedures, and future therapies (like hair multiplication / "cloning"). The evolution, benefits and limitations of each treatment modality will be discussed.

THE ENERGY FACTOR: NITROGEN – A NEUTRACEUTICAL APPROACH TO BRAIN FUNCTION (ADD/ADHD, ADDICTIONS & MORE), SCIENCE, THEORY AND CASE PRESENTATIONS — Friday 7:00pm-7:30pm

Suzie Schuder, MD

The effect of hormones on brain function has been frequently described. Each hormone has known effects on mood and mentation and contributes uniquely to optimal levels of functioning. The severity of the deficiency is closely correlated with the level of dysfunction. Psychiatrically defined disorders are based on symptom clusters and behavioral patterns without a known cause. The categories are defined by a community of psychiatrists who meet every seven to ten years to classify and attempt to clarify these disorders because of them have overlapping symptoms. Psychiatric disorders are diagnoses of exclusion in that there is no known etiology. Any known cause needs to be ruled out or ruled in and treated when possible. Hormone imbalance have known effects on the mind and behavior that parallel the symptoms defined by a psychiatric disorder as Attention Deficit Disorder.

Also well known is the fact that nutritional balance can have a profound effect on hormone balance. A poor diet can not only limit the endogenous production of hormones, but it can also reduce the effectiveness of hormone replacement therapy. This is one way that nutritional balance can influence mood and brain function.

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ROLES OF STEM CELLS, FITNESS, HORMONES, AND BIOCHEMISTRY — Friday 6:00pm-7:00pm

Delgado, Ph.D.

protocols of stem cells, fitness, hormones, and biochemistry are used to increase metabolism, energy, function, reverse diabetes, heart disease, hypertension, arthritis, cancer and obesity.

Delgado will explain (1) the most recent developments in stem cell discoveries for anti-aging using stem cells, (2) the safest approach to stem cell therapy, and (3) applications in the medical literature for the correct selection and treatment with stem cells, and (3) applications for tissue, joint and organ repair.

Delgado explores the myths and facts about DHEA, testosterone, DHT, balancing of estrogens, growth hormone and cortisol as well as the correct delivery systems, safe dosages and combinations (all key hormones for health, vitality and quality of life). We show the protocols for correct hormone, enzyme and phytochemical intervention for all ages. Find out how herb concentrations can clear the bad and restore the good in men and women.

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

Delgado identifies the first signs of premature aging and sexual decline. Learn the positive effects of stem cell therapy.

Disorder has been surprisingly effective. Case presentations of the patients who responded are described.

GOALS & OBJECTIVES:

- Identify the negative effects on mood and mentation that hormone deficiencies can cause
- Describe the link between nutritional state, in particular the lack of a positive nitrogen balance, and hormone deficiencies
- Illustrate, through case presentation, the helpful effects of adding nitrogen to enhance positive nitrogen balance

STAND-ALONE PRESENTATION: FEMALE MENOPAUSE AND MALE ANDROPAUSE AND HOW ASSISTING ESTROGEN METABOLISM IMPROVE HORMONAL BALANCE AND WELLBEING — Friday 7:30pm-8:00pm

Michelle DeVito, MD

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

Dr. DeVito identifies the first signs of premature aging and sexual decline. Learn the positive effects of herbs, enzymes, biochemistry and bio-identical hormones, and find out how intimate healing actually happens. Learn how to keep you young while enhancing the quality of our relationships. She will review the best herbs and providing practical applications on how to restore sexual function to youthful ability.

Dr. DeVito presents actual case examples of how to master the golden rules of longevity and improve the quality of life.

GOALS & OBJECTIVES:

- Determine the correct combination of hormones, herbs and enzymes to use in your practice.
- Understand and explore intimacy and the healing effects of male and female interaction.

