

Conference Guide

November 6-9, 2014

Bellagio - Las Vegas, Nevada



17th Clinical Applications for Age Management Medicine Conference



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Dear Colleague,

Welcome to our Fall conference at Bellagio in Las Vegas, Nevada. As always, AMMG delivers exactly what you need—whether you're just getting started or already an age management physician.

Forefront of 21st century medicine. Practicing medicine today takes far more than last century's status quo. It takes a proactive, preventive approach steeped in breakthrough science to treat/prevent disease and optimize patient health outcomes. AMMG's dynamic four-day conference delivers emerging technology and evidence-based protocols that are vital for success.

The starting point. Your proactive approach starts here, as age management experts review the latest medical literature and share health-transforming protocols. Widen your perspective with breakthrough science, as we help broaden your perspective and clear away the rhetoric.

As always, we chose an environment that is both exciting and luxurious to host this conference. Contentment and opulence are the hallmarks of the Bellagio Las Vegas experience, from the famed Dancing Fountains, Conservatory and Botanical Gardens and famous artworks to its AAA Five Diamond Award-winning accommodations.

Join our network. AMMG membership delivers a wide range of benefits, including an extensive medical network. Learn more online at www.agedmed.org.

We look forward to meeting you!

Sincerely,

Derrick DeSilva, Jr., M.D.
*Chairman,
AMMG Planning Committee*

Rick Merner
*Executive Director
AMMG Co-founder*

Greg Fillmore
*Conference Chairman
AMMG Co-founder*

Conference Planning Committee

Derrick M. DeSilva, Jr., M.D. (Chairman)

Anna M. Cabeza, D.O., FACOG

Christopher Centeno, M.D.

Florence Comite, M.D.

Jeanette Dunn, R.N., Ed.D., CNS

Mark L. Gordon, M.D.

Edwin N. Lee, M.D., FACE

John J. Rush, M.D., FACEP

George C. Shapiro, M.D., FACC

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▶ **April 23 – 26, 2015** ◀

18TH CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE

JW Marriott/Ritz-Carlton, Grande Lakes, Orlando, Florida

Updates will be posted on our website www.agedmed.org as they become available

CALL FOR PRESENTERS

The Age Management Medicine Group (AMMG) would like to encourage qualified speakers who wish to become members of our faculty to submit for consideration.

The Conference Planning Committee will review all submissions.

Preference is given to credentialed faculty at the medical professional level who have expertise in their field and have the ability to provide comprehensive learning materials for the course syllabus.

Topics that reflect non-commercial, new or cutting-edge evidence based information for Age Management Medicine clinicians are preferred. All faculty and presentations must adhere to ACCME standards.

To submit, please email the following to gfillmore@agedmed.org:

1. Curriculum Vitae
2. Presentation Title
3. Short Abstract / Description

Age Management Medicine Group (AMMG)

1534 Serrano Circle, Naples, FL 34105

Phone (239) 330-7495 Fax (847) 728-2118

www.AgeMed.org conference@agedmed.org

UNDERSTANDING THE ROOT CAUSE OF AGING BASED ON TELOMERASE ACTIVATION SCIENCE

As you may or may not know, telomeres are the caps at the end of each strand of DNA that protect it, like the plastic tips at the end of shoelaces. They affect how cells age and are essential for maintaining cell integrity. Telomeres shorten each time a cell divides, which, over time, leaves the genetic DNA unprotected and causes cellular function to be compromised — like a shoelace that loses its plastic end cap and becomes frayed.

Scientists' research was awarded the Nobel Prize in Physiology/Medicine in October 2009 for the breakthrough discovery of telomerase. Telomerase stabilizes telomere length by adding DNA repeats (nucleotides) onto the telomeric ends of the chromosomes. Shortening of these DNA sequences, known as telomeres, acts as an aging clock and explains the Hayflick Limit — the number of times cells can divide before becoming non-functioning (senescent) or dying (apoptosis).

Since telomeres act as a clock within our cells, they represent their age and how well they function. As they shorten, they signal changes in gene expression, changing the cell's phenotype to that of an older cell. Furthermore, short telomeres can lead to genetic mutations that result in serious complications associated with old age. Though good telomere health may not necessarily extend lifespan, research shows that it clearly supports a longer "healthspan" — the number of years an organism is functioning with vitality.

Natural transient Telomerase Activation can maintain telomere length — and slow down the speed of that cellular aging clock. There are 23 pairs of chromosomes in each cell — that's 46 DNA strands. This means there are 92 telomere end caps in every cell. It only takes one critically short telomere to affect the function of that cell!



Cellular Rejuvenation through Safe Telomerase Activation

T.A. Sciences® has produced a compound called TA-65® and have conducted developmental and safety testing on the compound for over a decade. In addition, independent researchers have provided dozens of foundational studies supporting its safety and efficacy. TA-65® is a patented, all natural plant-based compound that is designed to help maintain or rebuild telomeres through Telomerase Activation.* **TA-65MD®** nutritional supplements are the first research-based products that specifically target Telomerase Activation.

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**Protected by numerous U.S. and international patents and patents pending. U.S. patent # 7,846,904. These materials have not been reviewed by the U.S. Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.*

Hyaluronic Acid (HA)

where it is located and how it helps



SCALP TISSUE & HAIR FOLLICLES

There are 100,000 hair follicles on the scalp, located in the dermal layer of the skin. The connective tissues supports, nourishes and hydrates this area of the scalp, resulting in thick lustrous hair.* Hyaluronic acid helps keep the scalp moisturized.



SKIN

The skin is the largest organ in the body, or about 15 percent of our body weight. Along with collagen, HA is vital to maintaining skin's layers and structure. Collagen gives skin its firmness; HA hydrates the collagen, keeping it moist and elastic. Younger skin is smooth and highly elastic because it contains high concentrations of hyaluronic acid. But as we grow older, the body loses its ability to maintain this same concentration in the skin, and the skin becomes drier. HA acts as a space-filler by binding water and keeping the skin looking wrinkle-free.*



vitreous humor (hyaluronic acid)

EYES

Hyaluronic acid is highly concentrated inside the eye, giving the eye a viscous gel-like property. This gel acts like a shock absorber and transports nutrients. HA helps maintain the shape of the eye and keeps eyes moist. It may even help with vision.*



connective tissue (hyaluronic acid and collagen)

GUMS

The gums secure the teeth to the jaw-bone. Hyaluronic acid supports the health of gum tissue. With HA, the gums stay strong, supporting tissue around the teeth and helping provide hydration and nourishment.*



synovial fluid (hyaluronic acid)

JOINTS

The fluid in your joints mimics the oil in a car engine. We replace engine oil because heat and friction break down its viscosity. As we age, joint fluid is less effective at protecting and cushioning the cartilage. Hyaluronic acid helps to maintain normal viscosity and promote smooth functioning joints.*



FREE SAMPLES At Booth

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Foundation for Care Management (FCM) and the Age Management Medicine Group (AMMG). The Foundation for Care Management (FCM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of **27 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.



The Foundation for Care Management is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Program # 0347-9999-14-025-L01-P*. *This CE activity is knowledge based.

The Foundation for Care Management is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Outcome Objectives

- Discuss the initiation and resolution of inflammation mediated by the innate immune system and the role and clinical use of diet, nutrition and supplements in the activation and resolution of the inflammatory response.
- Identify clinical “biomarkers” that indicate the presence of inflammation and what clinical testing methods are indicated for measurement.
- Discuss the role of detoxification as a role in reducing inflammation, particularly as it applies to heavy metal toxicity.
- Describe the impact of inflammation on cerebral functioning and discuss the benefits of specific interventions.
- Describe etiology of inflammation and the limitations of employing biologics to mitigate occurrences and alternative methods of inflammation treatment and how a diverse array of cytokines can tempter systemic and specific regional areas of inflammation.
- Discuss methods for patient assessment of endothelial function and inflammation, the importance of the diagnosis and lean clinical methods for reducing endothelial inflammation and the need for ongoing surveillance.
- Identify adrenal fatigue and associated risk factors, using appropriate testing methods and how to develop an evidence based patient treatment regime that will result in improved patient outcomes.
- Discuss methods to correct low testosterone in male patients including appropriate patient assessment, food sensitivity testing and nutrient levels.
- Identify, compare and contrast the different methods for testing hormones, discussing the advantages and disadvantages of each and their clinical significance and utilization.
- Identify peak and trough levels used for multiple steroid hormones and compare and contrast the various delivery methods, their benefits and potential complications.
- Identify the risk factors, lifestyle, metabolic and hormonal changes that decline with age, ultimately leading to weight gain and other disease states and understand specific laboratory and diagnostic work-ups to apply an individualized treatment plan to optimize hormonal and metabolic equilibrium.
- Describe the importance of Estrogen Metabolism plays in HRT and the role xenoestrogens and other toxins play in the metabolism of hormones.
- Review the importance of Growth Hormone, and learn appropriate methods of patient evaluation, particularly how to perform a Glucagon Stimulation Test. Discuss treatment protocols using secretagogues and growth hormones in combination to maximize patient outcomes.
- Diagram the metabolic pathways by which estrogens are metabolized, highlighting the primary biochemical purpose of the pathway and describe how aberrant genes may contribute to great risk of impaired metabolism and consequent disease.
- Utilize genetic testing to develop personalized patient treatment plans with targeted outcomes.
- Describe the relationship between Precision Medicine and personalized prevention and process of individualized patient treatment programs.
- Evaluate the concept of Epigenetics as it applies to Age Management Medicine.
- Differentiate between association and causation and interpret studies as to whether they prove association versus causation. Determine whether administering estrogen to women results in an increase in dementia or protection against dementia.
- Discuss the role and importance of nitric oxide (NO) in human health, identify symptoms of nitric oxide insufficiency in patients and learn how to apply the latest technologies as well as diet and lifestyle modification to restore NO homeostasis in patients.
- Discuss the role of environmental toxins which may cause endocrine disorders and the latest diagnostic testing protocols.
- Discuss the latest legal issues surrounding the use of testosterone.
- Assess the safety of testosterone therapy and make appropriate clinical decisions in order to safely administer testosterone when indicated.
- Describe the link between stress and inflammation and discuss clinical approaches to treating patients with diseases associated with stress.
- Gain an understanding of how disorders in mood and cognition reflect an imbalance in internal biochemistry, especially in neurotransmitter and hormone function along with appropriate laboratory testing and treatment options such as dietary changes, targeted nutritional supplementation and bio-identical hormones.
- Discuss mechanisms of how SHBG impacts hormone levels and is reflected on subsequent lab results and understand other ways that SHBG contributes to health beyond its influence on hormones, particularly as a risk marker for numerous health conditions.
- Identify the systemic effects related to ED; discuss natural therapies and show that combinations of some of these ingredients may be a viable evidence based alternative, but stress that these must also be used with caution.
- Discuss the pathophysiology of food allergies contributing to various pain syndromes and the diversity of non-gastrointestinal effects of food allergies including the mechanism of cellular mimicry and potential initiating process of many auto immune mechanisms and the use of nutraceutical inventions.
- Discuss why certain supplements may not provide an observable clinical response even when there are published papers to describe the effect of that supplement's key bioactive in human cells and the significance of bioavailability in the dose response of diet derived bioactive compounds.
- Discuss the importance of intracellular testing for accurate micronutrient management in elderly patients including a portfolio of tests to consider for a reasonably comprehensive multisystem assessment of patients.
- Discuss the concept that brain cancer is primarily a metabolic disease and that effective treatment protocols such as mitochondrial enhancement therapies using calorie restricted ketogenic diets administered in combination with drugs that target glucose and glutamine metabolism can be a nontoxic, cost effective treatment alternatives.
- Describe the characteristics of stable and unstable plaque and discuss testing and clinical interventions that can be performed to reduce the risk of cardiovascular event.
- Discuss new genomic research data on supercentenarians.
- Discuss new treatments involving adipose derived stem cells for a variety of conditions including COPD and compare and contrast the potential of these stem cells with traditional methods of treatment acute and degenerative diseases.
- Identify symptoms and diseases created by EMF exposure and discuss ways to identify and decrease sources of EMF radiation, alleviating symptoms and reducing the risk of future illness.

Disclosures

Conference Planning Committee

Anna M. Cabeca, D.O., P.C.	Speaker Bureau, Xymogen
Christopher J. Centeno, M.D.	CEO, Regenerative Sciences
Florence Comite, M.D.	No Significant Disclosure
Derrick DeSilva, Jr., M.D.	Consultant: C.S. Supplements
Jeanette Dunn, R.N., Ed.D.	No Significant Disclosure
Mark L. Gordon, M.D.	No Significant Disclosure
Edwin Lee, M.D.	No Significant Disclosure
John Rush, M.D.	COO, Cenegenics, Owner LPIC, Board Member, VitTrackr
George Shapiro, M.D.	No Significant Disclosure

Faculty

The following faculty intend to reference unlabeled/unapproved uses of drugs or products in their presentations.

Hyla Cass, M.D.
Edwin Lee, M.D.

The following faculty have disclosed a financial interest or affiliation with one or more of the commercial organizations offering financial support, equipment, or educational grants for this Continuing Medical Education activity, and commercial organizations which do not support this activity but in the interest of full disclosure wish to make attendees aware of a relationship which should be considered in evaluating individual presentations.

Nathan S. Bryan, Ph.D.	Founder & CSO Neogenis Labs, Advisor, SAJE Pharma
Anna M. Cabeca, D.O., P.C.	Speaker Bureau, Xymogen (Not for this event)
Hyla Cass, M.D.	Speaker, RLC Labs (Not for this event)
Kristin Comella	Employee & Ownership, Bioheart, Inc.
Derrick DeSilva, Jr., M.D.	Consultant: C.S. Supplements
Scott Fogle, N.D.	Employee, Life Extension Foundation
Robert J. Hariri, M.D., Ph.D.	Founder & Executive Chairman, MYOS Corp, Founder & Vice Chair, Human Longevity Inc. Chairman, Founder & CSO, Celgene Cellular Therapeutics
Christine Houghton, Ph.D. Can	CEO, Cell Logic
Sonia Kapur, Ph.D.	Employee, ZRT Laboratory
Mark Menolascino, M.D.	Medical Director, NeuroSciences, Inc.
Scott T. Minton, M.S., Ph.D.	Employee and Scientific Advisor, Nordic Naturals
Sangreeta Pati, M.D., FACOG	Board of Advisors, MD Prescriptives
Cesar M. Pellerano, M.D.	Consultant, DiaDexus
Elizabeth Flourde, Ph.D.	Owner, New Voice for Health
Neal Rouzier, M.D.	Speaker - World Link Medical
Barry Sears, Ph.D.	Owner, Zone Labs, Inc.
Christopher Shade, Ph.D.	Management, Quicksilver Scientific
Filomena F. Trindade, M.D.	Speaker, Genova Diagnostics (Not for this event)

The following faculty reported that they had no financial interest in any products or services to be discussed.

Dale E. Alsager, D.O., Ph.D.	Dipnarine Maharaj, M.D.
Al Augustine, J.D.	Nicole M. McDermott, RPA-C
Joseph Bosiljevac, M.D., Ph.D., FACS	Tom O'Bryan, D.C., CCN, DACBN
L. Stephen Coles, M.D., Ph.D.	Luis Martinez-Rivera, M.D.
Florence Comite, M.D.	Ernst R. Schwarz, M.D., Ph.D.
Keith Fleischman, D.O.	Thomas N. Seyfried, Ph.D.
Mark L. Gordon, M.D.	Ron Shane, N.D., Ph.D., OMD, MFA
Robert A. Kominiarek, D.O., FACOFP	Jonathan Wilensky, M.D.
Edwin Lee, M.D.	Allan Yang Wu, M.D.
Dennis Lox, M.D.	



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Alan P. Mintz, M.D. Award

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Mentor, innovator, visionary. Dr. Alan P. Mintz inspired many with his brilliant insights in age management medicine, fueled by his desire to help others live a vital life. He forged new medical frontiers, embraced the spirit of determination and exemplified medical excellence.



The Age Management Medicine Group created an award of distinction to honor Dr. Mintz as a friend, mentor and true medical professional who did much to advance this new medical specialty.

The *Alan P. Mintz, M.D. Award* is presented annually to a physician reflecting Dr. Mintz's clinical excellence in patient care, healthy living, quality of life and entrepreneurship.

The Age Management Medicine Group is proud to announce and congratulate this year's worthy recipient:

Neal Rouzier, M.D.

Please join us in presenting Dr. Rouzier with the



PAST RECIPIENTS

2007



Jeffrey S. Life, M.D., Ph.D.

