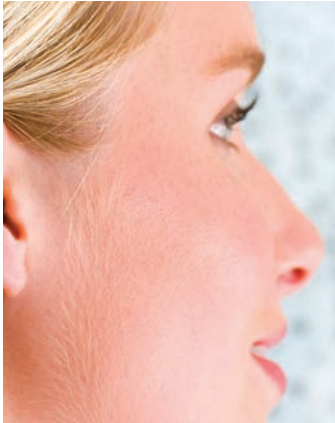




TIFM Newsletter



TEXAS INSTITUTE OF FUNCTIONAL MEDICINES



Natural Hormones

Be safe, thin, healthy and reduce your cancer risk. At TIFM, we're the hormone specialists. and we've been doing natural hormones for 16 years!

When I compounded the first TRI-EST in 1992, we called it natural hormone therapy. Later, the name was changed to BioIdentical Hormone Replacement Therapy

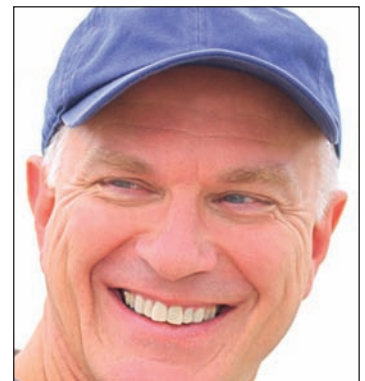
WHICH IS MISLEADING. Sometimes the treatment is not natural because its administration doesn't follow the best guide, MOTHER NATURE. We at TIFM follow two basic principles: 1) Hormones are natural in that they are identical to the hormones in the human body and 2) We follow natural levels that normally occur in nature, but we accentuate them as if the body is younger.

A good example of this practice is the use of one single estrogen, estradiol, in a post menopausal patient. This regimen is almost as dangerous as taking Premarin. We see extremely elevated levels of Estrone (the primary hormone in Premarin), levels that we feel are very dangerous, in many of these cases. This single estrogen, E2 or estradiol, is given in the form of a tablet or a patch. Side effects of single estrogen therapy can be evidenced in fat gain around the mid-section, painful enlargement of the breasts and an increased risk of cancer.

In addition to single hormone therapy, often no progesterone is given in post menopausal patients. The reason cited is the patient's re-

moval of her uterus with a hysterectomy renders progesterone unnecessary. This hormonal imbalance increases the likelihood of serious side effects because progesterone is still necessary to balance the estrogens, just as it did pre-menopausally. Progesterone is also needed to prevent osteoporosis.

So, if your choice of a physician hinges on whether or not he takes your insurance card, you may be hurting yourself long term. Please come in and let us check your hormones. Be safe, thin, healthy AND reduce your risk of cancer. We're the hormone specialists! We've been doing natural hormones for 16 years. We know the



inter-relationships between all hormones and use the necessary methods to make you feel good. We want you to report to us at least every 3-4 months just to make sure you're doing well.

Or you may benefit from a bit of our famous "Tweaking".

Intravenous Therapies at TIFM

*There are numerous reasons to give nutrients and drugs via IVs. IVs are an easier, quicker and more effective to administer these elements. In fact, sometimes, IVs are the only way to administer them. We offer many different types of intravenous therapies, as both in- and out-of-office treatments. **Here are just a few of them:***

Nutrient IVs - Vitamins, minerals, amino acid, fats, herbs

Chelation IVs - Our famous CVDa and **Plaques IVs** - for reversing CVD

Heavy metal detox - We've developed most of the current protocols used in the United States for detoxing heavy metals

Infection/Immune system stimulation - We can administer UVB/Ozone

or our ImmunoStim IV, a large amount of Vitamin C. This IV is also good before long trips, as well as in preparing for and recovering from surgery. More oncologists are referring their patients to us in order to boost their immune systems. These IVs are great in advance of flu season and for allergies.

Neurotransmitters - This area is new.

Many amino acids are also used as neurotransmitters.

Sports recovery - Many natural anti-inflammatories can be used such as MSM.

Please call for more information.
At TIFM, we're constantly developing new IVs.

Benefits of *Facial Fat Transfer Procedures*

❖ Facial fat loss is the primary reason for the changes seen in the aging face. Gravity merely allows us to witness what fat distribution has accomplished.

❖ Facelifts mask the aging redistribution of fat through the removal and tightening of excess skin, so that the remaining skin clings to its shrunken framework. If fat loss is not addressed, faces may appear skeletal or mask-like.

❖ Fat loss noted around the mouth, eyes, and cheeks but increases in the jowl, chin, and nasolabial fold. The youthful face stores fat diffusely, but the aged face pockets fat in undesirable areas. Fat can be added or removed to “re-sculpt” the face.

