

Ageless Beauty

FROM THE INSIDE OUT

JANUARY 2009

A **new** year.
A new **you!**

The New Year always motivates us to think about making improvements and change. And in the spirit of change, now is the perfect time to commit yourself to a life of 'youthful aging' from the inside out. You can reverse the effects of aging and the environment. Both of which dramatically affect our sense of well-being, our optimum level of functioning, and our physical appearance.

At the *Texas Institute of Functional Medicines* and *TIFM Aesthetics*, we are dedicated to turning the quality of your life around. We invite you to learn about our comprehensive, evidence-based approach to managing the effects of time. From natural hormone therapies to anti-aging treatments, we create programs that fit your individual needs and lifestyle. Remember it's never too late to change. You can begin living and looking your absolute best today.

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Andropause.

Mid-life crisis or male hormone decline?

Andropause (or what is commonly referred to as male menopause) is a very complex process and happens to men at different times and in different ways, but from common causes.

The average human male begins to feel some symptoms of andropause somewhere between 40 to 45 years old, followed by rapid deterioration after the age of 50.

Androgens (e.g. testosterone) are the class of hormones responsible for male characteristics. Levels of these hormones can start falling as early as 35. The result is like male puberty in reverse. Wives and spouses ask 'what can be done?'

Since the faces of andropause are as varied as in menopause, lab testing must be performed to determine what to do and where to start. Obviously, testosterone levels are key, but hormones are closely interconnected and they **ALL** have to be assessed to restore healthy, optimum function. Many physicians' offices simply test one or two hormones, an invitation to sub-optimal results or unwanted side effects.

We have observed the following in aging men:

- **Thyroid function** almost always decreases with age leading to lethargy, lack of drive and mood changes.
- **Adrenal function** can suffer greatly during andropause and should always be evaluated.
- **Growth Hormone deficiency** sometimes plays an important role in the aging process.
- **Blood flow must be addressed.** At this age, inflammation from many different sources can cause plaque to develop in blood vessels which is a leading cause of Erectile Dysfunction (ED). We have years of experience in addressing plaque build-up through chelation and can address coronary artery disease (CAD) as well.
- **The effects of heavy metal levels** acquired through daily living and "silver fillings" also peak at this age and can cause massive changes in function.

The good news? Andropause is a treatable condition and the experts at TIFM can help diagnose and treat this common disorder. Call us today for a consultation and to find out how we can help you get back to your optimal health.

SYMPTOMS of Andropause may include:

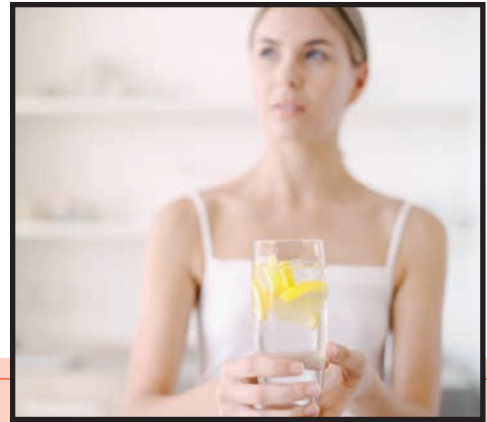
- Lethargy or decreased energy
- Decreased libido or interest in sex
- Erectile dysfunction with loss of erections
- Muscle weakness, loss and aches
- Inability to sleep
- Hot flashes and night sweats
- Depression and/or mood changes
- Change in hair growth patterns

Q. Can Bio-Identical Hormone Replacement Be Dangerous?

A. We often see dangerous levels of estradiol in women who wear some type of prescriptive patch, not to mention dangerously high levels of estrone (the estrogen of menopause) in women who are taking oral BHRT (Bio-Identical Hormone Replacement Therapy). When metabolized, oral agents can send dangerous levels of estrogen through the liver. Is it possible that cancers in women can be accelerated by estrogens and hormones taken by mouth when combined with a patient whose liver is unhealthy? It is possible.

The patch is often called 'bio-identical' by OB/GYN physicians who prescribe it, but nothing could be further from the truth. While it is true that estradiol is one of the hormones used in BHRT, patches are 100% estradiol. Physiologic BHRT uses from 10% to 30% estradiol, but it also contains up to 95% estriol (the largest occurring estrogen in the female body). Because estriol is naturally occurring and non-synthetic, it can't be patented, which is the reason big pharmaceutical companies don't offer it to physicians.

