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*"Providing Medical Solutions for Health Enhancement"*

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## HGH: GROW YOUNGER AND REVERSE THE AGING PROCESS!

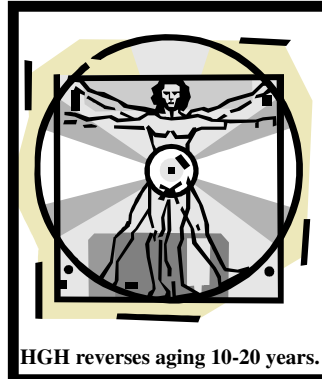
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America is aging! Life expectancy has increased from 26 years in 1776 to 75.8 years today. Since the turn of the century, persons over 65 comprise one of the fastest growing segments of the population, increasing 11 fold in the past 100 years. More remarkable is the growth rate of America's oldest citizens, those over 85. Between 1960 and 1994, this segment of the population grew 274% (as compared to 45% for the population as a whole).

Doomsayers predict unmanageable and unaffordable demands on our social institutions and benefits systems, notably Social Security and Medicare. What such predictions ignore is the potential of anti-aging medicine to alter that equation by adding years of good health and productivity well into the eighth and ninth decades. Advances made in modern medicine in beating the leading causes of death today (cancer, heart disease, stroke, and diabetes) have been achieved via early detection and prevention techniques rather than through disease-based treatments. The

demographics of aging demand a change from the present disease-based model of medicine to a more preventive one. This is where "Anti-Aging" medicine makes its entrance.

Anti-Aging medicine seeks to enhance the quality of life as well as its quantity, limiting the period of illness and disability at the end of one's life span, thereby reducing both human suffering from degenerative diseases and economic costs of geriatric maintenance. One of Anti-Aging medicine's greatest tools in fighting the disease of aging is human growth hormone ("HGH"). After the age of 20, HGH declines 14% per decade so that the total 24-hour HGH production rate is reduced in half by age 60. Daniel Rudman, M.D., a pioneer researcher in the use of HGH, considered IGF-1 levels under 350 evidence of deficiency. Between the ages of 20 to 40 years, less than 5% of healthy men have IGF-1 levels less than 350. But after age 60, 30% of apparently healthy men have this low amount. After age 65, about half the population is partially



or wholly deficient in HGH.

A 1997 issue of Hospital Practice reported that "Growth Hormone [GH] Deficiency is now formally recognized as a specific clinical syndrome, characterized by decreased muscle mass, increased body fat (predominantly at intra-abdominal sites), decreased exercise capacity, osteopenia, abnormal lipid profiles, and diminished feelings of well-being." Pioneering studies in Sweden, Denmark, and England found that 4-6 months of HGH replacement in adults had beneficial effects on body composition, cardiac function, exercise capacity,

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### GROWTH HORMONE

- ◆ Approved by the FDA in 1996 for use in adults
- ◆ The second gene-recombinant drug developed after insulin
- ◆ Increases lean body mass, reduces body fat and thickens skin
- ◆ Actually makes people look younger
- ◆ Sexual rejuvenation is the most commonly reported benefit



Burt's Bee products are even safe to eat.

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renal function, bone mineral density and quality of life. Those who had been struggling with low self-esteem, anxiety and depression had a "Lazarus effect" and came alive. Researchers claim that the effects of 6 months of HGH therapy on lean body mass and fatty tissue alone was "equivalent to reversing the aging process 10 to 20 years"! Additional benefits are known to include increased sexual potency, higher energy levels, improved skin elasticity, better memory, and increased resistance to common illness.

The most common side effects of using HGH include: fluid retention, joint pains and carpal tunnel syndrome. However, these are usually avoided when HGH is received in small (4 I.U. to 8 I.U. per week) and frequent subcutaneous doses (e.g., 5 X weekly at bedtime). Other injectable forms of HGH are being investigated (e.g., IGF-1, GHRH) as well as an oral form of HGH. For now, the best Anti-Aging treatment available is injectable HGH.

Since medical information is now doubling every 3.5 years, we can expect great discoveries in the area of Anti-Aging. For more information, get the book, Anti-Aging Secrets for Maximum Lifespan, by Ronald Klatz, M.D. available at RCAM.

### ORDER HGH HOME TEST

The cost for a HGH home test kit is \$50. For only \$400, a comprehensive hormone test is available for RCAM patients through Antibody Assay Laboratories. To order, call RCAM @ 433-8800.

## BURT'S BEES NOW AVAILABLE

If you like natural products, you'll love Burt's Bees. Apparently, these products are even safe enough to eat (although I wouldn't recommend the soap). Here's a sampling of what you can choose from: Hand salves, soaps,

deodorant, bath oils & powder, facial scrubs, lip balm, breath drops & starter kits. **SUMMER SPECIAL:** Get a **FREE** Burt's Bees Product for a patient referral. Just have 'em tell us YOU sent



## MASSAGE THERAPY BY TAMMY

Tammy Teter is a massage therapist at RCAM who has been trained in therapeutic techniques such as: Swedish Massage, Sports Massage, Shiatsu, Trager, Reflexology, and Polarity. If you haven't experienced massage, then you haven't experienced life to the fullest. Here are some of the benefits of therapeutic massage:

- ◆ Relieves emotional/physical stress
- ◆ Improves circulation
- ◆ Increases flexibility
- ◆ Alleviates muscle tension
- ◆ Speeds healing for faster recovery
- ◆ Removes metabolic waste
- ◆ Detoxifies the lymphatic system
- ◆ Increases metabolism
- ◆ Prevents muscle cramps

- ◆ Improves delivery of nutrients to the cells



Massage is considered to be among the oldest of all treatments used by man. This treatment provides relief to people from all walks of life. Massage is a crucial part of many physical rehab programs and has proven a benefit to many chronic conditions such as back pain, arthritis, bursitis, sciatica, migraine and much more. Massage helps relieve the stress and tension of everyday living.

Everyone needs the human touch. In fact, this is one of the truly relaxing treatments offered at RCAM. 1 hour = \$50; 1.5 hours = \$69. Call 433-8800 for an appointment.

## BABS CLOUGH JOINS RCAM

We are pleased to announce that Babette "Babs" Clough, an Advanced Homeopathic Practitioner, is now working with us at RCAM. She has more than 30 years experience in advanced conventional and complementary health care.

Originally, Babs is from Long Island, New York. She has previously served as a U.S. Army Nurse in Texas and Southeast Asia, a hospital discharge coordinator and public health nurse in central Michigan, office manager for a holistic health center in Reno, and a Nurse and Acupuncturist in Hawaii (where she earned her Bachelor and Master's Degree in Acupuncture and Oriental Medicine), prior to earning her Advanced Homeopathic Practitioner credentials in Nevada.

At RCAM, Babs will be doing electro-dermal stress testing (incl. supplement compatibility testing), trigger point therapy (to help those sore and tired parts of your body), and a number of other valuable procedures aimed at helping our new and existing patients to be their very best.

With her wide-ranging experience, you will no doubt meet Babs while she performs diagnostic and treatment procedures in association with Dr. Royal.

She has three grown children, and a granddaughter, and lives in Las Vegas, with her husband, Roger, who is a Chaplain with St. Rose Dominican Hospital, in Henderson.