❖ Fat injection rebuilds the facial planes of youth and must be the main objective of any rejuvenation program.

❖ Takes fat from unwelcome places (belly, thighs, buttocks) to more desirable places.

❖ Safer and longer lasting than collagen (may last 1-3 years).

*Beverly's
Corner*



FAQ's on ANTI-AGING MEDICINE

ARE ANTIAGING MEDICINE AND AESTHETIC MEDICINE ONE IN THE SAME?

The term “Antiaging” is one of the hottest buzzwords in marketing today. Modern society’s obsession with looks has created an unparalleled market with billions of dollars spent in the quest to look younger. Over 60% of all Americans 65 and older is currently pursuing Antiaging interventions. Although aesthetic procedures are extremely effective in reversing the superficial signs of aging of the skin, this medical specialty does little to address the deteriorating effects of age that with which most of us deal on a daily basis.

This gap in remedies has created the newest revolution in health care. Antiaging and Regenerative Medicine is a field of medicine specifically designed to address the need to lengthen and improve ones quality of life. Its objective is to prevent, slow down and even reverse many of the destructive processes that cause us to age prematurely. Functional Medicine plus Cosmetic Surgery is the perfect combination, and TIFM is the first, and still the only, clinic to offer both disciplines.

IS ANTIAGING MEDICINE RECOGNIZED AS A SUB-SPECIALTY OF MEDICINE?

The entire movement can be traced back to the early 90’s and to seminars on anti-aging, functional medicine and aesthetic medicine. Antiaging has exploded into a medical revolution today. The American Anti-Aging Association (or 4M) is the largest not-for-profit medical society in the world boasting a membership of over 15,000 worldwide. It is dedicated to the advancement of technologies to prevent, detect and treat age-related diseases. I have attended the first 4M seminar in Las Vegas. Many movie stars attended also.

IS ANTIAGING MEDICINE COVERED BY INSURANCE?

Empathetic physicians interested in improving healthcare are frustrated because they are increasingly forced to spend less and less time with patients due to insurance company dictates. On average, physicians can only spend 5.2 minutes with each patient. A well-trained Antiaging physician devotes a minimum of 1 hour to a typical consult. During this visit, the physician spends time reviewing labs and asking specific questions to unveil whether or not the

patient has a health balance.

As women as women enter menopause beginning at age thirty-five, they may experience symptoms like anxiety, depression, weight gain, heart palpitations, and fine lines, etc., These manifestations are just the beginning of a decline in their bodies. For men, the changes are less subtle but can include erectile dysfunction, fatigue, anxiety, irritability, loss of confidence, change in body composition, etc.

Sacrificing your bio-individual care for the sake of insurance acceptability is an unacceptable request to make of your doctor.

WHAT ARE THE BENEFITS OF ANTIAGING THERAPIES?

By optimizing body functions, Antiaging therapies can protect you against the effects of aging, like Heart Disease, Hypertension, Stroke, Diabetes, Metabolic Syndrome, Cancer, Osteoporosis, Alzheimer’s disease, Dementia, Arthritis, and other inflammatory diseases. Other benefits also include firmer skin, fewer wrinkles, increased sex drive, reduction or elimination of hot flashes and night sweats, improved erections, increased muscle mass, decreased fat and increased energy. And, the list goes on

FAT and the AGING FACE.

The process of aging in the human face follows a predictable pattern allowing us to gauge a person's age based on their facial appearance. A baby's full, round face has a shape similar to an inflated beach ball. As we age, we progressively lose fat in our faces, resulting in a "deflated beach ball" effect. This process becomes obvious starting in our 30s with the advent of dropping eyelids, hollow eyes, sunken cheeks, prominent "smile" lines around the mouth, thin lips and even the beginning of the dreaded jowl.

Facial fat loss is the primary reason for the changes seen in the aging face. Gravity merely allows us to witness what fat wasting and redistribution has accomplished. In the past, plastic surgeons would attempt to 'take up the slack'



with a face lift procedure. Frequently, this resulted in an un-natural 'pulled' appearance. Facelifts mask the aging redistribution of fat through the removal and tightening of excess skin, so that the remaining skin clings to a shrunken framework. If fat loss is not addressed, faces may appear skeletal or mask-like. A facelift does not address the real problem. A recent study presented at the annual meeting of the American Society of Plastic

Surgeons confirmed that the loss of fat and sun exposure play a bigger role than gravity in the aging face. Facial fat replacement with fat grafting addresses this most important cause of facial aging.

Facial fat transfer allows us to sculpt and restore the face to its natural beauty. Facial fat transfer is capable of recreating the natural, healthy appearance of a youthful face by restoring its volume. There's no need for concern about introducing a foreign substance to your body; the fat used

in the injection is taken directly from another area of your body. Fat is readily available throughout our bodies; it's a living tissue; fat will not be rejected; it feels natural and can be replenished.