2008



L. Stephen Coles, M.D., Ph.D.

2009



Robert D. Willix, Jr., M.D.

2010



Derrick M. DeSilva, Jr., M.D.

2011



Joseph F. McWherter, M.D.

2012



Michale J. Barber, M.D.

2013



Florence Comite, M.D.

Schedule At-A-Glance

Thursday, November 6TH 2 Concurrent Pre-Conference Tracks

Pre-Conference Track #1 Inflammation and Aging	Pre-Conference Track #2 Core Issues in Hormone Replacement
<p>7:00 AM - 7:45 AM Sleep Quality and Inflammatory Biomarkers: What is the link for cardio-pulmonary disorders? Presented by Preetam Schramm, Ph.D., RPSGT Open to all attendees and includes a complimentary breakfast <i>Non-CME symposium sponsored by SleepImage</i></p>	
<p>8:00 AM - 9:00 AM Featured Speaker The Role of Resolution of Inflammation in the Aging Process Barry Sears, Ph.D.</p> <p>9:00 AM - 9:45 AM Biomarkers of Inflammation Dipnarine Maharaj, MB.ChB., M.D., FRCP(Edin.), FRCP(Glas.)</p> <p>9:45 AM - 10:00 AM Break</p> <p>10:00 AM - 10:45 AM Amplifying the Glutathione System for Chemical and Heavy Metal Dextoxification to Reduce Inflammation Stress Christopher W. Shade, Ph.D.</p> <p>10:45 AM - 11:30 AM The Neuropermissive Environment Mark L. Gordon, M.D.</p> <p>11:30 AM - 12:00 PM The Role that Diet and Supplements Play in Inflammation Derrick M. DeSilva, Jr., M.D.</p> <p>12:00 PM - 1:30 PM Lunch Break</p>	<p>8:00 AM - 9:00 AM Adrenal Fatigue - Myth or Mystery? Mark P. Menolascino, M.D., MS, ABIHM, ABAARM, IFMCP</p> <p>9:00 AM - 10:00 AM What to do BEFORE Testosterone Replacement Therapy Rob Kominiarek, D.O., FACOPF</p> <p>10:00 AM - 10:15 AM Break</p> <p>10:15 AM - 11:00 AM The Validity and Clinical Relevance of Testing Hormone Levels by Serum, Saliva, Urine or Blood Spot Sonia Kapur, Ph.D., HCLD</p> <p>11:00 AM - 12:00 PM Bioidentical Hormone Replacement Therapy: Metrics and Methods of Administration Luis Martinez-Rivera, M.D., MPH</p> <p>12:00 PM - 1:30 PM Lunch Break</p>
<p>12:00 PM - 1:00 PM Understanding the Root Cause of Aging Based on Telomerase Activation Science Presented by Ron Rothenberg, M.D. Open to all attendees and includes a complimentary lunch <i>Non-CME symposium sponsored by T.A. Sciences</i></p>	
<p>1:30 PM - 2:15 PM Using Cellular Design Elements to Support Protective Levels of Inflammation Within Each Life Stage Scott Minton, M.S., Ph.D.</p> <p>2:00 PM Exhibits Open</p> <p>2:15 PM - 3:00 PM Endothelial Dysfunction and Inflammation: What Can We Do About It? Keith A. Fleischman, D.O.</p> <p>3:00 PM - 3:30 PM Break - Visit Exhibits</p> <p>3:30 PM - 5:30 PM Pathogenic Inflammation and Innovative Regenerative Biological Therapies (4 segments) Jonathan Wilensky, M.D., FACS Alan Yang Wu, M.D., CTBS, FAACS, FACS Dennis Lox, M.D. Ron Shane, N.D., Ph.D., O.M.D., MFA</p>	<p>1:30 PM - 2:15 PM Hormones and Weight Management Florence Comite, M.D. Nicole M. McDermott, RPA-C</p> <p>2:00 PM Exhibits Open</p> <p>2:15 PM - 3:00 PM Estrogen Metabolism and the Effects of Xenoestrogens Filomena F. Trindade, M.D., MPH</p> <p>3:00 PM - 3:45 PM Break - Visit Exhibits</p> <p>3:45 PM - 4:45 PM Update on Growth Hormone 2014 Mark L. Gordon, M.D.</p> <p>4:45 PM - 5:30 PM Safer Estrogen Metabolism - Looking Through New Eyes Christine Houghton, B.Sc., D.C., Grad.Dip.Hum.Nutr., R.Nutr., Ph.D.Cand.</p>
<p>5:30 PM - 7:00 PM AMMG Welcome Reception Held in Conference Networking and Exhibits Center Open to all conference attendees, spouses and guests</p>	

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Schedule At-A-Glance

General Sessions

Friday, November 7TH

7:00 AM - 7:45 AM

Evidence-based Review of Common Myths of Hormone Replacement

Presented by Neal Rouzier, M.D.
Non-CME symposium sponsored by MedQuest Pharmacy

Open to all attendees and includes a complimentary breakfast

8:00 AM - 8:05 AM

Opening Remarks

Derrick M. DeSilva, Jr., M.D.

8:05 AM - 8:30 AM

Presentation of the Alan P. Mintz, M.D. Award

8:30 AM - 9:30 AM

Keynote Lecture

Emerging Technology in Personalized Genomics
Robert J. Hariri, M.D., Ph.D.

9:30 AM - 10:15 AM Break / Visit Exhibits

10:15 AM - 11:15 AM

The Power of Precision Medicine in Practice: The Future of Medicine, Today

Florence Comite, M.D.

11:15 AM - 12:00 PM

Epigenetics and Aging: What Would Happen If We Removed the Methylation Cloak of Aging?

Alan Yang Wu, M.D., CTBS, FAACS, FACS

12:00 PM - 1:15 PM Lunch Break / Visit Exhibits

12:00 PM - 1:00 PM

Physician Opportunities in Age Management Medicine: Your Path to a Successful Age Management Medicine Practice

Presented by John E. Adams, President/CEO & John Rush, M.D., Chief Operating Officer, Cenegenics
Non-CME symposium sponsored by Cenegenics Elite Health

Open to all attendees and includes a complimentary lunch

1:15 PM - 2:05 PM

Does Estrogen Truly Increase the Risk of Dementia and CVD? An Evidence-based Review

Neal Rouzier, M.D.

2:05 PM - 2:55 PM

Advancements in Nitric Oxide Diagnostics and Therapeutics: Combatting Sexual Dysfunction for Men and Women

Nathan S. Bryan, Ph.D.

2:55 PM - 3:20 PM Break / Visit Exhibits

3:20 PM - 4:05 PM

Endocrine Disruptors

Edwin N. Lee, M.D., FACE

4:05 PM - 4:45 PM

Legal Aspects of Using Testosterone in an Age Management Practice

Al Augustine, J.D.

4:45 PM - 5:30 PM

Testosterone and the Heart

Cesar M. Pellarano, M.D.

Saturday, November 8TH

7:00 AM - 7:45 AM

Working Within the Regulations for Growth Hormone - Options

Presented by Mark Gordon, M.D.
Non-CME symposium sponsored by University Specialty Drugs

Open to all attendees and includes a complimentary breakfast

8:00 AM - 8:50 AM

Stress and Inflammation

Anna Cabeca, D.O., FACOG

8:50 AM - 9:40 AM

Hormones and Psycho-Neuro-Behavior

Hyla Cass, M.D.

9:40 AM - 10:15 AM Break / Visit Exhibits

10:15 AM - 11:00 AM

SHBG: What is it Good For?

Scott Fogle, N.D.

11:00 AM - 12:00 PM

Putting it All Together: Hormones, Nutrition, Detoxification, Mind, Body

Sangeeta Pati, M.D., FACOG

12:00 PM - 1:15 PM Lunch Break / Visit Exhibits

1:15 PM - 2:15 PM

Ten Best Alternatives to Viagra

Derrick M. DeSilva, Jr., M.D.

2:15 PM - 3:00 PM

Dietary Triggers of Pain and Inflammation;

Putting Out the Fire: Nutraceutical Management of Inflammatory Diseases

Thomas O'Bryan, D.C., CCN, DACBN

3:00 PM - 3:45 PM Break / Visit Exhibits

3:45 PM - 4:45 PM

The Devil's in the Dose

Christine Houghton, B.Sc., D.C.,

Grad.Dip.Hum.Nutr., R.Nutr., Ph.D.Cand.

4:00 PM Exhibits Close

4:45 PM - 5:30 PM

Putting Science into Micronutrient Testing and Evaluation in a Primary Care Setting

Dale E. Alsager, D.O., Ph.D.

Sunday, November 9TH

7:00 AM - 7:45 AM

The Effect of Topical Cytokines and Chemokines on Skin Regeneration

Presented by David Woynarowski, M.D., CPT
Non-CME symposium sponsored by Timeslip RG-Cell Cosmeceuticals and Cenegenics

Open to all attendees and includes a complimentary breakfast

8:00 AM - 9:00 AM

Brain Cancer: A Metabolic Disease with Metabolic Solutions

Thomas N. Seyfried, Ph.D.

9:00 AM - 10:00 AM

The Role of Unstable Plaque as a Predictor of Unexpected Cardiovascular Events

Joseph Bosiljevac, M.D., Ph.D, FACS

10:00 AM - 10:15 AM Break

10:15 AM - 11:00 AM

New Data on Genomics and on the Oldest of the Old

L. Stephen Coles, M.D., Ph.D.

Florence Comite, M.D.

11:00 AM - 11:50 AM

Why Every Physician Should Practice Age Management Medicine - The Three Most Important Outcomes from a Cardiologist's Perspective

Ernst R. Schwarz, M.D., Ph.D.

11:50 AM - 12:40 PM

Regenerative Medicine for Degenerative Diseases

Kristin Comella

12:40 PM - 1:30 PM

EMF Radiation - How to Protect Yourself

Elizabeth Plourde, C.L.S., NCMP, Ph.D.

1:30 PM CONFERENCE CONCLUDES

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SEE INSTRUCTIONS BELOW

Guests will also have the option to upgrade to higher bandwidths should they need to do more complex web browsing; the free options are good for emails and basic website.

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Non-CME Events Open to All Attendees

THURSDAY, NOVEMBER 6TH

- 7:00 - 7:45 AM** **Sleep Quality and Inflammatory Biomarkers: What is the link for cardio-metabolic disorders?**
Presented by Preetam Schramm, Ph.D., RPSGT
Symposium sponsored by SleepImage - Includes a complimentary breakfast
- 12:00 - 1:00 PM** **Understanding the Root Cause of Aging Based on Telomerase Activation Science**
Presented by Ron Rothenberg, M.D.
Symposium sponsored by T.A. Sciences - Includes a complimentary lunch
- 5:30 - 7:00 PM** **AMMG Welcome Reception** for attendees, spouses and guests
Please join your colleagues in the Conference Networking / Exhibits Center

FRIDAY, NOVEMBER 7TH

- 7:00 - 7:45 AM** **Evidence-based Review of Common Myths in Hormone Replacement - Debunking the Opinion that Testosterone Causes Blood Clots or Polycythemia: PCV vs Erythrocytosis and What the Literature Recommends**
Presented by Neal Rouzier, M.D., Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA
Symposium sponsored by MedQuest Pharmacy - Includes a complimentary breakfast
- 12:00 - 1:00 PM** **Physician Opportunities in Age Management Medicine: Your Path to a Successful Age Management Medicine Practice**
Featuring John E. Adams, President and CEO & John Rush, M.D., COO, Cenegenics
Symposium sponsored by Cenegenics Elite Health - Includes a complimentary lunch

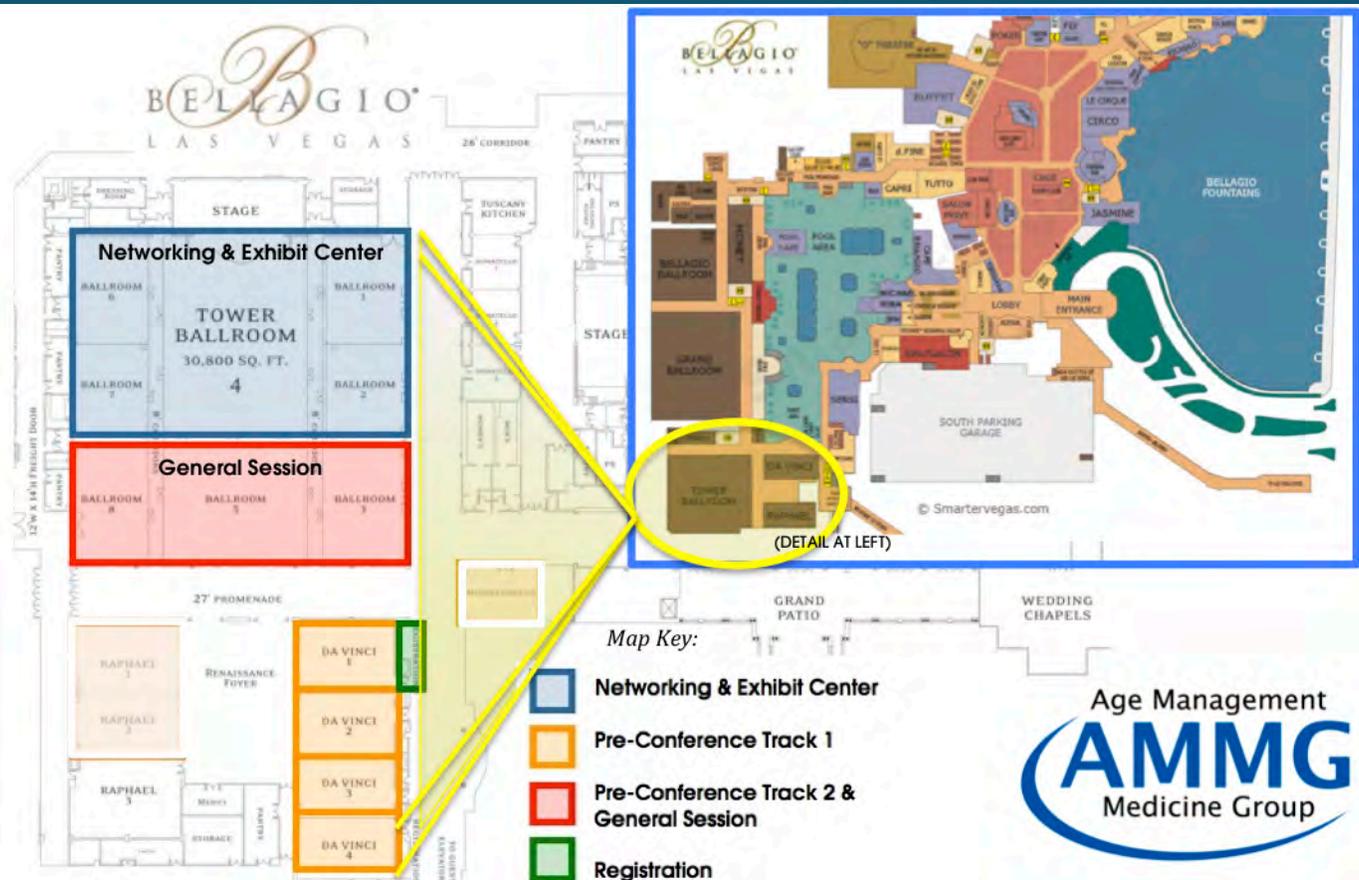
SATURDAY, NOVEMBER 8TH

- 7:00 - 7:45 AM** **Working Within the Regulations for Growth Hormone - Options**
Presented by Mark Gordon, M.D.
Symposium sponsored by University Specialty Drugs - Includes a complimentary breakfast

SUNDAY, NOVEMBER 9TH

- 7:00 - 7:45 AM** **The Effect of Topical Cytokines and Chemokines on Skin Regeneration**
Presented by David Woynarowski, M.D., CPT
Symposium sponsored by Timeslip RG-Cell Cosmeceuticals and Cenegenics - Includes a complimentary breakfast

Conference Floor Map





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The Role of Resolution of Inflammation in the Aging Process

Barry Sears, Ph.D. *Founder & President, Inflammation Research Foundation, Marblehead, MA; President, Zone Labs, Marblehead, MA*
It is becoming accepted that the aging process can be viewed as a consequence of systemic inflammation that drives the development of chronic diseases. There are two distinct parts to the inflammatory response. The first is the initial initiation phase of inflammation and the second is the resolution phase of inflammation. If these two phases of inflammation are balanced, then the body returns to homeostasis. However, if the initiation phase is too exaggerated or the resolution phase is too muted, then the result is low-level chronic inflammation that will accelerate the aging process. Anti-inflammatory nutrition can have a unique role in modulating both phases of the inflammatory process. It can reduce an exaggerated initiation response by modulating the inflammatory gene transcription factor nuclear factor-kappaB (NF- κ B). It can also enhance the resolution process by increasing the production of resolvins derived from omega-3 fatty acids. The dietary factors that enhance NF- κ B activity are excess omega-6 fatty acids, excess saturated fats, excess carbohydrates, and excess calorie consumption. The dietary factors that can inhibit NF- κ B activity include omega-3 fatty acids and polyphenols by their activation of the anti-inflammatory gene transcription factor PPAR- γ . How these dietary factors alter inflammatory gene expression and the levels required will be discussed in this lecture as well as the clinical markers that allow the optimization of a structured anti-inflammatory dietary program. Examples of their use in the treatment of neuroinflammation will be described.