FRIDAY, DECEMBER 15, 2007

STAND-ALONE PRESENTATION: GENETIC FACTOR: HOW RED WINE AND RESVERATROL CAN UNLOCK THE GENETIC SECRETS OF A LONGER HEALTHIER LIFE — Saturday 7:00am-8:00am

*Maroon, MD
PAC*

For many hundreds, perhaps thousands of years ancient Chinese healers have used medicinal plants to both prevent and treat many diseases and conditions including using a weed-like plant grown in the mountains of China called Hu Zhang. The ancient Greeks and Romans also believed in plant-based treatments and often used wine and grapes for many ailments. Modern science has now rediscovered that these two different cultures' remedies, Hu Zhang or often called knot weed and grapes, particularly the skins of red grapes, have the same active compound called resveratrol. Resveratrol is a polyphenol that has been researched extensively as a powerful anti-oxidant capacity.

Recently, research from Harvard and other labs around the world revealed a different life promoting mechanism found in this polyphenol that in December 2005 was front page news around the world. What these researchers had discovered was that mice fed resveratrol outlived similar mice by over 25%. In other studies in France showed that mice fed resveratrol did not gain weight as compared to controls when given a high-calorie diet. The press headlines screamed, "you can have your cake and eat it too!"

We intend to discuss the mechanisms of longevity and the discovery of McCay in the 1930's regarding caloric restriction and life extension. Also to be discussed is the recent discovery of an ancient class of genes called sirtuins, found in every living animal cell, that once activated have the ability to promote health, reduce oxidative stress and increase longevity. We will reveal how the discovery of the unique polyphenol found in both red wine and knot weed plants, resveratrol, can activate these genes and perhaps allow humankind to enter a new era of unprecedented age of improved and prolonged health. And perhaps the most timely information to be

memory and exercise endurance.

GOALS & OBJECTIVES:

- Review the theories of aging and longevity enhancement
- Discuss the mechanism of SIRT1 activation and polyphenols.
- Discuss the discovery of natural polyphenols found in red wine and the dietary supplement – resveratrol, and explain the latest research into treatments and understand of human aging and disease prevention.

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A BREAKTHROUGH IN CANCER THERAPY VIA GLUCOSE INHIBITION — Saturday 8:40am-9:20am

Maureen Pelletier, MD

Dr. Otto Warburg was awarded the Nobel Prize over 70 years ago for his discovery that cancer cells use glucose at a rate 10 to 50 times higher than healthy cells through direct glycolysis, via non-oxidative pathways. Called the "Warburg Effect," this characteristic hyper metabolic activity fuels the explosive growth of cancer. It steals glucose from healthy tissue and produces metabolic by-products that contribute to systemic illness. Warburg theorized that if the uptake of glucose into cancer cells could be inhibited, their energy supply choked off, slowing or stopping cancer growth and forcing cancer cells to die.

A few years later, Hungarian biochemist Dr. Albert Szent-Gyorgyi, also a Nobel Laureate, began seeking the explanation for low rates of cancer among populations that consume substantial amounts of whole grain products, compared to populations that don't. By the early 1980s, Szent-Gyorgyi had isolated natural compounds within wheat germ that he believed would have anti-cancer properties if consumed in sufficient amounts.

Recent research has linked the findings of these two Nobel Laureates: a unique fermented wheat germ (FWGE) blocks glucose uptake within cancer cells, choking off their energy supply, reducing their ability to proliferate, and eventually causing cancer cell death by apoptosis without any detrimental effect to healthy cells.

GOALS & OBJECTIVES:

- New, very promising research in the field of cancer therapy
- Theory and practical use behind the Nobel Prize Winning concept called the "Warburg Effect."
- Everyday use and personal experience using this new therapy

BRAIN PRESERVATION AND FUNCTIONAL ENHANCEMENT — Saturday 9:20am-10:00am

David Perlmutter, MD

Fundamental to brain degeneration and aging is the presence of a hostile intracerebral milieu. Inflammation and oxyradical formation are the key players in these processes. Interventions predicated not only on reducing chemical mediators of inflammation, but in addition focusing on the initiators of their production as well as reducing oxyradical formation have important roles in novel protocols for brain preservation and functional enhancement.