Fat transfer is actually two procedures performed in a single session lasting approximately 1 hour. First, the fat is harvested from a fatter (unwelcome) area of the body, such as the abdomen, hips or buttocks, through a gentle suctioning technique. Using a small cannula, the fat is then injected into the face. The fat does not move or shift. Instead, it becomes incorporated as living tissue. And, results are extremely long lasting, if not permanent. This outpatient procedure usually requires only local anesthetic or IV sedation, and there are no dressings or drains. Additional fat is taken and can be stored for up to one year for future embellishments of the face or backs of the hands.

This procedure is one of the most commonly requested ones in our clinic. We



have years of experience with fat transfer procedures. Patient satisfaction with this technique is very high. Arrange a free consultation at TIFM Aesthetic today and learn how this procedure can rejuvenate your face.

More exciting
medical articles
at WWW.TIFM.COM

- ❖ MAJOR CONFUSION ON HOW TO DO BREAST CHECKS
- ❖ WANT TO HAVE BEAUTIFUL SKIN AGAIN?
- ❖ MATRIX METALLOPROTEINASE'S THE FUTURE OF AGING SKIN
- ❖ IS YOUR NOSE CAUSING ALL YOUR PROBLEMS
- ❖ LUNCH TIME FACE PEEL
- ❖ MORE MEN EMBRACING COSMETIC SURGERY
- ❖ MOM, WOULD YOU ERASE THE SIGNS OF PREGNANCY
- ❖ THE LIQUID FACELIFT
- ❖ MORE MEN ARE EMBRACING COSMETIC SURGERY
- ❖ SIZING UP BREAST IMPLANTS - MAKE THE RIGHT CHOICE



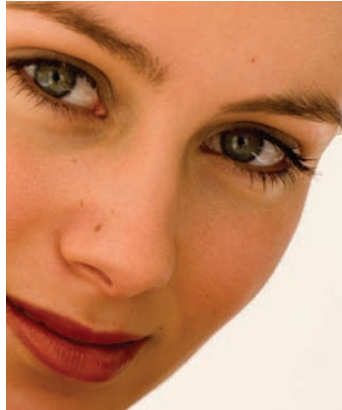
Fuller Face & Cheeks

Key to the Fountain of Youth

Facial fat transfer has changed the results of facial aesthetic surgery dramatically.

Hollywood continues to bombard us with gaunt models whose skinny, elongated faces feature high cheekbones. However, aesthetic surgeons now claim that real beauty is a result of fuller, plumper cheeks.

A recent study published by the Texas Southwestern Medical Center suggests that fat compartments in key areas of the face - particularly around the nose and mouth - are what give the face a more youthful and attractive appearance. This research breaks new ground by identi-



fying the boundaries of specific fat compartments that are key to facial rejuvenation involving the cheeks and, as a consequence, the overall look of the face.

Many people who lose weight quickly notice fat loss in their faces first, but this fat loss may also add years to their appearance. Facial rejuvenation procedures that

help plump up the cheeks and add volume to the face may well be the key to the "fountain of youth". Facial fat transfer has changed the results of facial aesthetic surgery dramatically. There is no question that fat is the ideal material for soft tissue augmentation. And, the results obtained with fat grafting are the most natural-appearing.

Injectable fillers such as Sculptra, Radiesse and Juvederm can also be a valuable option for increasing the volume of facial tissues and rounding out the face.

CVD: BYPASS THE SURGEON NOT YOUR HEALTH

You have the power to prevent cardiovascular disease (CVD), the number one killer of men and women, from ruining or possibly, ending your life. At TIFM, we help reduce your risk of the two most pervasive outcomes of unchecked CVD, stroke and heart attack, through highly advanced healing and regenerating treatments focusing on the root causes of CVD.

Breast Surgery Breakthrough

Recovering from breast augmentation generally involves two to three weeks of pain and stiffness. But now, a new technique has been developed that promises a 24-hour recovery and is employed in all breast augmentation surgeries at *TIFM Aesthetics in Dallas, Texas*. Based on a gentle, more patient-oriented technique, the surgery takes one hour using just local anesthesia with IV sedation. It involves

meticulous advance determination of implant size with a formula of five measurements (rather than the customary trial and error during surgery); near bloodless cutting by electric cautery (because bleeding is the biggest cause of pain); and no traumatic ripping of tissues or touching of the ribs with implements. It works best with an under-breast incision and equally well with saline or silicone implants

To uncover these root causes and determine your risk for CVD, TIFM uses thermal imaging, heavy-metal toxicity analysis, hormone assessment and a host of other evaluation tools designed to expose your risk factors before they cause irreparable damage. TIFM also offers a test that measures highly sensitive C Reactive protein levels in the blood. C-reactive protein is an indicator of inflammation and linked to CVD.