Biomarkers of Inflammation

Dipnarine Maharaj, MB.ChB, M.D., FRCP (Edin.), FRCP (Glas.), FRCPATH, FACP *Founder & Medical Director, South Florida Bone Marrow Stem Cell Transplant Institute, Boynton Beach, FL*
Inflammaging is an umbrella term covering a multitude of phenomena which involve aberrant glycosylation as well as tissue damage. This damage is reflected in increasing amounts of mitochondrial DNA in the periphery which correlate with levels of inflammatory biomarkers. The characteristics of inflammaging and its contribution to the development of age-associated chronic diseases in humans will be discussed in this presentation. In addition, immune senescence as it relates to aging and inflammation will be presented.
Stem cell aging contributes to immune dysfunction. An individual's own stem cells can be safely transplanted without being rejected by the body's immune system to treat immune dysfunction. Autologous stem cell therapy is an established treatment for immune dysfunction of blood cancers. In the future it is believed that the need for autologous stem cell therapy will increase as it may offer remedies for strokes and neurodegenerative conditions such as Parkinson's and Alzheimer's diseases and chronic diseases such as heart disease as well as diabetes.
This presentation will focus on clinical aspects of the use of autologous stem cells for regenerative medicine with emphasis on strategies for optimizing their function by reducing inflammation and improvement of immune dysfunction.

Amplifying the Glutathione System for Chemical and Heavy Metal Detoxification to Reduce Inflammation Stress

Christopher W. Shade, Ph.D. *President, Quicksilver Scientific, Lafayette, CO*
Toxic metals have a number of adverse biological effects including endocrine disruption and generation of inflammation and oxidative stress. Thus, successful anti-aging protocols need to address metals toxicity. However, the methods for metals detoxification are often quite challenging for the body and involve toxic substances (e.g. DMSA, DMPS). Fortunately, mechanisms for xenobiotic metabolism (detoxification) can be upregulated with a variety of natural compounds. The glutathione system is the body's natural metal detoxification system, and that system can be harnessed and amplified for powerful yet safe metals removal. Fortunately, there

is an exciting body of research showing that certain phytonutrients (plant compounds) have the ability to upregulate the detoxification/chemoprotection systems, including intracellular antioxidant production, through a mechanism called the Keap1/Nrf2 protein. Coupling use of these compounds with advances in liposomal and nanoemulsion delivery of nutritional compounds (e.g. glutathione and lipoic acid) can create powerful natural approaches for body-wide detoxification and antioxidant protection.

The Neuropermissive Environment

Mark L. Gordon, M.D. *Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; Dubai Wellness Centers, Dubai and Moscow, Russia; USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA; International Medical Director, Reignwood Wellness, Beijing, China; Medical Consultant, AJT Consultancy, Bangkok, Thailand; Medical Director of Education, Access Medical Laboratories, Jupiter, FL; Member, AMMG Conference Planning Committee; Life Member, AMMG*
Traumatic brain injury has an overt primary phase of damage that might be represented histologically by "focal" anatomical lesions, such as laceration, contusion, intracranial hemorrhage, diffuse axonal injury, and cavitation, all creating differing degrees of cerebral edema. In response to the typically short-lasting primary injury mechanism, there is a second wave of long-lasting pathological changes called the secondary injury mechanism. This consists of metabolic changes (acidosis), neuroinflammation, axonal injury, vascular abnormalities, and neuronal and glial cell death. Metabolic changes include abnormal levels of oxygenation (increasing free radicals such as ROS), altered cell metabolism, disrupted energy production (mitochondrial damage), diminished systemic hormonal secretion, and an upregulation of inflammatory activity. The secondary damage (biochemical, delayed), produced by these complex processes, is initiated at the moment of injury and with the death of the first brain cell be it astrocyte, neuron, microglia or oligodendrocyte. Additionally, peripheral damage to the limbs, abdomen or thorax creates another avenue for the production of inflammatory molecules (IL-6, specifically) that passes through a disrupted blood-brain barrier (BBB) to cause additive damage and biochemical havoc. These processes are subversive to the brain's ability to recover, having a net effect of subclinical pathologies that can take minutes, hours, days, weeks, months or even years to appear. This "silent epidemic" or "stealth syndrome" represents multiple cascades of inflammation that occur in response to damaging stimuli, triggering the release and activation of cytokines and chemokines, and the activation and proliferation of microglia and astroglia in the central nervous system (CNS). Vascular abnormalities are marked by aberrations in the water content of the brain parenchyma, dysregulation of water channels, and further compromise of the BBB. These primary and secondary injury processes may lead to a range of neuro-psychiatric symptoms, including various forms of memory and learning deficits, anxiety, and depression.

The Role that Diet and Supplements Play in Inflammation

Derrick M. DeSilva, Jr., M.D. *Chairman, AMMG Conference Planning Committee; Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ; Teaching Faculty, JFK Medical Center, Edison, NJ*
There is no question that diet and nutrients/supplements play a critical role in the exacerbation and preventing of the inflammatory process. There are common supplements like Omega-3 fatty acids and turmeric that have numerous studies to support their support anti-inflammatory role. But what about some of the new and more exotic nutrients that reduce inflammation? There are also various foods that reduce inflammation. But what about the foods that accelerate the inflammatory process? This lecture will focus on the combined role that diet and supplements play in reducing the inflammatory process.

Using Cellular Design Elements to Support Protective Levels of Inflammation Within Each Life Stage

Scott Minton, M.S., Ph.D. *Scientific Advisor, Nordic Naturals, Watsonville, CA*

Organs and organ systems do not operate in isolation from each other. Because cells, tissues, organs and organ systems are integrated on multiple structural, spatiotemporal and functional scales, a nutritional strategy that addresses multiple physiologic axes and biochemical pathways—at the same time—may significantly promote the process of enhancing health, improving quality of life, and optimizing the aging process. Given the current crisis and socioeconomic burden of chronic degenerative/inflammatory disease, a paradigm shift in managing health and wellness is required that addresses the very core of integrative systems biology. In this presentation, we will discuss the biochemical evidence supporting the use of several important nutrients to modulate inflammation and other critical cell signaling pathways. We will also explore several methods to evaluate an individual's need for specific nutrients, and several research-based therapeutic concepts that may help improve clinical outcomes throughout the aging process.

Endothelial Dysfunction and Inflammation: What Can We Do About It?

Keith A. Fleischman, D.O. *Associate, Robert Wood Johnson Medical School, New Brunswick, NJ; Senior Partner, Cenegenics, New York, NY*

Endothelial cells have significant importance in cardiovascular health and function. The declines in endothelial function are one of the earliest factors in the development of cardiovascular disease. These declines can show up in patients as early as in their thirties. Endothelial inflammation is a significant cause of declines in endothelial function and health. Understanding the ways in which endothelial inflammation and function can be measured, and the treatment modalities utilized in reducing it should be the goal of every comprehensive medical practice.

Pathogenic Inflammation and Innovative Regenerative Biological Therapies (4 segments)

Jonathan S. Wilensky, M.D., FACS *Co-Founder, Southern California Institute for Regenerative Medicine (SoCal IRM)*

Alan Yang Wu, M.D., CTBS, FAACS, FACS *Faculty, University of California at Riverside, Stem Cell Research Center; Managing Partner, Surgimed Biosciences, Cathedral City, CA*

Dennis Lox, M.D. *Owner, Sports and Regenerative Medicine Centers, Tampa Bay, FL and Washington, D.C.*

Ron Shane, N.D., Ph.D., O.M.D., MFA *Research Scholar, University of California-San Diego; Professor, University of Natural Medicine in Body & Mind Consciousness Studies and Naturopathic Medicine*

The overexpression of inflammatory interleukins is the pathologic basis of a bevy of conditions ranging from osteoarthritis (OA) to autoimmune conditions. Current therapies in many instances are both ineffective and fraught with debilitating side effects. We are now in a time where there are many innovative treatment strategies which are emerging, derived from stem-cell protocols that are effective, and devoid of problematic complications. Dr. Wilensky will discuss the biology of inflammatory cytokine overexpression which engenders degenerative and pathophysiological conditions. Dr. Wu will discuss the human bacterial flora microbiome health interaction: gut instinct suggesting promising new therapies based on recent studies with a direct relationship between bacterial flora within the gut of obese and diabetic individuals and epigenetic modification of inflammatory genes. Dr. Lox will speak on Clinical Regulation of Cytokine Inflammatory Pathways with Autologous Stem Cell Therapy. The role of cytokine anabolic and catabolic pathways that influence the degenerative cascade will be discussed. Associated inflammatory conditions that may exacerbate the underlying degradative process will be addressed. The clinical utilization of Regenerative Medicine through growth factors and stem cells will be discussed as related to patient care and treatment. Dr. Shane will lecture on how cytokines from human embryonic stem cells (hESCs) can be synergistic with stromal vascular fraction (SVF) as well as placenta extract to ameliorate joint-related OA as well as the systemic interleukin inflammatory overexpression.

SHORT ABSTRACTS • Thursday, November 6TH

Pre-Conference Track #2: Core Issues in Hormone Replacement

Adrenal Fatigue: Myth or Mystery?

Mark P. Menolascino, M.D., MS, ABIHM, ABAARM, IFMCP *Medical Director, Meno Clinic, Center for Advanced Medicine, Jackson Hole, WY*

Fatigue, insomnia, weakness, hormone imbalance, moodiness, weight gain, immune dysfunction, bone loss and low libido are all linked to weak adrenals. The adrenal gland is the home of the fight or flight stress response and works in synergy with the thyroid hormones for energy and weight regulation. The relationship to stress and high cortisol levels can exacerbate any condition and prevent true healing. The adrenal hormones DHEA and Cortisol are involved in regulating all aspects of hormone metabolism and become critical as we age to maintain optimal health. Many physicians are unaware of the need to identify adrenal fatigue and to support the balance of these important hormones.

What to do BEFORE Testosterone Replacement Therapy

Rob Kominarek, D.O., FACOPF *Director, Alpha Male Medical Institute, Springboro, OH; Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

Testosterone replacement therapy has grown rapidly over the past several years. In 2009 there were approximately 4 million prescriptions written for testosterone products and in 2013 there were 7.5 million prescriptions written. But, does every man with low levels of testosterone need testosterone replacement therapy? It is well known that as we age hormone production and nutrient status decline each decade and daily our bodies are assaulted by various environmental toxins, pollutants, chemicals, and stress that further impacts our hormones. However, it is possible to naturally regain

appropriate levels of free testosterone in individuals with an intact H-P-G axis and functional liver. This lecture will provide attendees an overview of the steps necessary to take to help the individual produce testosterone naturally, detoxification of the liver, removal of negative environmental influences, priming the patient with the necessary supplements, vitamins, and minerals; and personalized nutrition plans that provide either healing, nourishing, or performance nutrition. Attendees will further learn appropriate screening laboratories, food sensitivity testing, nutrient level testing, and examples of restoring the free testosterone level through real patient cases.

The Validity and Clinical Relevance of Testing Hormone Levels by Serum, Saliva, Urine or Blood Spot

Sonia Kapur, Ph.D., HCLD *Laboratory Director, ZRT Laboratory, Beaverton, OR*

With the continued popularity of hormone therapy there is a greater need to understand testing methods to aid in optimizing therapeutic goals while reducing possible risks. Health practitioners involved with any type of hormone replacement need to understand the pros and cons of the different methods for measuring hormone levels and to determine which method is the most appropriate clinically. Hormone testing has been regarded with some skepticism, but with the right methodology it is a necessary tool to optimize patient therapeutic outcomes on hormone replacement. Learn the differences between the various methods for testing hormones, and how to determine the most appropriate test to optimize your patients' response to hormones.

Bioidentical Hormone Replacement Therapy: Metrics and Methods of Administration

Luis Martinez-Rivera, M.D., MPH *President, Elite Regenerative Medicine Group, Ponce, Puerto Rico; Co-Founder and Vice President, XanoGene Anti-Aging, Genomic & Holistic Clinic, Rio Piedras, Puerto Rico; Clinical Instructor, Ponce School of Medicine, Ponce, Puerto Rico*

BHRT is probably the best known component of Age Management Medicine programs. However, there is much debate regarding measuring and administration approaches. This talk will offer an objective, evidence based look at different ways to measure hormones for diagnostic and therapeutic purposes as well as the different ways hormones can be prescribed. Case discussions will offer a proposed, algorithmic approach to the subject, and troubleshooting as well as clinical pearls will be discussed.

Hormones and Weight Management

Florence Comite, M.D. *Courtesy Attending Physician, Yale-New Haven Hospital, New Haven, CT; Private Practice, ComiteMD, New York, NY; Member, AMMG Conference Planning Committee*
Nicole M. McDermott, RPA-C *Physician Assistant, ComiteMD, New York, NY*

More than one-third of U.S. adults are obese. Obesity is the leading cause of preventable deaths in this country. Interventions to reverse obesity are rarely successful in part due to a one-size-fits-all approach despite the multifactorial mechanisms leading to obesity. It is essential to establish a personalized foundation of care in order to systematically manage weight loss for favorable long-term outcomes. To achieve successful weight loss it is important to incorporate a detailed analysis of the individual patient who typically has numerous underlying etiologies leading to fat gain. Underlying etiologies must explore genomics, metabolomics, lifestyle (such as sleep and stress), family history, medication use, as well as other disease entities. Our system is based on an emerging discipline, which we define as Precision Medicine. We investigate various dynamics for effective weight loss. This methodology benefits both the patient and the clinician and almost universally leads to significant fat loss relatively quickly. Obese individuals in our practice often lose as much as 50 to 60 pounds in their first year of management. Most important are the longer-term outcomes that are our goal, such as the reversal or prevention of diabetes, cardiovascular disease, stroke, cancer and other disorders of aging. There is a direct relationship between declining hormones and obesity-related conditions such as Type 2 diabetes, cardiovascular disease, and cerebrovascular disease, along with other chronic conditions. While our hormones fluctuate throughout our life span, and even throughout the day and night, aging brings about a specific age-related hormonal decline that is considered acceptable according to the "normal range." This is despite the fact that alterations in the hormonal and metabolic milieu are known precursors to common diseases of aging. By comprehensively addressing the endocrine system through the harmonization and optimization of hormones such as thyroid, testosterone, cortisol, amylin, and incretin, we proactively prevent disorders associated with aging, therefore extending health span and inducing significant weight loss. The ideal path to optimal health is designing a systematic process with precise individualized methods for weight loss; specifically focused on fat loss and lean muscle gain.

The age-related endocrine processes and systems that will be discussed include:

- The pancreas: impact of impaired glucose metabolism
 - Adrenal glands: impact of elevated cortisol
 - Thyroid: impact of thyroid hormone dysfunction
 - Gonads, Testes and Ovaries: impact of testosterone, estradiol and progesterone
 - Vitamin D: impact on immune, cardiac function and bone
 - Human Growth Hormone: impact of deficiency
- Individualization for each patient is necessary to achieve optimal metabolism that will allow hormone harmonization to promote health, prevent and reverse disease, and extend health span.

Estrogen Metabolism and the Effects of Xenoestrogens

Filomena F. Trindade, M.D., MPH *Private Practice, Capitola, CA*
In order to successfully accomplish Bio-identical Hormone Replacement Therapy we must personalize our approach according to each patient's individual differences. These differences include genetic as well as environmental factors that can affect potential cancer risk. Estrogen metabolism must be assessed and optimized. This includes both phase 1 and phase 2 metabolism pathways with particular attention to potential single nucleotide polymorphisms that can occur. We must not only assess, but also optimize the metabolism and excretion of the downstream metabolites of the metabolism pathways in order to minimize potential risks. In addition, xenoestrogens and toxin exposure will affect the metabolism of estrogen and must be evaluated at length in each patient and a plan devised to lower the exposures as well as help the excretion of those already present in the body.

