
Focus on Health

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A Must Read - "Ageless" by Suzanne Somers

Read Suzanne Somers' new book, "Ageless", about bioidentical hormones. Hormone replacement must be bioidentical and must be non-oral. The route of administration is crucial – transdermal or subdermal (pellets) estradiol. The lab your doctor uses to measure hormone levels is crucial because most labs do not measure hormone levels correctly, including LabCorp and Quest. Salivary hormone levels are not accurate and, in fact, are not useful at all. The lab I use is Interscience Institute in Inglewood, CA (1-800-255-CURE). Neither LabCorp nor Quest does hormone testing correctly; consequently their results are ridiculously high. Salivary hormone levels are even worse and are totally useless and misleading.

Reading List

Read Dr. Peter Snell's new book, "Use It or Lose It". It will be released this month. He is an Associate Professor and specialist in Exercise Physiology at the University of Texas Southwestern Medical Center in Dallas.

Read "Inflammation Nation" by Floyd H. Chilton, Ph.D. All of these books I have mentioned are important in educating yourself on prevention and treatment of chronic inflammation.

As part of the professional services I feel should be provided by me to my patients, screening of the voluminous medical literature has become more and more important. Please read this now if you have time before I see you, so that we can further discuss whichever topic especially interests you.

Perhaps you have seen an item that I have not included in this list or have not seen myself. If so, feel free to bring it to my attention.

New TWIST on DHEA

One of the findings to come out of the DHEAge study was that DHEA supplementation greatly improved the color, tone, thickness, and hydration of the subjects' skin. We have developed a new form of DHEA topical cream which includes several antioxidants and is being marketed under two brand names – Sensuosity Cream and Twist Cream.

Lower Blood Sugar

Januvia (sitagliptin phosphate), a new drug just approved by the FDA for treatment of diabetes, is a DPP-IV inhibitor that enhances the body's own ability to lower blood sugar and is especially effective when accompanied by Glucophage. It is taken by mouth once per day first thing in the morning.

Chiropractor

A chiropractor, like Suzanne Somers' chiropractor, who thinks outside the box is available in the Dallas area. His name is Dr. Michael Gray. His office is in Keller, TX, telephone 817-656-1615

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Treat Obesity

Acomplia is a new drug not yet available in this country and therefore not yet approved by the FDA. It is, however, purchasable over the Internet and is extremely helpful in treating obesity, metabolic syndrome, and diabetes.

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