Our CVD protocols are unique and have proven highly successful. Intravenous (IV) therapies, such as our famous Phosphatidylcholine IV, Calcium EDTA and other revolutionary treatments and processes, stand out in the field of advanced medicine as effective, life-altering treatments

Breast augmentation is getting easier – maybe it's time for you to consider this procedure!

placed under or over the muscle. Ninety-five percent of patients can shower and brush their hair the same day; perform regular activities the next day; and drive in one to four days. Breast augmentation is getting easier – maybe it's time to consider whether this procedure is right for you.

Enhance your **Derriere** *With the Brazilian Butt Lift*

It is said that Jennifer Lopez has done for the rear end what Pamela Anderson has done for the front end. The Brazilian butt lift is a butt augmentation procedure using your own fat which results in a youthful, prominent, perky buttocks and a more sensual body profile. The use of fat grafting has revolutionized buttock augmentation. Compared to buttock implants, it is safer and requires less operative time. There is less pain and

discomfort post-operatively and requires minimal recuperation. An additional benefit is that in removing fat from the donor site(s), such as the abdomen, to be used for the grafting, the patient also benefits from a modified liposuction to there as well. The procedure is designed to fill the upper quadrant of your buttocks so that the butt appears lifted and perky. Call now for a free consultation and see how the Brazilian butt lift can give your backside the lift it needs.

Beautiful People Earn Up to 15% More Than Average-Looking Employees



If you need a reason to justify the high price of cosmetic surgery, maybe it's time to blame the boss.

Attractive people are more likely to get a raise, obtain higher positions within the company, and enjoy preferential treatment compared to 'average-looking' employees, according to psychologists and researchers who study the role of beauty in society.

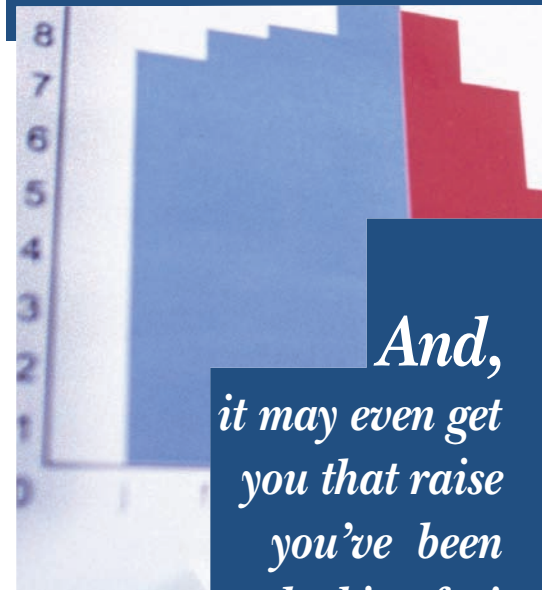
While it's natural to be attracted to those blessed with good genes, making solid business decisions based purely on stereotypes could mean many people miss important career opportunities, such as promotions and even a larger paycheck. **The difference in salaries could be as much as 15%**, say the bloggers at The Digerati Life.

The solution? Enhance your looks with cosmetic surgery to keep up with the beautiful people and compete for those attractive positions. U.S. News reports on the value of this approach in How Plastic Surgery Can Boost Your Career. Recent studies show that more Americans are turning to cosmetic enhancements to look more attractive and take off a few years so they can compete with new recruits at the workplace.

Investing in your looks with cosmetic surgery could help you stay competitive and boost your

performance at work place And, it may even get you that raise you've been looking for.

Investing in your looks with cosmetic surgery could help you stay competitive, boost your performance at work



And, it may even get you that raise you've been looking for!

TIFM Aesthetics

10% discount

on all breast lifts, breast augmentations, tummy tucks and mini face lifts until October 31, 2008.

Refer a friend and receive 10% off a TIFM service or procedure, too
Call Beverly, Patient Care Coordinator,
972-239-6317 ext. 134

Introducing our all new **APOTHÉLASH**
Call us for more information on the *only Rx eyelash stimulator.*
This product is truly revolutionary!!!



Feel GREAT. Are you worth it?

When navigating your body's many changes becomes too difficult to do alone, call the functional medicine experts at TIFM. We're devoted to outcomes rather than controlling symptoms. With over 15 years of experience, we view health as something more than the mere absence of disease. Why live any other way? Start today.

Natural Hormones
Nutritional Balance
Heavy Metal Toxicity
Anti-Aging
Cardiovascular/
Immune Optimization



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