Update on Growth Hormone 2014

Mark L. Gordon, M.D. *Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; Dubai Wellness Centers, Dubai and Moscow, Russia; USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA; International Medical Director, Reignwood Wellness, Beijing, China; Medical Consultant, AJT Consultancy, Bangkok, Thailand; Medical Director of Education, Access Medical Laboratories, Jupiter, FL; Member, AMMG Conference Planning Committee; Life Member, AMMG*

The fetal body's production of growth factors (GH, IGF-1, IGF-II) allow for the development and growth of each organ system from brain to bones. As our body takes on a more adult form the production of Growth Hormone diminishes over the years. Once thought to be the sole benefactor to linear growth (gigantism) has been found to participate in the optimal production and functioning of all hormones. Growth hormone works with vitamin D in the kidneys to independently produce 25 (OH) Vitamin D, GH provides a stimulus for the conversion of T4 to T3, GH working with Testosterone enhancing memory at the level of the hippocampus, GH and Testosterone as well as Estradiol improve upon endothelial functioning and repair of the basilar membrane, IGF-1 produced by GH signaling improves protein synthesis by up regulating the 40-70S unit of the Ribosomes, rebuilds the tau protein based microtubules destroyed by Amyloid-Beta in Alzheimer's disease, lowers homocysteine, cytokines and interleukins thereby reducing inflammation. Knowing how best to detect alterations in growth hormone and its by-products will allow for comprehensive preventative programs of wellness to be developed. Understanding the legal requirements for justifiable prescribing of growth hormone will allow the physicians to provide uncompromising services to and for the patient.

Safer Estrogen Metabolism - Looking Through New Eyes

Christine Houghton, B.Sc., D.C., Grad.Dip.Hum.Nutr., R.Nutr., Ph.D. Cand. *Ph.D. Researcher, University of Queensland, Brisbane, Australia; CEO & Chief Scientific Officer, Cell-Logic Pty Ltd, Queensland, Australia*

For two decades, clinicians have evaluated the relative quantities of estrogen metabolites present in urine as a means of interpreting the patient's risk of estrogen-related disease, typically breast cancer. Newer data associated with the precise way in which estrogens and other steroids are metabolized significantly expands our understanding of the process. It appears that the comparative metabolic pathways clinicians have relied on are incomplete; more so, the therapies which have been employed do not reflect current findings. Genome profiling as an emerging clinical tool may assist the clinician to better predict those patients at greater risk of suboptimal estrogen metabolism. The genes associated with key enzymes in estrogen metabolism can be readily evaluated for aberrant forms, both homozygous and heterozygous. A number of these key genes are readily modulated by certain micronutrients and nutrigenomically-active phytochemicals. Likewise, drugs commonly used in hormonal modulation can be shown to integrate into these same pathways. This thought-provoking presentation will provide an update on the relevant biochemical pathways, identifying key enzymes and the genes governing their synthesis. This background will be used to highlight those clinical strategies capable of optimizing estrogen metabolism.

Emerging Technology in Personalized Genomics

Robert J. Hariri, M.D., Ph.D. *Adjunct Associate Professor of Pathology, Mt. Sinai School of Medicine, New York, NY; Founder and Executive Chairman, MYOS Corporation, Cedar Knolls, NJ; Co-Founder and Vice-Chairman, Human Longevity, Inc., San Diego, CA; Founder and Chairman, Celgene Cellular Therapeutics, Summit, NJ*
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The Power of Precision Medicine in Practice: The Future of Medicine, Today

Florence Comite, M.D. *Courtesy Attending Physician, Yale-New Haven Hospital, New Haven, CT; Private Practice, ComiteMD, New York, NY; Member, AMMG Conference Planning Committee*

Precision Medicine is the natural extension of personalized prevention that allows the physician to reverse or prevent disorders of aging. Cardiovascular disease, diabetes, cancer, degenerative disorders are generally multifactorial, and arise due to numerous triggers, from lifestyle to family history, driven by metabolic and hormonal factors. Currently, genetic screening has become available as a relevant and essential component to identify risk for the individual. The genetic make-up of individuals can help prospectively to detect potential disorders of aging. However, the genetic blueprint is not absolute, nor is it a predestined outcome. Genes do not dictate destiny, as it has become progressively evident that genetic expression may be variable. Epigenetic factors have an impact on the expression of genetic make-up. Of additional importance is the understanding that DNA switches can act to turn on or off the production of proteins that affect multiple actions that may dictate the advent of Type 2 Diabetes or hair loss, among other multiple and complex actions that occur as individuals age. Genetic testing is rapidly being actualized in practice; the clinician should be comfortable with the interpretation and the significance of diagnostic screening. Patients deserve a solid understanding of the relationship between their genes and disorders of aging. It is vital that the clinician understands how to integrate the various modalities that allow for the precise analysis of factors that may have a deleterious effect on the health span, and is prepared to balance, discuss, and position the possible outcomes in relaying test results. Overall, screening adds great value to our ability to identify underlying influences that might tilt the scales toward various disorders of aging. At the same time, it strengthens our ability to manage and motivate successfully. Further, it allows the clinician to set interventional priorities and weigh the risk-benefit scale of options. Precision Medicine for age management provides more precise and personal guidance with respect to subsequent diagnostic tests and procedures as well as interventions, ranging from lifestyle, addressing sleep, stress, nutrition and exercise, to supplements and medications.

Epigenetics and Aging: What Would Happen If We Removed the Methylation Cloak of Aging?

Alan Yang Wu, M.D., CTBS, FAACS, FACS *Faculty, University of California at Riverside, Stem Cell Research Center; Managing Partner, Surgimed Biosciences, Cathedral City, CA*

Methylation is a process whereby DNA bases of predominantly Cytosine- and Guanine-rich regions become alkylated with methyl groups. This molecular process is one way in which genes can become "cloaked" or turned off. With aging comes global methylation of DNA. In some cases site-specific methylation of helpful genes like p16

and PTEN lead to cancer formation. If this is one of the many ways in which the human cell exhibits "age", the speaker challenges delegates to wonder... what would happen if we were able to remove the methylation cloak? Is methylation merely a measurable phenomenon of aging or is this a biochemical process that allows for possible age reversal or life extension? Some early preclinical and unpublished work and data will be presented to help explain the fundamental yet relevant biology as it relates to age management and extrapolate in terms of possible future therapeutic options.

Does Estrogen Truly Increase the Risk of Dementia and CVD? An Evidence-based Review

Neal Rouzier, M.D. *Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

Recently there have been studies published which question whether we should or should not prescribe hormones. More so, articles have appeared that mislead us, our peers, and our patients to believe that HRT is harmful and should be avoided. In Neurology February 2014, an article was published that showed high estradiol levels in older women were associated with a higher risk for dementia, perhaps leading us practitioners to avoid administering estrogen. This has been one of many studies that consist of statistically manipulated associations with no hope or intent of establishing causation. Unfortunately these studies are all observational studies which do not prove causation. However the RCTs demonstrate that estrogen administration has a protective effect against Alzheimer's disease and vascular dementia. This lecture will be a review of different studies which will be analyzed so that the practitioner will be able to determine which studies have more predictive power, which studies should be trusted in proving causation, and which studies should be ignored based on lack of proof of causation. In the end we will review the interventional data supporting early and continuous use of HRT to protect our brain and heart.

Advancements in Nitric Oxide Diagnostics and Therapeutics: Combatting Sexual Dysfunction for Men and Women

Nathan S. Bryan, Ph.D. *Assistant Professor of Molecular Medicine, The University of Texas Health Science Center at Houston, Houston, TX*

Nitric oxide (NO) is a multifunctional signaling molecule, intricately involved with maintaining a host of physiological processes including but not limited to host defense, neuronal communication and the regulation of vascular tone. The endothelium-derived NO plays a crucial role in regulating a wide spectrum of functions in the cardiovascular system, including vasorelaxation, inhibition of leukocyte-endothelial adhesion, vascular smooth muscle cell (SMC) migration and proliferation, as well as platelet aggregation. In this regard, NO is a potent vasodilator as well as a powerful anti-platelet and anti-leukocyte factor. NO is one of the most important signaling molecules in our body. Loss of NO function is one of the earliest indicators or markers of disease. Experimental and clinical studies provide evidence that defects of endothelial NO production, referred to as endothelial dysfunction, is not only associated with all major cardiovascular risk factors such as hyperlipidemia, diabetes, hypertension, erectile dysfunction, smoking and severity of atherosclerosis, but also has a profound predictive value for future atherosclerotic disease progression. Emerging published literature reveals that NO insufficiency may manifest itself differently in different patients but first presents primarily as sexual dysfunction in both men and women. Thirty plus years after its discovery and over 12 years since a Nobel Prize was awarded for its discovery, there have been no hallmark therapeutic breakthroughs. We will review the current state of the science surrounding nitric oxide in the etiology of a number of different disease states and reveal the latest technology to safely and effectively restore nitric oxide in patients. The audience will learn the challenges and opportunities that exist in understand NO homeostasis in their patients and how this may translate into better management of their patients.

Endocrine Disruptors

Edwin N. Lee, M.D., FACE Assistant Professor of Internal Medicine, University of Central Florida College of Medicine, Orlando, FL; Founder, Institute for Hormonal Balance

Endocrine disruption from environmental toxins has been linked to metabolic syndrome, obesity, hypothyroidism, autoimmune thyroid disease, low testosterone, estrogen dominance, and diabetes. Toxicants like polychlorinated biphenyls in coolants, perchlorate in rocket fuel, BPA in plastic bottles, heavy metals and other toxins will be covered in this talk. The role of environmental toxins being the root cause of endocrine diseases is underappreciated in clinical practice. Diagnosis and treatment will be reviewed.

Legal Aspects of Using Testosterone in an Age Management Practice

Al Augustine, J.D. Partner, Augustine, Kern & Levans, Ltd, Chicago, IL

Mr. Augustine will discuss the current status of testosterone prescribing and use, along with helpful ideas on how a doctor can avoid legal issues through the use of informed consents, good recordkeeping, and patient awareness.

Testosterone and the Heart

Cesar M. Pellarano, M.D. Founder, Global Health Partners, Miami, FL

There has been a significant amount of controversy regarding the effects of testosterone therapy on heart disease. This has been a major topic in our national media as well as the medical community. Unfortunately, the reports have led to a significant amount of misinformation as well as uncertainty both in the minds of doctors and patients. Does Testosterone therapy lead to heart disease? Is Testosterone therapy safe? Is an individual at risk because he or she was on testosterone therapy in the past? This lecture will offer a review of the medical literature and allow the physician and the patient to make the correct and informed decision regarding testosterone therapy.

SHORT ABSTRACTS • Saturday, November 8TH**Stress and Inflammation**

Anna Cabeca, D.O., FACOG Member, AMMG Conference Planning Committee; CMO, Cabeca Health, Sea Island, GA; CMO, Golden Isles Medical, Brunswick, GA

Science is pouring forth research that links chronic stress to a diversity of diseases including illnesses involving gastrointestinal, rheumatological, reproductive, sexual, neurological, and psychiatric systems among others. The common thread that links the diverse symptomatic and physical consequences of chronic stress and link to inflammation will be discussed as well as introducing a functional medicine approach to addressing the underlying processes with a practical clinical approach.

Hormones and Psycho-Neuro-Behavior

Hyla Cass, M.D. Former Assistant Clinical Professor of Psychiatry, UCLA School of Medicine; Faculty, Institute for Integrative Medicine, San Diego, CA; Advisory Board, Academy of Functional Medicine and Genomics, Folsom, CA; Medical Director, Bio Balance International, Pacific Palisades, CA

Anxiety, depression, insomnia, and memory imbalances are common in peri-menopausal and menopausal women, and are conventionally treated with medications, particularly antidepressants. However, from a biochemical standpoint, these conditions are most often related to imbalances in hormones, neurotransmitters, and their micronutrient co-factors. Properly diagnosed with an in-depth history and appropriate laboratory testing, they can be corrected with supplements (herbs, vitamins, minerals, amino acids) and bio-identical hormones.

SHBG: What is it Good For?

Scott Fogle, N.D. Director of Clinical Information and Laboratory Services, Life Extension Foundation, Fort Lauderdale, FL

Sex Hormone Binding Globulin is often deemed a villain in the fight to increase free hormone levels, but does it deserve its bad reputation? This presentation will shed light on its role in human physiology and reveal if it is a friend or foe in the effort to optimize hormone levels. Its mechanism and strong impact on hormone levels will be revealed. This presentation will also show how SHBG can help identify disease states and how it can even aid in the recognition of one of the most undiagnosed conditions in medicine today. Optimal blood levels will be suggested for SHBG and using them in the context of other hormone levels will be discussed. Novel actions for SHBG beyond hormone regulation have also come to light in recent years and will be examined in detail. This surprising, and often misunderstood protein, is important and can help clinicians in powerful ways when working with patients.

Putting it All Together: Hormones, Nutrition, Detoxification, Mind, Body

Sangeeta Pati, M.D., FACOG Medical Director, SaJune Institute for Restorative and Regenerative Medicine, Orlando, FL

In the process of restoring the body to its optimal state, we are constantly bombarded with a multitude of new interventions that

carry great promise for our patients. The challenges we face include: Which intervention comes first? How do the hormones work together? Do I use progesterone first or thyroid first? When do we introduce estrogen or melatonin? Which nutritional interventions should we use? How about detoxification? Where do the mind and body interventions fit? In this lecture, you will learn the order of the interventions and the priorities through illustrative cases which include the diagnosis of fatigue, insomnia, anxiety, depression, osteoporosis and weight gain.

Ten Best Alternatives to Viagra

Derrick M. DeSilva, Jr., M.D. Chairman, AMMG Conference Planning Committee; Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ; Teaching Faculty, JFK Medical Center, Edison, NJ

Erectile dysfunction is a predictor of other inflammatory disorders in the body. ED is a predictor of not only heart disease but also "disease" in the body. In my opinion ED should be looked at as an early symptom of a much more serious "disease" that has to be addressed. In this presentation we will review some of the best alternatives that ought to be tried before we start prescribing a drug with potentially dangerous side effects. One must also keep in mind that just because it is natural does not mean that it is necessarily safe. Some of the "alternative" therapies can also have some side effects that physicians must be aware of.

Dietary Triggers of Pain and Inflammation; Putting Out the Fire: Nutraceuical Management of Inflammatory Diseases

Thomas O'Bryan, D.C., CCN, DACBN Faculty, Institute for Functional Medicine and National University of Health Sciences; Owner, TheDr.com

Numerous pain syndromes and autoimmune diseases have been associated with both humoral and cell-mediated immune responses to food intake. From peripheral neuropathies to migraines and ataxia, from acute myocarditis to chronic pancreatitis, from Myasthenia Gravis to Primary Biliary Cirrhosis, in sensitive individuals, foods can initiate this response by up-regulating macrophage pro-inflammatory gene expression and cytokine production. As a result, extra-intestinal tissue is extremely vulnerable to the effects of excess cytokine production and may initiate an autoimmune attack through a process of cellular mimicry. This response may cause pain throughout the body and has been identified with brain and peripheral tissue, liver epithelial cells, thyroid cells, pancreatic beta-cells, bone cells, skin tissue, and myocardium. As an example, 57% of patients with neurological dysfunction of obscure etiology have elevated antibodies to gliadin (a protein in wheat). Only 35% of this group also have histological evidence of Celiac Disease. The remaining 65% have gluten sensitivity and elevated antibodies where the target organ is cerebellum or peripheral nerves, a situation analogous to that of the skin in Dermatitis Herpetiformis. It appears that foods can directly stimulate an autoimmune response in sensitive individuals. This presentation will review:

- the frequency of food allergies
- the sequential pain-producing pathophysiology of food allergies

beginning in the intestinal epithelium with:

1. an increase in zonulin levels
2. an apoptotic response of intraepithelial lymphocyte hyperplasia enabling paracellular translocation of gliadin and its subsequent interaction with macrophages in the intestinal submucosa triggering the cascade of immunological changes including an elevation in IFN-gamma (a crucial cytokine produced by gliadin-specific T cells in Celiac Disease pathogeny)
3. iNOS activation and a substantial increase in both NO production, NFk-B and TNF-alpha secretion, and
4. upregulation of natural killer receptors by high levels of IL-15, • dietary and nutraceutical intervention strategies

The Devil's In the Dose

Christine Houghton, B.Sc., D.C., Grad.Dip.Hum.Nutr., R.Nutr., Ph.D. Cand. Ph.D. Researcher, University of Queensland, Brisbane, Australia; CEO & Chief Scientific Officer, Cell-Logic Pty Ltd, Queensland, Australia

Complementary medicines now boast a large body of scientific evidence to support the observed medicinal effects of the many phytochemicals employed over centuries as traditional medicines. Many such products are not supported by human clinical data indicative of an effective dose.