The higher the estradiol and estrone, the greater the chance that the potentially harmful breakdown products may lead to cancer, especially in the presence of poisons already damaging the liver, such as toxic heavy metals found everywhere in our environment. This is a very important consideration in the management of hormone deficiencies. If you have any questions about hormone replacement therapy, please call us for information.



We at TIFM believe that Mother Nature's way of hormone supplementation always wins and is always best for you.

Candida (*Jekyll and Hyde*)

We know the word 'yeast' (candida) as a friendly alcohol and gas producing organism used in the production of foods like bread and alcohol. But, how does it become a dangerous organism in our body?

Noted physician, Dr. A. V. Constantini, outlines a unique approach to Candida control (and yeast overgrowth).

1. Do not try to kill Candida. Their existence preceded us, and they'll be here after we're gone. Instead, provide them a friendly place to grow.
2. Tobacco, grain and alcohol are the three worst things you can put into your body.

Fungi are masters at producing a wide array of biologically active substances that serve the producing fungus extremely well. These biological metabolites are territory-protective, and exist to ensure that the fungus will survive as long as possible in a hostile world of antibiotics, hormones in foods and toxic heavy metals. Substances called mycotoxins are produced when the quiet, friendly yeast Candida lives

comfortably in your gut. They are anti-viral, anti-bacterial, anti-protozoan, anti-insect, anti-animal and, sadly, also anti-human.

Yeast, when challenged, can change physical form. It can grow "roots" called hypha and invade the rest of the body, resembling the dark masses seen on bread mold. These dark masses can release even more toxins. Yeast overgrowth has been implicated as a cause for many problems such as joint pain, skin eruptions and even some cancers. They can create micro "leaks" in the intestine through which certain undigested foods can enter your blood stream and produce a negative immune response resulting in illness. The remedy is to eliminate these foods from your diet for a few months while the yeast is 'treated' (contained).

Yeast overgrowth is a treatable condition. At TIFM, we specialize in uncovering the underlying cause of a disease process instead of just treating its symptoms.

The Thirty Minute Miracle : the revolutionary *ApothéPeel*.

Are small wrinkles, skin breakouts and age spots preventing you from looking your best? Instead of turning to layers of expensive skin care products in the hopes of improving your complexion, come and experience the revolutionary new *ApothéPeel*. By improving your skin from the inside out, it effectively treats acne scars, sun-damaged and aging skin. A short series of these revolutionary new peels lays the foundation for effective skin rejuvenation. Have 30 minutes to spare over your lunch break? Then give your looks a boost with this new anti-aging skin care treatment. To improve the look of your skin and ward off the signs of aging, the *ApothéPeel* may just be the quickest and most effective way to begin your anti-aging skin care plan. Come see us today. We're here to help you look and feel your beautiful best.



Key Benefits of the ApothéPeel :

In addition to being quick, safe and effective, the ApothéPeel has several other benefits.

- **Minimal discomfort.** You won't need anesthesia or any type of medication to recover from this facial rejuvenation treatment. This peel is simply a deep exfoliation treatment that cleanses the pores, reduces oily patches on the skin and leaves the skin clean and fresh.
- **Low risk of side effects.** Almost all skin types respond well to the *ApothéPeel*, and the procedure presents very few side effects. This reduced risk makes it easy to manage skin after the treatment so you can enjoy the benefits immediately.
- **Low-priced treatment.** The *ApothéPeel* skin rejuvenation treatment is inexpensive, and you'll see results immediately. Problem skin may require a series of three treatments to see dramatic results. Even then, the total cost is considerably lower than other facial rejuvenation procedures.
- **Quick procedure.** Most people who book an *ApothéPeel* can be in and out of the office in less than 45 minutes. And the treatment itself only takes between 20-30 minutes.

Adrenal Exhaustion

a long term effect of Stress.

Adrenal adaptation begins as the adrenal glands attempt to increase production of stress hormones during STRESS. The adrenals enlarge and increase their output. This increasingly high output is impossible to maintain indefinitely. Over time, their production reduces, causing all endocrine system functions to slow. Adrenal exhaustion is the final phase before eventual adrenal failure, the point at which all systems fail thereby threatening life itself.