This presentation will explore less commonly applied but nonetheless powerfully effective interventions focused on enhancing cerebral antioxidant protection while reducing inflammation with a review of supporting peer reviewed research.

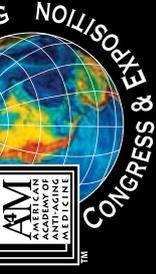
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and for phototypes I to II and phototaging degree III and IV, especially in limited cosmetic units (perioral and lateral region of the eyes) due to possible absorption effects, but they can be combined with other peeling in a full face. However deep peeling of modified phenol can be more safely performed in full face using the patient's selection criterion, that is, I to III phototype and III and IV phototaging.

The basic rules are followed and chemical peelings are performed by well trained hands, they become a low cost therapeutic option, with a minimum of complications and a highly satisfactory result in the treatment of facial aging.

GOALS & OBJECTIVES:

Following this lecture, the attendee will be able to:
 Affirm the concept of chemical peels as a classical treatment and select the appropriate peel for each level of phototaging

Describe the appropriate parameters to safely use chemical peels
 Compare the utilization of chemical peels for face and body areas
 Prevent and recognize early complications of peelings

MANAGING COMPLICATIONS IN AESTHETIC — Saturday 1:40pm-2:20pm

Dr. Quillan, MD

Medical procedures contain some degree of risk, regardless of the specialty. The purpose of this presentation is to provide some treatment pearls in order to avoid complications associated with the most commonly performed aesthetic procedures. Also, ways to effectively manage complications should they occur discussed.

ADVANCE OF MEDICAL PHOTOGRAPHY — Saturday 2:20pm-3:00pm

Dr. Do

Ability to document a patient's progress via photography is an essential component of any aesthetic presentation. This presentation will provide an overview of the importance of medical photography and the elements needed to establish a successful photography system in the practice setting.

THREE-DIMENSIONAL SKIN REJUVENATION PRESENTED BY CUTERA * — Saturday 3:00pm-4:00pm

Dr. Do

This workshop will address the fastest growing and most requested applications - skin rejuvenation and hair removal. We'll also show you how to increase your practice revenue.

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THE UNIVERSAL NUTRIENT FOR THE TOTAL BODY — Saturday 1:30pm-2:00pm

Dr. Has, MD, MPH

Textbooks of medicine, endocrinology and thyroidology, the essential element iodine is mentioned only in connection with the most severe forms of deficiency of this nutrient: cretinism, iodine-deficiency induced goiter and hypothyroidism. Due to thyroid fixation, inhibitors of iodine uptake and utilization by target cells are called

function.

Recent research on the medical applications of this essential nutrient may prove indeed that iodine is a universal medicine, or more appropriately, a universal nutrient

With the availability of thyroid hormones in the 1930's, thyroidologists started using these preparations in patients with iodine deficiency and simple goiter instead of the previously used inorganic iodine/iodide preparations. The situation was aggravated by the fact that during the same period, the public was relying on iodized table salt instead of iodine/iodide preparations from apothecaries for supplementation, due to propaganda favoring the use of iodized salt (19). Thyroidologists assumed that, with iodization of table salt, iodine deficiency became a thing of the past, because of the positive effect of iodized salt on the incidence of goiter. That was the beginning of thyroid fixation.

Most physicians by the 1950's neglected the rest of the human body, in terms of sufficiency for iodine, forgetting that their predecessors were using amounts of iodine/iodide 2 orders of magnitude greater than the amounts present in the average daily consumption of table salt. We will discuss the need for iodine by the body and not just the thyroid. We will look into what the body looks like when there is not enough iodine in different tissues.

THE PHYSIOLOGICAL BENEFITS OF INCREASING CELLULAR MEMBRANE PERMEABILITY RELATED TO DISEASE AND ANTI-AGING — Saturday 2:00pm-2:30pm

Howard W. Fisher, DC

The process of aging has a direct relationship to cellular dehydration and concomitant intracellular water which predisposes the degeneration of overall functional efficiency. By affecting cellular permeability, bot-

continued on p

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hydration, the aging process can be affected.