The emerging field of Nutrigenomics has provided a framework on which to review the adequacy of dose in ensuring the expression of target genes. What is now apparent is that both the form and the dose of the product are often too low to achieve the claimed clinical effects.

With reference to specific de-identified formulations, find out how to evaluate the likely clinical worth of a product you may prescribe and learn:

- Why a practical understanding of Bioavailability is critical

- The significance of the Dose-Response relationship in determining the effective dose
- Why in vitro and animal studies are of limited value to a clinician, even though they are an important part of the development of any medicine.
- How to determine which scientific references are valid indicators of efficacy
- Whether a formulation is likely to be clinically efficacious
- That some well-known supplements simply cannot work as commonly administered

Putting Science into Micronutrient Testing and Evaluation in a Primary Care Setting

Dale E. Alsager, D.O., Ph.D. Interim Dean of Medicine and Health Sciences, International Cloud University, Seattle, WA; Part Time Instructor, Kirksville College of Osteopathic Medicine, Yakima, WA; CEO & Medical Director, Osteopathic Medical Services, Inc., Maple Valley, WA

A large study assessed multivitamin use among 162,000 women over eight years. This study concluded long-term multivitamin consumption had no impact on the risk of cancers, cardiovascular disease, or overall mortality in postmenopausal women. Ironically, multivitamin consumption in the US remains popular, and represents a \$20-billion industry that is growing impressively each year. This author reports on a retrospective review of 60 patients in a primary care practice in Western Washington using an intracellular analysis of eleven vitamins, four minerals, six essential amino acids/metabolites and seven anti-oxidants over ten years. The efficacy of specific micronutrient supplementation is discussed and suggests an indication for, and a cost benefit of, individualizing intracellular micronutrient testing to target specific micronutrient deficiencies in patients. Intracellular testing offers a more precise method of targeting micronutrient deficiencies and shows a strong correlation with positive health outcomes.

SHORT ABSTRACTS • Sunday, November 9TH

Brain Cancer: A Metabolic Disease with Metabolic Solutions

Thomas N. Seyfried, Ph.D. Professor, Biology Dept., Boston College, Chestnut Hill, MA

Despite modest advances in the standard of care, malignant cancers persist as a major disease of morbidity and mortality in children and adults. Emerging evidence suggests that cancer is more of a mitochondrial metabolic disease than a disease of the nuclear genome (somatic mutation theory). As a metabolic disorder involving the dysregulation of respiration, malignant cancer can be managed through changes in metabolic environment. In contrast to most normal cells, which transition to ketone bodies (beta-hydroxybutyrate) for respiratory energy when glucose levels are reduced, malignant tumors are heavily dependent on energy production through non-oxidative substrate level phosphorylation. This dependence is due largely to structural and functional abnormalities in mitochondria according to the Warburg theory of cancer. Glucose and glutamine are major fuels for malignant cancer cells. The transition from glucose to ketone bodies as an energy source is an ancestrally conserved adaptation to food deprivation that permits the survival of normal cells during extreme shifts in nutritional environment. Only those cells with a flexible genome, honed through millions of years of environmental forcing and variability selection, can transition from one energy state to another. We propose a different approach to cancer management that exploits the metabolic flexibility of normal cells at the expense of the genetically defective and metabolically challenged tumor cells. This evolutionary and metabolic approach to cancer management is supported from studies in orthotopic mouse brain tumor models and from case studies in patients with brain cancer. Calorie restriction and restricted ketogenic diets (R-KD), which reduce circulating glucose levels and elevate ketone levels, are anti-inflammatory, anti-angiogenic, and pro-apoptotic towards malignant brain tumor cells. The efficacy of some anti-cancer drugs and non-drug therapies (hyperbaric oxygen therapy) can be enhanced when administered together with the R-KD.

The Role of Unstable Plaque as a Predictor of Unexpected Cardiovascular Events

Joseph Bosiljevac, M.D., Ph.D., FACS Senior Partner, Cenegenics, New York, NY

Data is presented on a series of 50 patients including Doppler velocities, B-mode imaging, arteriograms, and then the path specimen from subsequent carotid endarterectomy. This information was collected in an attempt to demonstrate the correlation between the various diagnostics to identify what tests were helpful to make a decision for surgical intervention. Doppler velocities in the past have been the most accurate means to determine luminal stenosis since conventional arteriograms are two-dimensional. Velocities and waveform characteristics are valuable, but now we also have CT/MRI angiography to give a three dimensional image. However, many times symptoms do not correlate with degree of stenosis since there can be extensive collateral pathways. The purpose of this presentation is to demonstrate plaque characteristics on B-mode sonography and compare this with the pathology specimen. Current availability of advanced blood markers for chronic inflammation can identify patients at risk for plaque rupture. Looking at various operative specimens will support the current thinking of a dynamic process in sudden cardiovascular events. Calcified stable plaque will be compared to soft lipid plaque. A heterogeneous appearance on B-mode imaging can be correlated with intraplaque hemorrhage and unstable plaque. This is most often seen in those patients with symptoms or at risk for a sudden event due to plaque rupture. Despite a low risk classification according to the Framingham criteria, 25% of patients can still suffer an unexpected cardiovascular event. This data will be expanded to define tests giving useful data to identify patients at risk for an unexpected event, even though they stratify as low risk using current criteria accepted as standard of care in conventional medicine. A good cardiovascular preventive program is a significant component of a quality age-management practice.

New Data on Genomics and on the Oldest of the Old

L. Stephen Coles, M.D., Ph.D. *Lecturer, Molecular Biology Institute, Department of Chemistry and Biochemistry, UCLA; Co-Founder, Los Angeles Gerontology Research Group*

Florence Comite, M.D. *Courtesy Attending Physician, Yale-New Haven Hospital, New Haven, CT; Private Practice, ComiteMD, New York, NY; Member, AMMG Conference Planning Committee*
 The "Oldest Man in the World" 2015 Guinness Book of World Records title has gone to a Polish scientist with a Ph.D. in Zoology. Dr. Alexander Imich lived in New York City for many years before his passing and had a strong life-long interest in parapsychology. What can we learn from his example of extreme male supercentenarian longevity, given that more than 90 percent of supercentenarians on GRG Table E are female?

Why Every Physician Should Practice Age Management Medicine - The Three Most Important Outcomes from a Cardiologist's Perspective

Ernst R. Schwarz, M.D., Ph.D. *Founder and Chairman, DSMI (Dr. Schwarz Medical Institute), Beverly Hills, CA; Professor of Medicine and Attending Cardiologist, Cedars Sinai Medical Center, Los Angeles, CA; Clinical Professor of Medicine, David Geffen School of Medicine at UCLA, Los Angeles, CA; Medical Director, Pacific Heart Medical Group, Loma Linda University Medical Center, Murrieta, CA*
 Age management has been the focus of the public debate in recent years for several reasons but in particular the following two reasons:
 1. Ethically and scientifically one believed that "anti aging" is non-existing.

2. The controversial uses of hormones or other controlled therapies without adequate medical supervision leading to abuse.

On the other hand, mainstream medicine slowly starts to recognize age management as part of a legitimate academic and clinical subject for the following reasons:

1. The baby boomer generation represents the majority of patients.
2. The physicians/cardiologists are the baby boomers.

Practicing age management for any physician subspecialty but in particular for cardiologists offers

1. Active clinical and scientific involvement and understanding of the processes of aging and geriatric medicine and cardiology.
2. Development of resources beyond the traditional world of changed and diminished quality of healthcare.

Regenerative Medicine for Degenerative Diseases

Kristin Comella *Chief Scientific Officer, Bioheart, Inc., Sunrise, FL*
 The field of regenerative medicine is rapidly growing with an emphasis on stem cell therapies and the promise of cures for everything from acute injuries to chronic degenerative diseases. The list of indications is expanding as more studies are published to demonstrate safety and efficacy. Regenerative medicine is the process of replacing or regenerating human cells, tissues or organs to restore or establish normal function. The concept is that damaged tissue can be restored by using the body's own healing mechanism to promote repair. This new branch of medicine may change the course of chronic diseases and standard clinical therapies. However, with any new therapies, this must be approached cautiously and with scientific data to support the treatment. This session will discuss the use of stem cell therapies in degenerative diseases and the challenges of bringing these products to market.

EMF Radiation - How to Protect Yourself

Elizabeth Plourde, C.L.S., NCMP, Ph.D. *Adjunct Professor, San Diego University for Integrative Studies, San Diego, CA; Medical Researcher, Author and Lecturer, Specializing in Hormones, Toxins and the Environment*

Thinking we can no longer live without cell phones, computers, Wi-Fi, and wireless devices is costing humanity a huge toll in our health and even threatens our very survival. This course teaches why we need to protect ourselves from the wireless revolution, explaining how these radiations are part of why cancers, Alzheimer's, obesity, asthma, autoimmune diseases like MS, and infections such as Lyme disease have been rapidly increasing. It includes identifying the technologies that are harmful and aging to the body, and how to adopt lifestyles that promote healthier choices.



The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published monthly by AMMG. Now in its 8th year, this electronic publication is designed to introduce readers to the specialty of Age Management Medicine, whether they are healthcare professionals familiar with this proactive, preventative approach who have already incorporated it into their practice, or are among those interested in doing so. We acknowledge the medical professionals who have pioneered in this area, and our goal is to provide them and those who will follow in their footsteps with a reliable source of cutting edge news, practical advice and relevant information about Age Management Medicine—with the goal of superior patient care, increased practice revenue and greater job satisfaction. Your comments or suggestions are welcome at journal@AgeMed.org.

CALL FOR ARTICLES AND PAPERS

The **E-Journal of Age Management Medicine** encourages and invites authors interested in submitting articles for publication to email us at journal@AgeMed.org.

Specifications: Articles should be **non-commercial** and must be related to Age Management Medicine. Those articles offering clinical perspectives or original research are given priority. Articles should be submitted in an electronic format, preferably in Microsoft Word as an attached file. Articles of extreme length may be split and published as multi-part articles. Please limit or exclude graphics. Articles should include a short biographical sketch of all listed authors.

Provisions: AMMG retains the right to refuse any article that we determine to be outside our editorial mission or inappropriate for this publication. AMMG may approve selected articles for reprinting in other publications, providing proper accreditation to the original author(s).

Faculty Biographies



Dale E. Alsager, D.O., Ph.D.

*Interim Dean of Medicine and Health Sciences, International Cloud University, Seattle, WA
Part Time Instructor, Kirkville College of Osteopathic Medicine, Yakima, WA
CEO & Medical Director, Osteopathic Medical Services, Inc., Maple Valley, WA*

Dr. Dale Alsager received his Bachelor of Science and Master of Science in Zoology/Immunology from the University of Alberta, Edmonton, Canada. He subsequently earned a Ph.D. in Biological Sciences from U of A and Pacific NW University in California, and later became a Doctor of Osteopathic Medicine and Surgery at Kirkville College of Osteopathic Medicine. He has spent 19 years as a practicing physician and surgeon, and more than 10 years as a research scientist with over 50 publications in scientific and technical peer-reviewed journals. His interests are focused on the impact of micronutrient and hormonal management on age related metabolism.

Al Augustine, J.D.

Partner, Augustine, Kern & Levans, Ltd, Chicago, IL

Algis K. Augustine graduated from Notre Dame in 1966, and the Law School of the University of Illinois in 1969. He then entered private practice as an associate of Crowley, Barrett and Karaba until August 1974, when he became the Chief Regulatory Attorney for what is now the Illinois Department of Financial and Professional Regulation, where he was responsible for regulating more than 600,000 professionals in a wide range of professions. In May 1979, Al founded the law firm now known as Augustine, Kern and Levans, Ltd. He served on the Inquiry Panel for the Illinois Attorney Registration & Disciplinary Commission from 1985 to 1990. Al currently represents primarily health-related professionals, such as doctors, dentists, nurses and so on, but has represented many different professionals with licensing and governmental problems throughout the country, and is a nationally recognized speaker on professional disciplinary matters. He is an active member in good standing of the Illinois bar (1970) and is admitted to practice in the Seventh Court of Appeals, and the Federal District Court for the Northern District of Illinois.



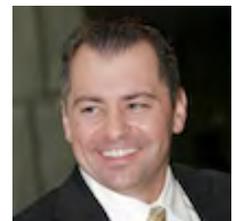
Joseph Bosiljevac, M.D., Ph.D., FACS

Senior Partner, Cenegemics, New York, NY

Dr. Bosiljevac, a third generation Croatian, was born in Omaha in 1951 and lived in Nebraska for fourteen years. His parents moved to Emporia, KS where he attended high school and graduated from Emporia State University with a Bachelor's Degree in chemistry. He attended the University of Kansas School of Medicine and was among the first class that spent clinical years at the Wichita branch. Graduating in the top ten percent of his class with his M.D. in 1975, he was selected for membership in the honorary society Alpha Omega Alpha. "Doctor Joe" spent one year at Charity Hospital in New Orleans in a rotating internship, then returned to Kansas and trained for five years in general, thoracic, and vascular surgery at Wesley Medical Center. Dr. Bosiljevac is board-certified and is a Fellow of the American College of Surgeons (FACS). He was in solo practice in Emporia, Kansas for thirty years with Flint Hills Surgical Associates, PA. During this time Dr. Bosiljevac had a special interest in carotid artery intervention in the prevention of stroke. Besides experience with more than 1000 carotid endarterectomies, he also became certified and had experience with carotid artery angioplasty and stenting. He has two board certifications in vascular sonography. A Ph.D. in Natural Medicine was achieved and he subsequently started a wellness practice and founded Flint Hills Natural Medicine with an emphasis on prolonging health and longevity. Shortly thereafter, Dr. Bosiljevac completed a fellowship in age management medicine and worked with Cenegemics Medical and Research Institute. He moved to New York City in 2010 and is currently a senior partner with Cenegemics NYC. He is a member of AMMG and the American College of Advancement in Medicine (ACAM) and is certified in chelation medicine. Besides multiple presentations at AMMG and other meetings, Dr. Joe has published more than 20 articles in peer-reviewed journals, the majority on vascular topics. He has also authored the book, "Surviving Cancer: The Use of Complementary and Alternative Methods in the Treatment of Breast Cancer."

Nathan S. Bryan, Ph.D.

Assistant Professor of Molecular Medicine, The University of Texas Health Science Center at Houston, Houston, TX
Dr. Bryan earned his undergraduate Bachelor of Science degree in Biochemistry from the University of Texas at Austin and his doctoral degree from Louisiana State University School of Medicine in Shreveport where he was the recipient of the Dean's Award for Excellence in Research. He pursued his post-doctoral training as a Kirschstein Fellow at Boston University School of Medicine. Dr. Bryan is an inventor on several U.S. patents and also an entrepreneur involved in successful commercialization of several of his discoveries. Dr. Bryan has published a number of highly cited papers and authored or edited four books.



Anna Cabeca, D.O., FACOG

Member, AMMG Conference Planning Committee

CMO, Cabeca Health, Sea Island, GA

CMO, Golden Isles Medical, Brunswick, GA

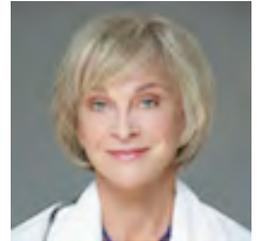
Dr. Anna Cabeca is board certified in Gynecology & Obstetrics and Anti-Aging and Regenerative Medicine, with an integrative medicine practice in Georgia. She is an expert in women's health and specializes in bio-identical hormone replacement therapy and natural alternatives, restorative gynecology and endocrinology, successful menopause, age management medicine, sexual health, functional medicine, weight loss resistance, reproductive health and helping patients prepare for pregnancy and combat infertility issues. Her belief is that the advantages of creating health and hormone balance are that we not only improve our own health but also improve the health of our generations to follow. It is her goal and purpose as a physician and educator to improve the quality of life of her patients and all women through incorporating cutting edge gynecologic advances, hormone balance, diet, exercise programs, education, and nutritional detoxification regimens all tailored to the individual. Dr. Cabeca earned her medical degree from Nova-Southeastern University of the Health Sciences in Florida and did her residency training at Emory University in Atlanta, Georgia. She has been in private practice in Southeast Georgia since 1999. She has given presentations nationally as well as internationally, is a published author, is on the board of the Dr. John Lee Institute and the Age Management Medicine Group and is an expert on the 360 Women's Health and Fabulous Forty websites. Dr. Cabeca is a mother of five, speaks four languages, and grew up in a multilingual, multicultural household that nurtured her love for international medicine and travel. She has traveled around the world learning from and experiencing cutting edge research centers and alternative healing modalities.

