

Go easy on the water...Don't freak over the sun... Forget about diets...(blood type and food combinations are the key)

Sound like music to your ears? That's exactly what it is according to Keith DeOrio, MD, a world renowned expert in *The Art & Science of Health Restoration* and whose cutting-edge formulations are rapidly healing people around the world.

By Suzanne Takowsky

Chronic pain. Insomnia. Diet and weight loss. Nutrition. Digestive problems. Headaches. Life-style assessment and detoxification. Structural/biomechanical integration. Life-threatening illness. Anti-aging treatments... and more.

All in a days work for Dr. Keith DeOrio, whose thriving Santa Monica-based *The DeOrio Wellness Medical Center*, is a revolving door of Tinseltown A-listers, international heavy weights and everyday people—all looking for the same thing: to rid their bodies of aches, pains and illness.

Bottomline: environmental pollution, stress and years of burnout have finally caught up with our generation. Now, all we want to do is decompress mentally; find peace emotionally; and get fit physically. The burning question—is it too late?

"Seventy million baby boomers between the ages of 40 and 65 are entering into a significant degenerative period in their lives," states DeOrio. "They are beginning to notice signs associated with aging such as gray hair, wrinkles, body aches and pains, fatigue, memory deficits, emotional issues, anxiety, depression... this represents a large percentage of the population." According to DeOrio, it's our exaggerated levels of *instant gratification* that will help save us.

"Past generations had more tolerance, patience and acceptance when it came to the aging process.

Now, we have so many resources at our disposal that this generation expects they won't grow old. And, the minute they do see any signs of aging—they go out and find options to fight it. That's why over the past twenty years or so there has been so much interest on the subject of anti-aging."

Dr. DeOrio's state-of-the-art facility is a fountain of youth/alternative medicine sanctuary, filled with the most advanced healing systems available. DeOrio understands illness and he treats patients on every level from those seeking to eliminate wrinkles to patients fighting for their lives against illness. He offers alternative general medical care for all ages.

The DeOrio Wellness Medical Center has been at the forefront of holistic healing for more than 12 years and is frequently featured on the Discovery Channel. Throughout the global realm of integrative medicine, DeOrio is cited as *the man to see* for anyone battling conditions not responding to traditional medical therapy.

A frequent guest speaker and noted author, his nutritional and preventative book entitled *"The New Millennium Diet Revolution,"* outlines four nutritional formulas that promise to keep you fit for life if you follow them. DeOrio brings to his practice a multi-dimension of medical knowledge, alternative treatment, preventative maintenance and an ability to care for his patients—always with an eye on innovative healing systems that are just around the corner.

DeOrio's approach to health and the aging process (*inside and out*) is beyond revolutionary. It's brilliant. This man has spent his life on research and treatment, and is totally committed to preventative and restorative therapy. By no means is his facility run of the mill, and neither are his patients. Some 20,000 people have sought his expertise over the years because when it comes to your health... only the best will do!

The most significant thing to understand is the importance of the foods we take into our bodies. Diet plays an important role in how fast or slow we age.

body. Foods impact your hormonal balance—and disrupting this balance leads to accelerated aging. Digestive tract function is like another brain. Foods high in toxins, antigens or lectins, stress its ability to function by creating imbalances. When intestinal function becomes damaged, the brain becomes damaged because they are connected. The brain is a blueprint of your face and body, so the more damage it sustains the faster you age. When we see structural changes in our faces or find that we are getting lines, wrinkles or age spots—it's due to our brain aging—which directly goes back to our diet and other external stressors.

ST: What's the deal on diets, carbs & meat?

DeOrio: I have tested dozens of different diet systems, including the raw food diet. There are a couple of important components to follow if you want to maintain a youthful appearance.

does better with meat, but not with wheat or dairy. Blood Type A's do better with a vegetarian approach, but they do not produce enough stomach acid to break down meat. People can maintain their weight and look and feel younger just by incorporating this one concept, let alone the other ones in my book.

ST: There is great controversy regarding hormone replacement. Is anything safe?

DeOrio: The use of bio-identical hormones for short term use is acceptable.

However, rejuvenating the endocrine systems, organs and glands is the long-term solution. I have developed a three-part hormone balancing system for men and women called *BioHarmony*. It combines more than 100 elements to restore and rebalance the body. It consists of a supernutrient vitamin complex, homeopathic hormone balancing cream and an innovative, therapeutic sound CD that realigns brain wave patterns back to a healthy state. The goal is whole brain synchronization for optimum endocrine (hormone) function, based on the science of neurometrics. The healing effect of this on the body is profound.

Sound Interesting? To learn more about Dr. DeOrio's *Art and Science of Health Restoration* visit: www.drdeorio.com

To make an appointment for your personal assessment call: 310-828-3096

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DeOrio oversees a vast resource of restorative products in his office many his own formulas.



A hard-working staff: DeOrio with Norma and Carmen

ST: By the time that we reach our late thirties and forties is there anything we can do to reverse the aging process?

DeOrio: Absolutely. The most significant thing for us to understand is the importance of the foods we take into your

Genetics play a significant role in the type of diet we should eat. Step one is to know your blood type—that tells you about your genetic makeup. There are certain foods that you or cannot eat if you are Blood Type O. For instance, Blood Type O