KEY OBJECTIVES:

demonstrate the bi-polar malleability of water and how assorted energy formats or pollutants can affect molecular structure

demonstrate physiological effects of altering the structure of water and the relationship to the cellular permeability

help the physician integrate this awareness into the therapeutic anti-aging protocol and decrease hydration effects in patients.

SLEEP: A KEY ANTI-AGING INITIATIVE — Saturday 2:30pm-3:00pm

John, MD

media is alive with information about the importance of sleep deprivation and quick fixes with drugs of pharmaceuticals for sleep is embroiled in controversy. Recent media reports question the promise of new forms of sleeping pills are safe. All hypnotic drugs may cause drowsiness, dizziness, memory loss or loss of tolerance is a common problem. Tolerance to sleep drugs requires continued or increased dosage of pills. While sleep drugs commonly cause dependence, or frank addiction, there are increasing reports of a “zombie-like” state associated with aberrant behavior and eating disorders.

Common causes of insomnia include stress, irregular schedules, psychological distress, physical illness, drugs, alcohol abuse and chronic pain. There are several obvious symptoms or signs of sleep deprivation including: memory loss, poor memory, lack of motivation, general fatigue, poor concentration, behavior problems, mood swings and accidents. Modern research has pointed to several less obvious components of sleep deprivation. Components of sleep deprivation include: weight gain or obesity associated with eating disorders, development of insulin resistance and metabolic syndrome X, significant hormonal changes and even premature aging by many mechanisms.

Simple sleep problems can be self managed with lifestyle changes and the first line option of nutritional intervention when required. There are several “red flag” signs or symptoms of sleep problems that should precipitate consultation by a sleep specialist. Alarming associations of sleep disorders include: disruptive snoring, sleep apnea, co-existing psychiatric disorders, dependence on drugs to sleep, greater than 1 month of sleep, mood disorder with sleep deprivation and inappropriate daytime sleeping. Broad advice for the management of sleep problems includes:

Regular sleep schedules and sleep modification programs e.g. bed deprivation for insomnia

Regular bedtime routines with attention to sleep hygiene

Step environment controls with “good gadgets”

Regular exercise, at the right time of day

Avoidance of alcohol, caffeine, smoking, illicit drug use, and diet pills

Where extra help is required nutritional support with dietary supplements is a first line option.

NE ESSENTIALS: WHICH SAMPLE DO I USE? — Saturday 3:00pm-3:30pm

Lana, MD

Physicians and their female patients are facing difficult questions regarding the decision to use HRT. The recent confusion surrounding HRT highlights the peril of applying a “one size fits all” approach. An individualized approach is needed.

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

How do we determine the unique and individual needs of a patient?

How do we personalize the treatment?

assessments, based upon the 3-dimensional perspective of urine, serum, and saliva will help to generate the best answers in meeting the needs of each individual patient. Participants will be able to determine the best combination of hormonal therapies for maximum benefit and minimal risk.

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

GOALS

- To review the basic physiology of hormone synthesis and metabolism
- To introduce and familiarize participants with diagnostic testing that will enable them to better understand their approach to the perimenopausal and menopausal patient.
- To introduce participants to the varying pharmacokinetic implications of HRT administration and the physiologic basis of monitoring and clinical improvement. To review the importance of monitoring phenotypic expression of genomic risk through evaluation of hormone levels and hormone metabolism.

LEARNING OBJECTIVES:

At the end of this presentation, the participants should:

- Be familiar with the basis of steroid synthesis and the role of stress in shifting hormonal production and inducing symptoms.
- Understand the role of HRT, as well as nutrients, in re-balancing hormone metabolism.
- Understand the strengths and weakness of salivary, urine, and serum phenotypic monitoring of hormone levels and metabolites. Specific algorithms will be shared to facilitate ease of use in clinical practice.