Faculty Biographies

Hyla Cass, M.D.

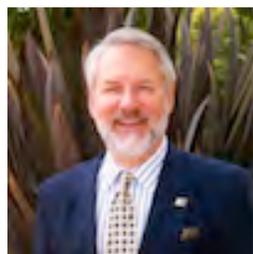
*Former Assistant Clinical Professor of Psychiatry, UCLA School of Medicine Faculty, Institute for Integrative Medicine, San Diego, CA
Advisory Board, Academy of Functional Medicine and Genomics, Folsom, CA
Medical Director, Bio Balance International, Pacific Palisades, CA*

Dr. Hyla Cass is an internationally recognized expert in integrative medicine, popular public speaker, educator, and author of several best-selling books, including "Supplement Your Prescription," "User's Guides to Herbs, Vitamin C, and Ginkgo," and co-authored with Patrick Holford, "Natural Highs: Supplements, Nutrition, and Mind/Body Technique." In "8 Weeks to Vibrant Health: A Woman's Guide to Correct Imbalances, Reclaim Energy, and Restore Well-Being," she covers hormones, mood-swings, thyroid and adrenal problems, metabolic syndrome, candida, chronic fatigue, environmental toxins, weight management, and more. Dr. Cass has incorporated nutrition and natural health techniques into her clinical practice in Southern California, for over 20 years. A former Assistant Clinical Professor of Psychiatry at UCLA School of Medicine, Dr. Cass graduated from the University of Toronto School of Medicine, interned at Los Angeles County-USC Medical Center, and completed a psychiatric residency at Cedars-Sinai Medical Center/UCLA. She is a frequent commentator in newspapers, magazines, radio, and television, contributor to numerous books and journals, and consultant to the supplement industry. Her topics include complementary medicine and psychiatry, anti-aging, women's health (including natural hormone therapy), stress reduction, and natural treatments for addiction, anxiety disorder, and depression. For more information on Dr. Cass see www.cassmd.com.



L. Stephen Coles, M.D., Ph.D.

*Lecturer, Molecular Biology Institute, Department of Chemistry and Biochemistry, UCLA
Co-Founder, Los Angeles Gerontology Research Group*



Dr. Coles has been involved in various aspects of age management medicine for over 40 years. He received his Bachelor's Degree in Electrical Engineering from Rensselaer Polytechnic Institute, his Master's Degree in Mathematics from The Carnegie Institute of Technology, and his Ph.D. in Systems and Communications Sciences from Carnegie-Mellon University. After attending medical school at Stanford University, he completed his Clinical Internship in Obstetrics and Gynecology at the University of Miami/Jackson Memorial Hospital. Dr. Coles has taught at a number of well-known universities throughout the country, including Stanford, UC Berkeley, University of Miami, University of Maryland, UCLA, USC, Cal Tech, and UCSD. Dr. Coles is also the Director of the Los Angeles Gerontology Research Group, which he and three other scientists co-founded in the fall of 1990. The Group currently meets on a monthly basis at the UCLA Medical School to hear scientific experts present the latest information on either theoretical or clinical aspects of age management medicine. Over the years the LA-GRG has grown to over 120 members with more than half having advanced degrees (M.D.s and Ph.D.s). Most recently Dr. Coles was a founding member and was named Director of the Supercentenarian Research Foundation.

Kristin Comella

Chief Scientific Officer, Bioheart, Inc., Sunrise, FL

Ms. Kristin C. Comella, M.S. has over 15 years of experience in corporate entities with expertise in regenerative medicine, training and education, research, product development and senior management. Ms. Comella debuted as the 24th most influential stem cell expert globally by the World Regenerative Medicine Congress of 2013. Ms. Comella currently serves as the Chief Scientific Officer of Bioheart, Inc. and has been responsible for planning and implementing the overall laboratory policies and procedures for the Cell Culturing Laboratory since 2004. Ms. Comella has made a significant contribution to Bioheart's product development, manufacturing and quality systems. Prior to joining Bioheart, she served as a Supervisor of the GMP laboratory expanding stem cells for clinical trials at Tulane University. Ms. Comella built and managed the stem cell laboratory at Tulane University's Center for Gene Therapy for over a year. Preceding this position, Ms. Comella served as a Research Engineer of Osiris Therapeutics where she conducted research on stem cell therapies for osteoarthritis. She currently serves on multiple boards in the stem cell arena. Ms. Comella has an MS in Chemical Engineering from the Ohio State University and a B.S. with honors in Chemical Engineering from the University of South Florida.



Florence Comite, M.D.

*Courtesy Attending Physician, Yale-New Haven Hospital, New Haven, CT
Private Practice, ComiteMD, New York, NY
Member, AMMG Conference Planning Committee*



Dr. Florence Comite is a noted endocrinologist, a graduate of Yale University School of Medicine; she was an Associate Clinical Professor, on the Yale faculty for 25 years, and the founder of Women's Health at Yale in 1990. Dr. Comite's predominate focus over the last decade is based on the evolution of Precision Medicine™ in practice, implementing genomics and epigenetics within a clinical setting, utilizing a multi-talented team, to prevent diabetes, cardiovascular disease, reverse sarcopenia, extend health span, and sustain vitality to optimize health. Dr. Comite completed a fellowship in Reproductive Endocrinology, incorporating training in Medicine, Pediatrics, Gynecology and Andrology, at the National Institute of Child Health and Human Development at NIH. Dr. Comite has served on numerous advisory councils and committees with the NIH, the Egyptian Ministry of Health, the International Spa Association, and the Institute of Medicine, and is currently a member of the Age Management Medicine Group, conference-planning committee, Independent Doctors of New York, and the Physician Scientific Society as well as Alpha Omega Alpha, and numerous scientific associations across multiple disciplines. Dr. Comite won the Salk award for original research at Brooklyn College at CUNY, the Louis Welt Award at Yale Medical School, the Alan Mintz MD Award for Clinical Excellence in Age Management Medicine, and has been the recipient of multiple awards for original research throughout her career. She has published extensively in peer review literature, with articles in the New England Journal of Medicine, JAMA, Journal of Clinical Endocrinology and Metabolism, among others. Her recent scientific abstract in June 2013 focused on male andropause, entitled: "Hormonal Expression of Androgen Deficiency in Aging Men (ADAM)," the findings were presented at the Endocrine Society. In October, Rodale published her book for men, "Keep It Up™: The Power of Precision Medicine™ to Conquer Low T and Revitalize Your Life."

Faculty Biographies

Derrick M. DeSilva, Jr., M.D.

Chairman, AMMG Conference Planning Committee

Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ
Teaching Faculty, JFK Medical Center, Edison, NJ

Dr. DeSilva is a practicing internist at the Raritan Bay Medical Center in Perth Amboy, NJ. As an adjunct professor at JFK Medical Center in Edison, NJ, he has lectured on various topics in medicine, nationally and internationally, and is an avid member of The American Medical Association, American Diabetes Association, American Heart Association, and Society of Internal Medicine, as well as president of the American Nutraceutical Association and vice president of Medical Spa Professional Alliance. Dr. DeSilva has authored and published "Coping with Lyme Disease" and "Ask the Doctor." He has his own radio talk show, "Ask the Doctor" which airs on WCTC Radio in New Jersey (1450 AM), as well as his own television show, "Your Natural Health" on News 12 New Jersey, and a monthly column, "Ask Dr. DeSilva" in the e-Journal of Age Management Medicine. He has also attained national television exposure by hosting medical segments on CNN and appearing as a guest on numerous programs, including ABC Night Line. Dr. DeSilva has been instrumental in the formulation of over 100 different natural products. He is currently Chair of the AMMG Conference Planning Committee.



Keith A. Fleischman, D.O.

Associate, Robert Wood Johnson Medical School, New Brunswick, NJ

Senior Partner, Cenegenics, New York, NY

Keith Fleischman, D.O. is a Senior Partner in Cenegenics New York City. He earned his B.A. in Zoology at the University of Vermont prior to Medical School at the University of New England, College of Osteopathic. Following residency in Anesthesiology with a specialized year in Obstetric Anesthesia and Critical Care he entered practice in 1988 at St. Barnabas Medical Center in Livingston, NJ. He has served as Section Chief for Obstetric Anesthesia. He has had a lifetime interest in martial arts, yoga, skiing, soccer, and overall fitness. The interest in improving and maintaining vigor and health motivated him to become certified in Age Management Medicine, in which he has built an active practice in New York City.



Scott Fogle, N.D.

Director of Clinical Information and Laboratory Services, Life Extension Foundation, Fort Lauderdale, FL

Dr. Fogle is the Director of Clinical Information and Laboratory Services at Life Extension, where he oversees its scientific/medical information and is also in charge of its laboratory division which offers extensive online blood testing services. He is also a contributor to the popular 5th edition of the Disease Prevention and Treatment book. As a sought-after speaker and guest for both TV and radio, Dr. Fogle has appeared on 3 episodes of the Suzanne Somers Show on Lifetime TV, at various medical conferences, University of Miami Medical School on Mitochondrial Dysfunction, and numerous radio shows such as Aging Info Radio. Dr. Fogle has a passion for all aspects of hormones and has lectured extensively on them, including recent lectures on the Pitfalls and Perils of Hormone Testing and Hormones and Mitochondrial Function. He has also lectured on many other aspects of medicine ranging from sleeping disorders, ocular pathologies, hypertension, Phase I & II detoxification, Vitamin D, and advanced blood testing. Before joining Life Extension, Dr. Fogle was a clinical faculty member at the National College of Naturopathic Medicine (NCNM) and enjoyed a private practice in Portland, OR. He graduated with academic honors from NCNM and his thesis "Mercury Toxicity and Assessment" won the Dean's Thesis Award. He completed his family practice residency in Portland, OR.



Mark L. Gordon, M.D.

Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; Dubai Wellness Centers, Dubai and Moscow, Russia

USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA

International Medical Director, Reignwood Wellness, Beijing, China

Medical Consultant, AJT Consultancy, Bangkok, Thailand

Medical Director of Education, Access Medical Laboratories, Jupiter, FL

Member, AMMG Conference Planning Committee; Life Member, AMMG

Originally a residency trained, board-certified Family Physician through Rush Presbyterian-St. Luke's in Chicago, Illinois having graduated first in his class, Dr. Gordon subsequently veered into Clinical Orthopedics for 14 years with the State of California in defense worker's compensation (QME, IME, AME, and IDE). Concurrently, he ventured into alternative and complementary medicine, integrating age management medicine theories into a program of sports rehabilitation using nutrition, exercise, supplementation, and Interventional Endocrinology. His first book, *The Clinical Application of Interventional Endocrinology* (2007) is used as a primer for physicians in age management medicine around the world. Since 2004, having found the relationship between his own hormonal deficiencies and traumatic brain injury (TBI), Dr. Gordon has spent the past 10 years researching and treating patients with TBI and hormonal dysfunction (military, sports, and civilians). He has become a learned proponent of the neuroendocrine theory of aging as promoted by Dr. Caleb Finch, a colleague at USC Medical School, where Dr. Gordon has provided service as clinical professor to 3rd year medical students since 1997. At present, Dr. Gordon is putting the final touches on his next book: *Traumatic Brain Injury - A clinical approach to diagnosis and treatment* (2014). Recently, Dr. Gordon was on the Joe Rogan Experience where information about TBI and hormones was presented during a 3-hour long program. The interest that was generated created a massive patient response not only nationally, but also internationally. Due to this response, Dr. Gordon is working on a training program in conjunction with his book, to recruit physicians that will take the overwhelming number of patient candidates into their practice. Additionally, Dr. Gordon has developed a number of revolutionary products such as Secretropin®, Secretropin Advanced®, DynaTropin®, and the Perfect Protocol® line of supplements. Dr. Gordon has been the Medical Director for CBS Studios since 2001, and Medical Consultant to a number of other major studios (HBO, Warner's, Disney, and FX). As a consultant and past expert medical reviewer to the California Medical Board, he provides a level of rational services to his fellow physicians. In 2005 he obtained a pharmacy license from the State of California and in 2012 a Medical License in Florida. His ultimate goal is to bring patients back to a more youthful level of functioning—psychologically, physiologically, and physically.



Faculty Biographies

Robert J. Hariri, M.D., Ph.D.

Adjunct Associate Professor of Pathology, Mt. Sinai School of Medicine, New York, NY

Founder and Executive Chairman, MYOS Corporation, Cedar Knolls, NJ

Co-Founder and Vice-Chairman, Human Longevity, Inc., San Diego, CA

Founder and Chairman, Celgene Cellular Therapeutics, Summit, NJ

Dr. Hariri is considered a visionary serial entrepreneur in biomedicine and aerospace. The Chairman, Founder and former Chief Executive Officer of one of the world's largest human cellular therapeutics companies, Dr. Hariri has pioneered the use of stem cells and biomaterials to treat a range of life threatening diseases. His activities and experience includes academic neurosurgeon at Cornell, executive, military and defense scientist, surgeon and aviator and aerospace innovator. Dr. Hariri has over 90 issued and pending patents, has authored over 100 published chapters, articles and abstracts and is most recognized for his discovery of pluripotent stem cells from the placenta and as a member of the team which discovered TNF (tumor necrosis factor). Dr. Hariri was recipient of the Thomas Alva Edison Award in 2007 and 2011, and has received numerous other honors for his many contributions to biomedicine and aviation. Dr. Hariri co-founded Human Longevity, Inc. with Drs. Craig Venter and Peter Diamandis. A jet-rated commercial pilot with many thousands of hours of flight time in over 60 different military and civilian aircraft, Dr. Hariri is a founder and board member of the Rocket Racing League, an extreme aerospace corporation and Jet-A, an FAA certified international heavy jet charter airline. Dr. Hariri serves on numerous Boards of Directors including Myos Corporation and Provista Diagnostics and is a member of the Board of Visitors of the Columbia University School of Engineering and Applied Sciences and the Science and Technology Council of the College of Physicians and Surgeons, as well as a member of the Scientific Advisory Board for the Archon XPRIZE for Genomics, which is awarded by the XPrize Foundation. Dr. Hariri is also a Trustee of the J. Craig Venter Institute and Vice Chairman of the Board of the Liberty Science Center, and has been appointed Commissioner of Cancer Research by NJ Governor Christie. Dr. Hariri received his undergraduate training at Columbia College and Columbia University School of Engineering and Applied Sciences and was awarded his M.D. and Ph.D. degrees from Cornell University Medical College. Dr. Hariri received his surgical training at The New York Hospital-Cornell Medical Center and directed the Aitken Neurosurgery Laboratory and the Center for Trauma Research.



Christine Houghton, B.Sc., D.C., Grad.Dip.Hum.Nutr., R.Nutr., Ph.D. Cand.

Ph.D. Researcher, University of Queensland, Brisbane, Australia

CEO & Chief Scientific Officer, Cell-Logic Pty Ltd, Queensland, Australia

Following 30 years in private practice as a Nutritional Biochemist, Christine is currently engaged in doctoral research at the University of Queensland, investigating bioactive nutrigenomic phytochemicals with significant clinical potential. She is an accomplished writer and an engaging speaker whose evidence-supported presentations may challenge accepted but often-outdated paradigms. Christine's forte lies in taking complex biochemical concepts and translating their essence into concepts relevant to the needs of practising clinicians. She is the author of "Switched On - Harnessing the Power of Nutrigenomics to Optimise Health". Her peer-reviewed publications include the Special Article published in 2013 in Nutrition Reviews: "SULFORAPHANE: Translational Medicine from Lab Bench to Clinic".

Sonia Kapur, Ph.D., HCLD

Laboratory Director, ZRT Laboratory, Beaverton, OR

As the Laboratory Director at ZRT Laboratory, Dr. Sonia Kapur has been instrumental in monitoring Quality Control / Quality Assurance programs in compliance with CLIA. She leads the research group responsible for developing new laboratory procedures for clinical tests, laboratory automation and integration of new assays from research into clinical laboratory. Dr. Kapur's work has been extensively published in peer reviewed scientific journals. She presents lectures on novel laboratory testing methods, especially in the field of age management and preventive medicine, at national and international medical conferences.