Proper adrenal function is an important aspect, if not the most important factor, in addressing all other hormonal challenges. We've been treating hormonal dysfunction for many years and are experts in this field. We know the proper labs to run and appropriate Rx's to write to insure you a well functioning adrenal gland. STRESS described by our patients is not just in their heads—it is biochemically real. We can help correct these imbalances. Call TIFM today if you suffer from any of these symptoms and learn how we can restore you to optimal health.



Feeling **BLUE?**

Depression is a complex area, often made more complex than necessary by TV. According to a report in the Public Library of Science and Medicine, new diseases and mental defects are being invented daily to sell expensive drugs. Many times the prescription of an SSRI or similar drug overlooks many of the simple, more basic underlying possible disorders in the name of expediency. In today's frenetic medical practice environment, where more and more patients see their physician for just a few minutes, giving an anti-depressant to a patient is quick and easy. Unfortunately, these drugs come with many significant side effects and, arguably, are way over prescribed.

Anti-depressant medication address irregularities of neurotransmitter levels including serotonin, dopamine, nor-epinephrine, and GABA with others currently being identified. An alternative, and often better way of addressing depression is to discover its underlying cause. Hormones usually play a huge role. So, before you take that next new brain drug, why not consider addressing the cause instead of just treating the symptom. Call us and learn how you can benefit from functional medicine to help uncover the reasons why living has become a little blue. We're here to help and make your life better.

- Digestive problems
- Increased serum cholesterol
- Severe weight gain or loss
- Diarrhea or constipation
- Menstrual problems
- Sleep disturbances
- Decrease in sexual arousal
- Impotence
- Hair loss
- Increased urination
- Chronic nonspecific pain
- Sensitivity to smells, light or sound
- Hypoglycemic symptoms
- Dark circles under the eyes
- Dizziness upon standing
- Poor immune modulation
- Brittle hair and nails
- Panic attacks or anxiety
- Exhaustion
- Depression
- Mental frustration
- Memory loss
- Irritability
- Rapid mood swings
- Chronic fatigue
- Bloating and fluid retention
- Bone loss
- Low back or sciatica pain
- Heart arrhythmia
- Inflammation, joint pain
- Catch colds easily
- Poor circulation
- Allergies

Anti-Aging Medicine:

Looking better. Living better.

People generally age at a similar rate until they reach their late 20s. After this age, most people reach a transition point and begin to show visible signs of aging externally and demonstrate a decline in biologic functions internally. Aging is inevitable, but how you age is entirely up to you.

The diseases and diminished functioning many experience with age are far more related to a lifetime of unenlightened choices than they are to the ticking of the clock. Nearly all aging-related diseases occur needlessly since more than 75% of them can be prevented. The gradual breakdown of the body over decades is not a necessary or normal component of aging. The question becomes: How can you function and age at a level equivalent to someone many years younger?

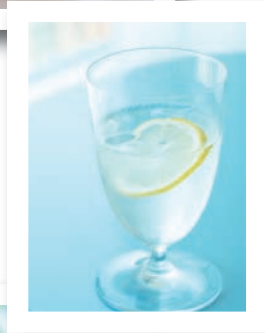
TIFM has pioneered a comprehensive, evidence-based approach to managing your aging process. We provide early intervention to improve physiological, cognitive, emotional and physical functioning which postpones aging and improves current health. Preventative aging shifts the emphasis from disease-driven medicine to a health-focused approach.

Our program provides clinically proven solutions to slow or reverse damage from oxidative and inflammatory stress, hormonal decline (menopause and andropause), immune dysfunction, heavy metal toxicity, and nutritional 'mistakes'.

You can enjoy youthful aging, living out your years with vitality, vigor and a higher quality of life – focusing on sharper cognitive function, improved energy and physical performance, enhanced libido, body composition and strength, a stronger immune system and healthier cardiovascular system. We have helped men and women all over the world regain their edge by attending to the deficiencies that otherwise lead to disease.

It's never too early—or too late—to begin living better. We can show you how you really can look good on the outside and feel great on the inside. If you desire to live 'younger', to fully restore your potential health and to experience an abundance of vitality, contact the experts at TIFM.