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AN EFFICIENT ANTIOXIDANT BY MOLECULAR HYDROGEN AS A NOVEL CONCEPT — Saturday 3:30pm-4:00pm

Shigeo Ohta, Ph.D.

Acute oxidative stress induced by ischemia-reperfusion or inflammation causes serious damage to tissues while perpetual oxidative stress is accepted as one of the causes of many common diseases including cancer. It is shown here that hydrogen (H₂) has great potential as an antioxidant in preventive and therapeutic applications. H₂ selectively reduced the hydroxyl radical, which is the most cytotoxic reactive oxygen species (ROS), and effectively protected cells, but did not react with the other ROSs that possess physiological roles. As an acute model, oxidative stress damage was induced in the rat brain by focal ischemia and reperfusion. The inhalation of H₂ gas markedly suppressed brain injury by buffering the effects of oxidative stress. Thus, H₂ could be used as an effective antioxidant therapy as it protects against oxidative damage and easily penetrates tissue and crosses the blood-brain barrier. Additionally, I will show evidence that intake of H₂ dissolved in water prevents some model mice diseases involved in lifestyle related diseases.

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Vitamin D..... 2,000 I.U. (Cholecalciferol)	500	Inositol..... 100 mg	**	Potassium..... 200 mg (Aspartate)	**	Bromelain..... 1,000 mg (2,400 GDU per gram)	**	Psyllium Husk Powder..... 1,500 mg	**
Vitamin E..... 800 I.U. (d-Alpha Tocopheryl Succinate)	2,666	Paba..... 100 mg	**	Co-Enzyme Q-10..... 600 mg	**	Ginkgo Biloba Extract..... 120 mg (24% Ginkgo Flavonoid Glycosides and 6% Terpene Lactones)	**	Betain hcl..... 1,500 mg	**
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Vitamin B-1..... 100 mg	6,660	Zinc..... 30 mg	200	Glucosamine Sulfate..... 1,500 mg (2Kcl)	**	Phytosterol Concentrate..... 500 mg (Beta Sitosterol 200mg)	**	Resveratrol..... 200 mg (Polygonium Cuspidatum)	**
Vitamin B-2..... 98 mg	5,880	(Aspartate)		Chondroitin Sulfate..... 1,200 mg	**	Bilberry Extract..... 400 mg (25% Anthocyanidins)	**	Green Tea Extract..... 500 mg (98% Polyphenols, 50% ECGC)	**
Vitamin B-3..... 100 mg	500	Copper..... 2 mg	100	MSM..... 2,000 mg (Methylsulfonylmethane)	**	Lutein..... 20 mg	**	Calories	60
Vitamin B-5..... 100 mg	1,000	(Glycinate)		Hyaluronic Acid..... 100 mg	**	N-Acetyl-L-Cysteine..... 1,000 mg	**	Calories from Fat	60
Vitamin B-6..... 100 mg	5,000	Vanadium..... 50 mcg	**	Alpha Lipoic Acid..... 600 mg	**	Phosphatidylcholine..... 40 mg	**	Total Fat	6 gm
Vitamin B-12..... 500 mcg	8,325	(Aspartate)		Garlic..... 500 mg (5 mg Allicin, 11 mg Alliin)	**	5-HTP..... 100 mg (L-5 Hydroxytryptophan)	**	Polysaturated Fat	1 gm
Biotin..... 3 mg	900	Boron..... 1 mg	**	Grape Seed Extract..... 250 mg (95% Proanthocyanidins)	**	Evening Primrose Oil..... 300 mg (9% GLA)	**	Conjugated Linoleic Acid..... 1,500 mg	**
		(Aspartate)		Pine Bark Extract..... 250 mg (95% Proanthocyanidins)	**	Flaxseed Oil..... 300 mg (52% ALA, 12% LA, 14% OA)	**	Omega 3 Fish Oil..... 3,300 mg (18% EPA, 12% DHA)	**
		Manganese..... 1 mg	56	Milk Thistle Extract..... 200 mg (80% Silymarin)	**				
		(Aspartate)							
		Selenium..... 200 mcg	280						
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