Rob Kominiarek, D.O., FACOFF

Director, Alpha Male Medical Institute, Springboro, OH

Assistant Clinical Professor, Ohio University College of Osteopathic Medicine

Dr. Rob Kominiarek, D.O., FACOFF is a board certified Fellow of the American College of Osteopathic Family Physicians and a Fellows Crest Award Winner in Family Medicine with advanced training in Age Management Medicine and Hormone Optimization. He is president and medical director of the Alpha Male Medical Institute. Dr. Rob is a graduate of the Nova-Southeastern University College of Osteopathic Medicine in Fort Lauderdale, FL. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, OH and is an Assistant Clinical Professor at Ohio University. An Amazon bestselling author and Executive Producer of a weekly health segment, "Dr. Rob In the House" on NBC2 in Dayton, OH, Dr. Rob is a medical advisor and director to emergency medical services, police departments and radio and television shows across the country. He is a veteran of the United States Army with a passion directed towards overall health of the mind and body thru proper nutritional habits, regular exercise, appropriate supplementation, and the

intelligent optimization of hormones when clinically indicated. An avid athlete who enjoys cycling, swimming, triathlons, soccer, tennis, soaring, skiing Utah, Italian motorcycles, and automobile racing, Dr. Rob is a dedicated father who believes in practicing what he preaches, and as such lives a lifestyle dedicated towards healthy living and regular exercise.



Faculty Biographies

Edwin N. Lee, M.D., FACE

*Assistant Professor of Internal Medicine, University of Central Florida College of Medicine, Orlando, FL
Founder, Institute for Hormonal Balance*

After graduating from Medical College of Pennsylvania, Dr. Edwin Lee completed three years of Internal Medicine residency and then completed two fellowships - in Critical Care Medicine and in Endocrinology and Metabolism - at the University of Pittsburgh. Over the next ten years, Dr. Lee limited his practice to Endocrinology, Diabetes and Metabolism in central Florida. He also served as the Team Endocrinologist for the Cleveland Indians during their spring training in Florida until 2008. Dr. Lee then went into private practice when he founded the Institute for Hormonal Balance in 2008. His driving purpose for opening the Institute was being able to focus on prevention of disease and optimizing health. Hormonal balance, with bioidentical or natural hormones, is the cornerstone at the Institute for Hormonal Balance. Dr. Lee is an author and international spokesperson. In addition to writing his books, "Feel Good Look Younger: Reversing Tiredness Through Hormonal Balance" and "Your Best Investment: Secrets to a Healthy Body and Mind", Dr. Lee has published many articles in Internal Medicine and in Endocrinology. He was also an author in the fourth edition of "Textbook of Critical Care" in the chapter entitled, Neuroendocrine Immunology and the Role of Neuroendocrine Hormones in the Critically Ill Patient. He also is Assistant Professor of Internal Medicine at the University of Central Florida College of Medicine. Dr. Lee truly enjoys helping his patients achieve better health, and is well-known for passionately "practicing what he preaches." He has completed many marathons, triathlons and finished the Great Floridian Triathlon (Ironman distance). He has hiked the Grand Canyon south rim to north rim and back, and climbed to the summit of Mount Fuji and Mount Washington. He also recently hiked with his family to the highest peak in South Korea - Mount Hallasan. He also enjoys snowboarding, photography, wakeboarding, fishing, golfing, surfing and mountaineering.



Dennis Lox, M.D.

Owner, Sports and Regenerative Medicine Centers, Tampa Bay, FL and Washington, D.C.

Dr. Dennis Lox was born and raised in Tucson, Arizona. He completed his undergraduate studies at the University of Arizona and maintains an active membership in the honors society of Phi Beta Kappa. After graduating from Texas Tech University School of Medicine at San Antonio, Dr. Lox completed his residency at the University of Texas Health Science Center. Upon completion of his residency, Dr. Lox moved to Florida and settled in the Tampa Bay area. Dr. Lox is board certified in Physical Medicine and Rehabilitation, and is referred to as a Physiatrist. Since opening the Florida Spine Center in 1990, this Physical Medicine and Pain Management practice has grown to include two office locations - one in Clearwater, FL and the other in New Port Richey, FL. In addition to growing his practice, Dr. Lox has remained active in his chosen discipline, and has lectured extensively on various pain management topics. Further, he has authored numerous textbook chapters, and has written two books relating to his field of expertise: "Soft Tissue Injury-Diagnosis and Treatment and Physical Medicine" and "Rehabilitation State of the Art Review: Low Back Pain." Dr. Lox focuses on improving the quality of life for his patients by specializing in a conservative, non-surgical approach to the treatment of their pain.

Dipnarine Maharaj, MB.ChB, M.D., FRCP (Edin.), FRCP (Glas.), FRCPath, FACP

Founder & Medical Director, South Florida Bone Marrow Stem Cell Transplant Institute, Boynton Beach, FL

Dipnarine Maharaj is an American physician, author, clinical researcher and Founder & Medical Director of the South Florida Bone Marrow Stem Cell Transplant Institute and the Stem Cell Cryobank located in Boynton Beach, Florida. The Institute is one of the few completely outpatient stem cell transplant facilities in the U.S. and is FDA registered, Joint Commission Accredited (JCAHO), and accredited by the AABB (American Association of Blood Banks). It is an affiliate of the H. Lee Moffitt Cancer Center. He received his medical degree in 1978 from the University of Glasgow Medical School, Scotland. He completed his internship and residency in Internal Medicine and Hematology at the University's Royal Infirmary. He completed a three-year fellowship in Hematology, Oncology, and Bone Marrow Transplantation. Following his training, Dr. Maharaj worked with Alan Burnett, M.D., chairman of the United Kingdom Medical Research Council's Acute Leukemia trials. Together, they helped develop the first Scottish Bone Marrow/Stem Cell Transplant Program and they were one of the first centers to publish their data on the use of autologous bone marrow transplantation for acute myeloid leukemia. As an expert in stem cells, Dipnarine Maharaj has conducted research regarding adult stem cell therapies and their impact on the immune system in the treatment of cancers and other diseases. He has served as a professor at the University of Miami, Nova Southeastern University, and Florida Atlantic University. During his career in the United States, Dr. Maharaj has conducted research as the Principal Investigator for organizations and corporations such as the American Cancer Society, Immunex, Genentech, Amgen, Biomira, and Genzyme. He currently is on staff at Bethesda Memorial Hospital in Boynton Beach, FL where he was awarded Physician of the Month in April of 2010. Dr. Maharaj performs stem cell/bone marrow transplants for patients with leukemia and other cancers and blood disorders. More recently, he has been advocating collecting and storing healthy adult stem cells for future use as the number of approved diseases for treatment with adult stem cells grows. He is also developing clinical protocols using the individual's own stem cells for the treatment of chronic diseases such as diabetes and neurodegenerative disorders such as strokes, Parkinson's disease, Alzheimer's disease, and cardiac diseases. Maharaj is the author of more than 80 published research papers and abstracts on bone marrow and stem cell transplantation for blood disorders, cancers, Parkinson's disease, and other inflammatory diseases. He has also developed a new protocol for Parkinson's disease patients, for which he was awarded a United States Patent. Currently he is running an FDA approved Phase I/Phase II Clinical Trial for solid tumor cancers. He was profiled by Suzanne Somers for his work with cancer in her book Bombshell: Explosive Medical Secrets that will Redefine Aging (2012) where she categorized him as "America's Leading Expert on Stem Cell Technologies".



Faculty Biographies



Luis Martinez-Rivera, M.D., MPH

*President, Elite Regenerative Medicine Group, Ponce, Puerto Rico
Co-Founder and Vice President, XanoGene Anti-Aging, Genomic & Holistic Clinic, Rio Piedras, Puerto Rico
Clinical Instructor, Ponce School of Medicine, Ponce, Puerto Rico*

Dr. Luis Martinez-Rivera is a regenerative medicine and cell therapy specialist with over 10 years experience in the clinical setting. He is currently the President of Elite Regenerative Medicine Group, a premier treatment and research center specializing in cell therapy applications for therapeutic, regenerative and preventive purposes. Dr. Martinez obtained his medical degree, as well as his Master of Public Health, at the Ponce School of Medicine and Health Sciences, and completed his residency at the prestigious University of Pennsylvania. He also completed a fellowship in biosecurity with the UPMC Center for Health Security. He is currently a clinical instructor at the Ponce School of Medicine and Health Sciences and is a board certified physician. Dr. Martinez also serves as vice president of the XanoGene Anti-Aging Clinic and is President at Xyrion Medical, a biomedical consulting firm. He is a current consultant for multiple biomedical and pharmaceutical companies and conducts clinical research for various clients in the industry. Dr. Martinez is also a renowned international speaker, speaking at multiple venues for professional and academic organizations and he offers training to physicians in multiple applications of regenerative medicine, including Platelet Rich Plasma (PRP) therapy, adipose and bone marrow stem cell derived harvesting, preparation and therapeutic administration, as well as cytokine, growth factor and peptide therapies.

Nicole M. McDermott, RPA-C

Physician Assistant, ComiteMD, New York, NY

Nicole M. McDermott graduated from New York Institute of Technology in 2002 with a BS, in Physician Assistant. Prior to working at ComiteMD, Nicole practiced as a Physician Assistant specializing in Endocrinology and Diabetes management for the last 12 years, with her passion and focus on thyroid disease including thyroid cancer. At ComiteMD, Nicole is a member of the Clinical Team and with her endocrine experience her role is to assist with diagnosing, treating and preventing disease.



Mark P. Menolascino, M.D., MS, ABIHM, ABAARM, IFMCP

Medical Director, Meno Clinic, Center for Advanced Medicine, Jackson Hole, WY

Dr. Mark Menolascino is the Medical Director for the Meno Clinic Center for Advanced Medicine in Jackson Hole, WY, specializing in utilizing nutritional strategies for optimal health and performance. He is also the Medical Director for NeuroScience Inc., which specializes in personalized testing utilizing state of the art neurotransmitter, hormone and functional genetics to deliver individualized diagnostic and treatment strategies. He has over 30 years of health care experience. He completed medical school at the University of Nebraska Medical Center then completed Internal Medicine Specialist Training at Banner Health, Phoenix, AZ. Dr. Menolascino is a national expert in balancing hormones utilizing nutrition, and lectures and teaches physicians about optimal health. He is one of very few physicians Board Certified as an Internal Medicine Specialist and Board Certified in Integrative Holistic Medicine, as well as a Certified Functional Medicine Practitioner and Board Certified in Advanced Hormone Management and Anti-Aging Medicine. He additionally has a Master's Degree in Pharmacology and Immunology, and was a doctoral candidate in the Medical Scientist Program assisting with Clinical Trials of new medications as well as part of the Heart Disease Reversal Team with Dr. Dean Ornish. His medical knowledge is complemented by advanced training and clinical experience in Nutrition, Naturopathic, Chinese Medicine/Acupuncture, Ayurvedic Medicine and Homeopathy. Dr. Menolascino has pursued extensive continuing education with over 2,000 Continuing education hours in Integrative Medicine, including advanced Cardiovascular Therapies including Heart Disease Prevention; Medical Nutritional Therapy; Male and Female Hormone Bio-identical Therapy including advanced Thyroid and Adrenal Function; Detoxification; and Cancer Prevention. He is a former professional athlete with over 10 years experience as a Personal Trainer, Strength Coach for the Husker Power Program as well as a Corporate Wellness Consultant. Dr. Menolascino provides an in-depth and personalized consultation and helps develop a unique program of Optimal Wellness for a holistic and individualized wellness plan.

Scott Minton, M.S., Ph.D.

Scientific Advisor, Nordic Naturals, Watsonville, CA

Dr. Scott Minton has over a decade of experience as a biology professor, has worked as a clinical and laboratory researcher, and in recent years as a nutritional consultant. Dr. Minton earned both a Master's and Ph.D. in Resource Ecology from the University of Michigan. He was a tenured Associate Professor at Vanguard University in the Biological Sciences. Dr. Minton has completed two years of medical training at Ross University School of Medicine and holds a certificate in Health and Fitness from the American College of Sports Medicine.



Thomas O'Bryan, D.C., CCN, DACBN

*Faculty, Institute for Functional Medicine and National University of Health Sciences
Owner, TheDr.com*

Dr. Tom O'Bryan is an internationally recognized speaker and workshop leader specializing in the complications of Non-Celiac Gluten Sensitivity and Celiac Disease as they occur inside and outside of the intestines. He is the founder of www.theDr.com. He recently hosted the paradigm-shifting 'The Gluten Summit - A Grain of Truth', bringing together 29 of the world's experts on Celiac Disease and Non-Celiac Gluten Sensitivity at www.theglutensummit.com.

Faculty Biographies

Sangeeta Pati, M.D., FACOG

Medical Director, SaJune Institute for Restorative and Regenerative Medicine, Orlando, FL

Sangeeta Pati practiced obstetrics-gynecology in the Washington, D.C. and New York area for 13 years before opening an integrative medical center in Orlando, FL. She graduated at the top of her medical class at the University Of Maryland School Of Medicine, Baltimore, and completed her residency at Georgetown University School of Medicine, Washington, D.C. She has worked extensively internationally as Medical Director for a 350-employee non-profit organization, Engenderhealth, on maternal mortality reduction programs funded by the Gates Foundation. Dr. Pati is multilingual and is renowned in her field, having authored numerous scientific articles and being the highest demanded speaker for media interviews and domestic and international workshops on a regular basis. Dr. Pati's special interest and strength has been in helping health care providers learn how to put together and integrate into real practice the vast amount of information in the restorative medicine field. She is the director of a fully pre-booked Clinical Preceptor Program, which trains doctors and health practitioners in restoring optimal body function through protocols for hormonal balance, nutrition and detoxification. She is on the Board of Advisors for MDPrescriptives Supplement Company where she helps develop clinically effective supplement protocols and integrate them into research protocols. She also runs an on-line platform (Peacock Forum) for integrative health practitioners to communicate problem cases. SaJune Institute for Restorative and Regenerative Medicine offers integrated, evidence-based medical therapies, combining conventional, natural and complimentary modalities (i.e. acupuncture, chiropractic care, massage, homeopathy, oriental medicine, far infra-red therapy and microcurrent). The restorative model used at SaJune aims to restore optimal function to the body through 1) bio-identical hormone restoration, 2) nutritional restoration 3) detoxification 4) mind balance and 5) body balance. SaJune has strong special programs in weight loss, superfoods, plant-based nutrition, IV chelation, integrative cancer therapies, vascular disease reversal and organic skin care. 20% of patients seeking her medical care are from out of the state of Florida. 10% of her patients are medical doctors and nurses. Her medical care has been written about in the fictional book "Feeling Funkabulous" by Ivy Gilbert and "Aging Backwards" by Jackie Silver.



Cesar M. Pellarano, M.D.

Founder, Global Health Partners, Miami, FL

Cesar M. Pellarano, M.D. is a Preventive Cardiologist in Miami, FL. Dr. Pellarano has practiced Clinical and Consultative Cardiology for over thirty years. Over the last ten years his Cardiology Practice has evolved into Preventive Medicine as well as Lifestyle Optimization. Dr. Pellarano received his M.D. at the University of Miami School of Medicine. He completed his Residency in Internal Medicine and was Chief Medical Resident at Mount Sinai Medical Center in Miami. He completed his Cardiology Fellowship at the University of North Carolina in Chapel Hill. Dr. Pellarano received his Age Management Training with Cenegenics. He served as the Chief Medical Director of Cenegenics Miami from 2012 to 2014. Dr. Pellarano has been a National and International Speaker in Advanced Lipid Panels, Inflammatory Markers of Cardiovascular Disease and Preventive

Cardiology for over 20 years. In addition, he has served as a speaker and advisor for several pharmaceutical companies. Dr. Pellarano is a founder of Global Health Partners dedicated to providing Quality Individualized Healthcare and Lifestyle Optimization.

Elizabeth Plourde, C.L.S., NCMP, Ph.D.

Adjunct Professor, San Diego University for Integrative Studies, San Diego, CA

Medical Researcher, Author and Lecturer, Specializing in Hormones, Toxins and the Environment

Elizabeth Plourde is a Clinical Laboratory Scientist and NAMS Certified Menopause Practitioner. Her education is augmented by invaluable experience while working with cutting-edge medical research laboratories for two decades. Applying this knowledge and background, her research has been devoted to hormone interactions, toxins that interfere with their balance, and most recently to the cellular disruptions of electromagnetic radiations that impact the body's ecosystem. Dr. Plourde is the author of: "EMF Freedom: Solutions for the 21st Century Pollution;" "Sunscreens - Biohazard: Treat As Hazardous Waste;" "Hysterectomy: The Best or Worst Thing that Ever Happened to Me?;" and "Your Guide to Hysterectomy, Ovary Removal & Hormone Replacement."



Neal Rouzier, M.D.

Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA

Dr. Rouzier is a practicing emergency physician and was assistant director of emergency medicine at Queen of the Valley Hospital in West Covina, CA for 15 years. After completing residencies in family practice and emergency medicine at UCLA, he has practiced emergency medicine for 25 years. Since 1997, Dr. Rouzier has also been medical director of the Preventive Medicine Clinics in Palm Springs and Palm Desert, CA. In private practice, his special interest for the last 12 years has been bio-identical hormone replacement and optimization for women and men. He lectures internationally on this new paradigm in medicine. In June 2006, he introduced bio-identical hormone replacement to 300 physicians in China. Since 1997, Dr. Rouzier has taught a comprehensive medical seminar on the clinical application of biologically identical hormone replacement. Dr. Rouzier authored the book, *Natural Hormone*

Replacement for Men and Women: How To Achieve Healthy Aging. His basic, advanced and complex age management courses are accompanied by 300-page workbooks referencing the medical literature that provide the basis and science behind this new preventive medicine.

Ernst R. Schwarz, M.D., Ph.D.

Founder and Chairman, DSMI (Dr. Schwarz Medical Institute), Beverly Hills, CA

Professor of Medicine and Attending Cardiologist, Cedars Sinai Medical Center, Los Angeles, CA

Clinical Professor of Medicine, David Geffen School of Medicine at UCLA, Los Angeles, CA

Medical Director, Pacific Heart Medical Group, Loma Linda University Medical Center, Murrieta, CA

Ernst R. Schwarz, M.D., Ph.D., FESC, FACC, FSCAI, is the Founder and Chairman of DSMI, Professor of Medicine and attending cardiologist at Cedars Sinai Medical Center, Clinical Professor of Medicine at the David Geffen School of Medicine at UCLA, CMO of HeartStem and Medical Director of Pacific Heart Medical Group. Dr. Schwarz is board certified in Internal Medicine, Cardiology/Cardiovascular Diseases, and Advanced Heart Failure Transplant Cardiology by the American Board of Internal Medicine, and a trained specialist in Interventional Cardiology, Age-Management Medicine and Sexual Medicine. Dr. Schwarz has an international reputation in the academic and clinical fields of cardiovascular medicine. He has published more than 150 scientific papers in international peer-reviewed journals and several book chapters and books on cardiovascular medicine. Dr. Schwarz works as a consulting cardiologist in several hospitals in the greater Los Angeles and San Diego areas, and he resides in Beverly Hills.



Faculty Biographies



Barry Sears, Ph.D.

*Founder & President, Inflammation Research Foundation, Marblehead, MA
President, Zone Labs, Marblehead, MA*

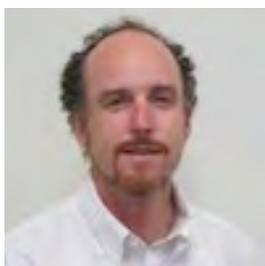
Dr. Barry Sears is a leading authority on the impact of the diet on hormonal response, genetic expression, and inflammation. A former research scientist at the Boston University School of Medicine and the Massachusetts Institute of Technology, Dr. Sears has focused his research efforts over the past 40 years to the study of lipids and their role in chronic disease. Dr. Sears has published more than 30 scientific articles and holds 13 U.S. patents in the areas of intravenous drug delivery systems for cancer drugs and hormonal regulation for the treatment of cardiovascular disease. He has also written 14 books, including the New York Times #1 bestseller "The Zone". These books have sold more than six million copies in the U.S. and have been translated into 22

different languages. He is the founder and president of the non-profit Inflammation Research Foundation from which he continues his work in the developing of new dietary approaches for the treatment of diabetes, cardiovascular, and neurological diseases.

Thomas N. Seyfried, Ph.D.

Professor, Biology Dept., Boston College, Chestnut Hill, MA

Thomas N. Seyfried received his Ph.D. in Genetics and Biochemistry from the University of Illinois, Urbana, in 1976. He did his undergraduate work at the University of New England and also holds a Master's degree in Genetics from Illinois State University, Normal, IL. He was a Postdoctoral Fellow in the Department of Neurology at the Yale University School of Medicine, and then served on the faculty as an Assistant Professor in Neurology. He is now Full Professorship in the Department of Biology at Boston College. Dr. Seyfried organized the Ketogenic Diet Special Interest Group of the American Epilepsy Society and served as Chair, Scientific Advisory Committee for the National Tay-Sachs and Allied Diseases Association and presently serves on several editorial boards, including those for Nutrition & Metabolism, Neurochemical Research, the Journal of Lipid Research, and ASN Neuro. He is the author of the new book, "Cancer as a Metabolic Disease: On the Origin, Management, and Prevention of Cancer" (Wiley Press). Dr. Seyfried's research focuses on gene environmental interactions related to complex diseases, such as epilepsy, autism, brain cancer, and neurodegenerative (the GM1 and GM2 gangliosidoses) diseases.



Christopher W. Shade, Ph.D.

President, Quicksilver Scientific, Lafayette, CO

Dr. Shade obtained B.S. and M.S. degrees from Lehigh University in environmental and aqueous chemistry. Dr. Shade earned a Ph.D. from the University of Illinois where he studied the environmental and analytical chemistries of mercury as well as advanced aquatic chemistry. During his Ph.D. work, Dr. Shade patented analytical technology for mercury speciation analysis and later founded Quicksilver Scientific, LLC in order to commercialize this technology. Shortly after starting Quicksilver Scientific, Dr. Shade turned his focus to the human aspects of mercury exposure/toxicity and the human detoxification system. He has since developed specific clinical analytical techniques for measuring mercury exposure and a system of products for toxic metals removal.

Ron Shane, N.D., Ph.D., O.M.D., MFA

Research Scholar, University of California-San Diego

Professor, University of Natural Medicine in Body & Mind Consciousness Studies and Naturopathic Medicine

Dr. Shane is a world-leading authority in body mind consciousness studies. He has written many books and lectured on this topic. He graduated with high honors from CSU Northridge studying Psychology and Philosophy and completed a Masters in Educational and Counseling Psychology. His PhD blended visionary literature with social psychology where he did his dissertation on William Blake and the English Romantics concerning the activation of the etheric body. Dr. Shane completed post-doctoral study at UCLA in the Renaissance Institute where he did advanced research in the mystical aspects of William Shakespeare and Edmond Spenser under the aegis of Dr. Michael Allen, a visiting professor from Oxford University; and likewise completed a MFA training in theater and experimental video during his tenure as post-doc at UCLA. Dr. Shane was a faculty member in the Department of English at UCSB and SDSU. Furthermore, he studied cross-cultural shamanism under the aegis of Dr. Donald Tuzin, a world authority on this aspect of cultural anthropology; and for many years he had an academic relationship with Dr. Norman O. Brown who is the original founding member of UCSC's history of consciousness program. Dr. Shane, as a research scholar at UCSD, did advanced studies in Western Medicine, Neuroscience, Molecular Biology, and Neuroendocrinology under the tutelage of Dr. Koob, a leading authority in neuroendocrinology in the department of psychology as well as Scripps Research Institute. Dr. Shane is one of the world's highest Tae Kwon Do black belts, receiving his 7th degree black belt from Grandmaster Hwang, who is the highest ranking grandmaster in the world. He is on the board of the United Tae Kwon Do alliance and has written many books and articles on the internal dynamics of Tae Kwon Do. His Zen Beauty Institute is based on strategies for individuals where they can achieve optimal physical and interior salubrity. This medical researcher, energy master, and clinician will be leading a three-day workshop for medical doctors on the diverse dimensions of optimal medicine. He has written over 45 books on topics ranging from Shamanistic consciousness to the esoteric basis of Raja/Kundalini yoga. His Mystique of Energy delineates how the esoteric body blends with the luminous celestial sphere. Dr. Shane has given over 45 lectures to medical doctors on many distinctive topics and has written 150 articles for several medical publications. This medical researcher has conducted research in cosmetic and regenerative medicine as well as molecular biology. For Dr. Shane, ontological genesis of the body's mental/etherial sphere can only occur when its physical aspect is optimal actualized.



Faculty Biographies



Filomena F. Trindade, M.D., MPH

Private Practice, Capitola, CA

Filomena Trindade, M.D., MPH is a teacher, author and internationally sought after speaker in functional medicine. She is a graduate of the fellowship in Anti-Aging, Regenerative and Functional Medicine and teaches in the Fellowship (a master's program through the University of South Florida School of Medicine) as well as at the Institute for Functional Medicine (IFM). After obtaining her BA degree in Biology she went on to finish a master's in Public Health in the area of environmental health and epidemiology before starting medical school. She graduated first in her class in family practice from the University of California Davis School of Medicine and did her residency training in family practice at the U.C. San Francisco/Santa Rosa Program. She has been in clinical practice for over 18 years. Before starting her own private practice in 2004 in functional medicine she was the medical director of a large non-profit

organization that catered to the underserved. She is currently very active in developing teaching programs in Functional Medicine in the USA, Latin America and Europe.

Jonathan S. Wilensky, M.D., FACS

Co-Founder, Southern California Institute for Regenerative Medicine (SoCal IRM)

Dr. Jon Wilensky, a Board Certified Plastic Surgeon, was born and raised in New York City. The son of New York City public servants, an elementary school teacher and a police officer, he attended Stuyvesant High School, the premier public math and science high school in the country, where he confirmed his lifelong desire to be a physician and surgeon. In 1993, Dr. Wilensky was one of just nine graduating high school seniors across the nation to be invited to attend both undergraduate and medical school at the University of Michigan as part of the prestigious 7-Year Integrated BS-MD dual degree program. In 2000, Dr. Wilensky completed his MD degree in Ann Arbor and matched into the highly competitive Integrated Plastic Surgery residency program, at the University of Michigan. This 6-year post-MD training program is widely regarded by many as the foremost plastic surgical training program in the country. In 2006, Dr. Wilensky completed his post-MD residency training at the University of Michigan. He entered the private practice of Plastic, Reconstructive, and Aesthetic Surgery serving the people of San Diego. His clinical interests are in aesthetic surgery and surgical education, for both patients and other physicians. Dr. Wilensky is pleased to be a Diplomate of the American Board of Plastic Surgery (ABPS), and member of the American Society of Plastic Surgeons (ASPS) and the American Society for Aesthetic Plastic Surgery (ASAPS). Dr. Wilensky's private practice is located in the beautiful Golden Triangle of La Jolla in San Diego County. This location offers the privacy and exclusivity plastic surgery patients deserve. The office and in-office surgical center are just minutes from Scripps Memorial Hospital La Jolla. The in-office surgical center features 2 operating rooms, and is certified by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF). AAAASF sets the highest standards for patient care and safety in the outpatient surgical setting. Outside of his surgical practice, Dr. Wilensky enjoys spending time outdoors with his wife and daughters. His recreational interests include running, weight training, hiking, and mountain climbing.



Alan Yang Wu, M.D., CTBS, FAACS, FACS

Faculty, University of California at Riverside, Stem Cell Research Center

Managing Partner, Surgimed Biosciences, Cathedral City, CA

Dr. Allan Wu is a full fellow of the American Academy of Cosmetic Surgery and a diplomate of the American Board of Cosmetic Surgery. He is duly board certified in OBGYN and also completed fellowships in Surgical Molecular Biology at UCLA and Molecular Embryology at Bourn Hall Clinic, Cambridge, UK. While at UCLA and Cambridge Dr. Wu worked on research related to global methylation assays as a means of predicting cancer and fertility outcomes. He currently resides at UC, Riverside Stem Cell Research Center as clinical and scientific faculty and is in active clinical practice at Barbarino Surgical Arts. He has also served and scientific chairman for regenerative therapies for Select Biosciences and The International Stem Cell Society.

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Website: www.universityspecialtydrugs.com Email: susand@ucprx.com

Phone: 619-398-2740 ext. #334 Fax: 619-398-2750

University Specialty Drugs, Inc (USD) is a specialty distributor that sells wholesale to licensed medical professionals and pharmacies. USD carries products used in treating hormone deficiencies and is the national distributor for the secretagogue SecretropinRx. We also sell up to date educational textbooks for professionals listed on our website. We take pride in providing excellent customer service. For more information call toll free 1-866-444-9475.

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Women's International Pharmacy

2 Marsh Court, Madison, WI 53718

Website: www.womensinternational.com Email: info@womensinternational.com

Phone: 800-279-5708 Fax: 800-279-8011

Women's International Pharmacy specializes in custom compounded bioidentical hormone prescriptions for men and women. Unlike name brand medications our prescriptions are compounded to meet patient specific needs as directed by a licensed medical practitioner. Our consulting pharmacists are available to answer technical questions from healthcare practitioners, clinic staff and patients.

XYMOGEN

6900 Kingspointe Parkway, Orlando, FL 32819

Website: www.xymogen.com Email: info@xymogen.com

Phone: 800-647-6100 Fax: 407-445-7227

XYMOGEN, a family owned health sciences company, has introduced numerous innovations to the functional medicine community, providing high-quality dietary supplements to licensed healthcare practitioners for more than a quarter century. Its Medical Board of Advisors consists of clinical practitioners who represent a broad range of specialties. For information, visit www.xymogen.com.

Zone Labs

21 Tioga Way, Marblehead, MA 01945

Website: www.zonediet.com

Phone: 800-404-8171 Fax: 978-539-0090

Zone Labs has been the leader in anti-inflammatory nutrition since 1995. The concept of the anti-inflammatory Zone Diet is based upon controlling diet-induced hormonal changes leading to the reduction of chronic inflammation. The products developed by Zone Labs make that dietary challenge easier for the patient to comply using patented appetite-suppressing food products and refined omega-3 concentrates and polyphenol extracts.

ZRT Laboratory

8605 SW Creekside Pl, Beaverton, OR 97008

Website: www.zrtlab.com Email: info@zrtlab.com

Phone: 866-600-1636 Fax: 503-466-1636

ZRT has been innovating hormone testing since its founding in 1998. ZRT first developed the methodology that made saliva hormone testing commercially viable, and also developed the science for measuring hormones in both dried blood spot and dried urine. We are one of the few laboratories capable of testing across three methodologies - which means ZRT tests in the most appropriate medium, not just the most accurate.

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CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE IS AN EDUCATIONAL FORUM OPEN TO A VARIETY OF MODALITIES. WHILE EVERY ATTEMPT IS MADE TO ASCERTAIN SCIENTIFIC VALIDITY AND VIABILITY, ENDORSEMENT OF EXHIBITORS BY AMMG IS NEITHER STATED NOR IMPLIED. ATTENDEES ARE ENCOURAGED TO CONDUCT THEIR OWN EVALUATION OF EACH PRODUCT OR SERVICE.

Clinical Preceptorship with Sangeeta Pati, MD, FACOG



Putting It All Together: Hormones, Nutrition, Detoxification, Mind & Body



Sangeeta Pati, MD, FACOG

Dr. Pati is Georgetown-trained and has been practicing and teaching traditional and holistic medicine in the U.S. and internationally for over 18 years. She is recognized as an authority in the field of Bio-Identical Hormone Replacement and the art of putting it all together through **Sajune's 5-point model: restoring 1) hormones and 2) nutrients, removing 3) toxicities, and rebalancing the 4) mind and 5) body.**

Grounded in the principles of the AMMG, our 4-day preceptorship includes one-on-one clinical rotations with Dr. Sangeeta Pati; applying protocols from a 2 volume manual — the guidelines for restoring optimal health through restoring hormones and nutrients, removing toxicities and rebalancing the mind and body.

Here's what other physicians who have participated say ...

"I was able to forego years of trial and error in an attempt to really find out what works and what doesn't. Without question it was the best money I could have spent! I would highly encourage anyone in the fellowship program to attend for one on one instruction with 'The Master.'"

- Rowland Reyna, MD, MBA, MAAC, San Antonio, TX

"Taking the preceptorship was one of the best weeks I have ever experienced in medicine. When I finished the week at Sajune, I felt like I could go back home and put it all together very well. My patients will be much better off for this wonderful week."

- Douglas Lord, MD, FACOG, Silver Spring, MD

"As more and more physicians from all types of specialties enter this field, your preceptorship will remain THE key piece required for a physician from another specialty to enter this line of work. This was clearly the case for me! I now feel ready to do this work because of my time spent learning directly from you and your staff."

- Steven J. Saltzman, MD, Annapolis, MD

Educational Resources from Sajune

Sajune is dedicated to helping health care providers increase their toolbox of options by offering dynamic, yet simple tools through preceptorships, workshops, DVDs, webinars, and internet-based discussion, Sajune's Integrative Medical Forum.

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