Beverly Osborn is the Patient Care Coordinator for the Texas Institute of Functional Medicines and has many years of experience in functional and integrative medical therapies.



Turn back the hands of time with

Facial Fat Transfer. *If you want to plump up sunken cheekbones or create fuller and more supple lips, consider fat injections.*

Facial fat transfer allows us to sculpt and restore the face to its natural beauty. Age and exercise can produce fat atrophy in the face resulting in a sunken, drawn appearance. Facial fat transfer is capable of recreating the natural, healthy appearance of a youthful face by restoring its volume. There is no need for concern about a foreign substance in your body as the fat used in the injection is taken directly from another area of your body. Since fat is readily available, and as a living tissue, it will not be rejected. In addition, fat feels natural and can be replenished.

Also, the fat does not move or shift as it becomes incorporated as living tissue. Results can be extremely long lasting, if not permanent. This outpatient procedure usually requires only a local anesthetic or IV sedation, and there are no dressings or drains. This is one of the most commonly requested procedures in our clinic. We have years of expertise with fat transfer procedures. Call today for a consultation with our surgeon to see if fat transfer is right for you.



Collagen Induction Therapy (CIT) involves using a small device that is "rolled" over the surface of anesthetized skin creating hundreds of tiny puncture wounds. The small puncture wounds create micro trauma and micro inflammation in the deep dermis. The epidermis (superficial skin) is not injured and can return to normal appearance in as few as 5 days. The deeper dermis (where the collagen sits) is injured and recovers with stronger, thicker and more powerful collagen than pre-treatment. What does this all mean for you? It means a new treatment for wrinkles, acne scars and stretch marks that rivals a laser yet with none of the side effects.

The principle of CIT is that the "micro-needles" puncture the layers of the epidermis, which is the main obstruction to penetration of active ingredients. Once this layer has been breached, the active ingredients in specific skin care compounds can reach into the depths of the skin about 10,000 times more effectively than by simply applying them topically. The higher the levels of vitamin A, vitamin C, growth factors and polypeptides that can penetrate into the lower layers of the epidermis, the more collagen can be made. This deeper penetration allows natural collagenesis to occur and

*Eliminate wrinkles,
stretch marks & acne scars.*

Skin Restoration with CIT.

acne scarring, stretch marks and wrinkles to be more effectively treated. Conversely, lasers blast away the epidermis to get to the dermis, resulting in the much higher risks typically associated with them.

Use of CIT restores skin tightness in the early stages of aging, speeds up the reduction of pigmented marks, thickens thin skin, smoothes fine lines, softens scars and reduces dilated blood vessels. The advantages of skin needling are that there is minimal discomfort, results in no permanent damage to the skin and usable on all areas of the skin or body, including very thin skin. CIT is a great alternative to more invasive laser treatments and dermabrasion. The treatment takes about 20 minutes. CIT is cost-effective, low risk, and heals quickly with minimal side effects.

{ the cutting edge }

ApothéPeel

the latest in peel technology

Improve your skin from the inside out with the revolutionary *ApothéPeel* chemical peel. Simple to apply. Safe for all skin types. Incredible results. Call us today for a free consultation and to learn more about this new anti-aging treatment.

Texas Institute of Functional Medicines
972.960.6317 Ext.134



unique & revolutionary

ApothéLash[®]

Eyelash Stimulator

The ApotheLash[®] eyelash stimulator incorporates the most advanced formulations that positively influence eyelash growth, thickness and density.

Clinically proven, ApotheLash[®] will help you achieve the appearance of long, healthy, and beautiful eyelashes – *no matter how brittle, short, fragile, thin, or sparse your eyelashes are now.*



Our Team of Experts are here to give you the most up-to-date information, cutting edge products, and treatments available today in the field of integrative medicine and functional therapies.



Gary Osborn, RPh, CCN, is the CEO and founder of TIFM. He has been involved in functional therapies for over 42 years and is well-known for his excellence in the compounding field, as well as with thousands of physicians who rely on him for his expertise.

Kevin D. Light, DO, MBA, is a board certified surgeon trained in Aesthetic Surgery. His practice is focused exclusively on cosmetic surgery and anti-aging medicine.



Beverly Osborn is the Patient Care Coordinator for the Texas Institute of Functional Medicines. She has many years of experience in functional and integrative medical therapies.



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