

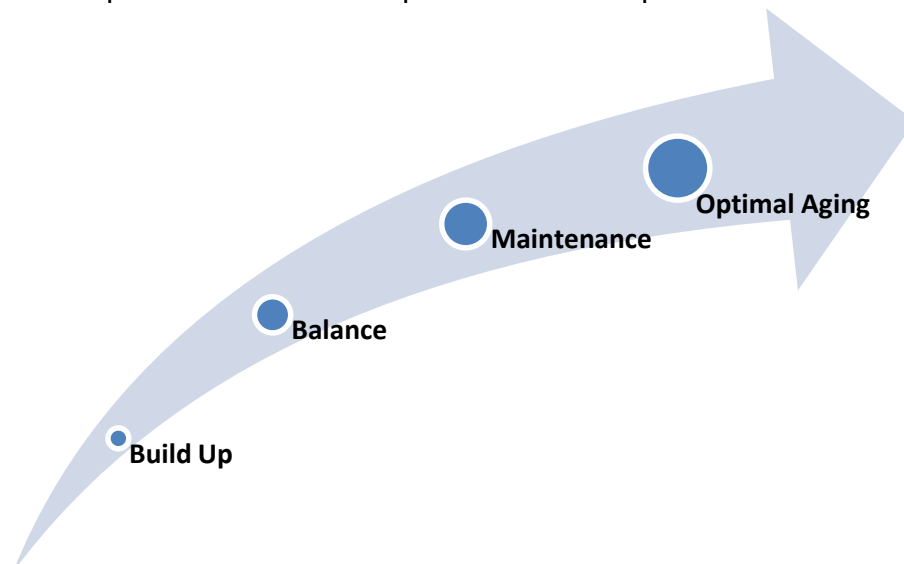
OPTIMAL AGING – PATIENT OVERVIEW

Thank-you for your interest in the **EnerChanges Optimal Aging Plan™** - Optimal Aging is similar to Anti-aging, Functional, Metabolic and Preventative Medicine. These forms of medicine are based on the very early detection, prevention, and reversal of age-related disease. The treatments are those that protect, restore and encourage the body to regenerate itself and maintain optimal health. Even though every patient case is specific there are some general concepts and starting points that must be used for 90% of every patient with a chronic group of symptoms or condition.

Optimal aging medicine protects, restores and supports the body and person to be in a thriving state. The added benefit within optimal aging is the incorporation of stress reduction and emotional happiness into health. More and more research is showing the direct connection between how a person thinks and feels and their health.

1. *Build Up Phase*
2. *Balance Phase*
3. *Maintenance Phase*

Optimal aging deals with every aspect of creating and enhancing health from both the **outside in** and the **inside out**. The outside in may involve cosmetic applications to protect tissues like the skin, but it typically refers to removing or limiting exposure to harmful environmental factors like tobacco, processed food, toxins, etc. The inside out is supported physically with antioxidants, nutraceuticals, bio-identical hormones, clean food, exercise and hydration. Emotional health is supported by decreasing stress, enhancing awareness, creating peace and using choice. At EnerChanges Clinic, Optimal Health, Aging and Vitality along with disease prevention is accomplished in three phases in the clinic.

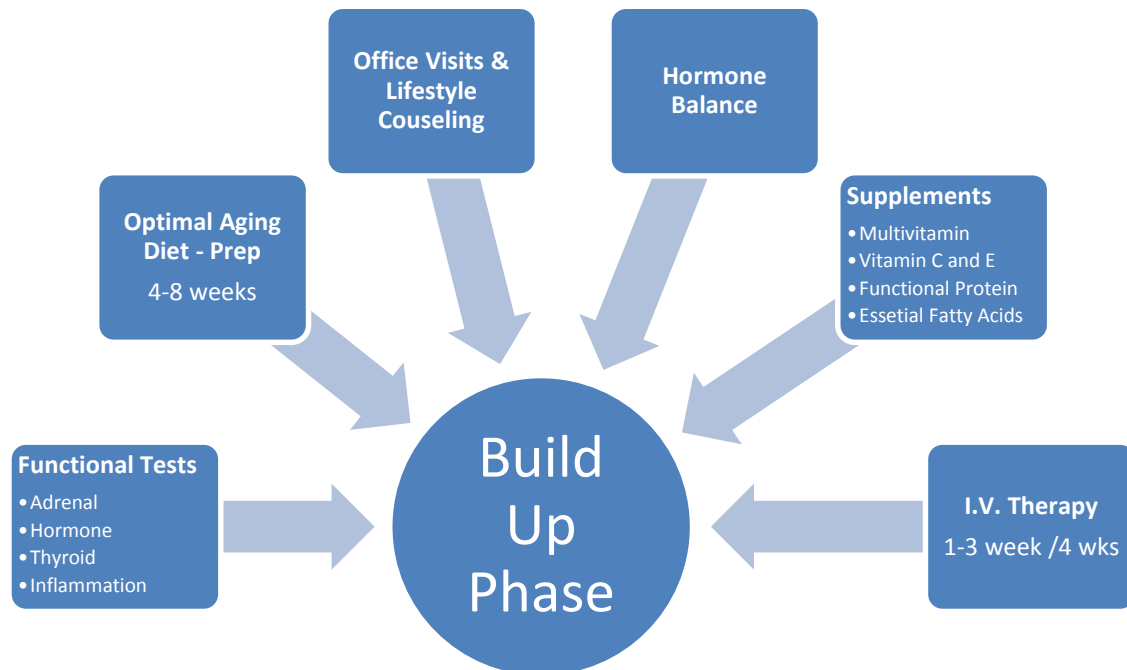


Optimal Health, Aging and Vitality Treatment Themes - Your plan will aim to address most all of these.

- **Replace nutritional deficiencies (vitamins, minerals, fatty acids and enzymes)** - Vitamins, minerals and other micro nutrients are essential to every biological process in the body, and the more deficient or demands that you have (stress, environment, poor diet, ongoing disease) the greater the need.
- **Optimize essential fatty acids** - every cell in the body is made of a membrane and every membrane is made up of essential fatty acid, they act to mediate and control inflammation and protect the cells, they also act as local hormones regulating the action of the cells closest to them.
- **Maximize digestion and assimilation** - this allows the proper nutrients (vitamin, mineral, protein) and energy for optimal organ and body function.
- **Decrease free radicals** - Excessive free radicals create oxidative stress and along with inflammation has been implicated a variety of ailments ranging from heart diseases, Alzheimer to cancers.
- **Enhance Immune system** - the immune system is responsible for defending and repairing your cells from any damage.
- **Decrease chronic inflammation** - low level chronic inflammation is an overactive, "out of control" immune response that damages cells, tissues and organs and increases free radicals. This is associated to every chronic disease including heart disease, diabetes, osteoporosis and even cancer.
- **Control glucose and insulin levels, minimize cross linking, glycation** - primarily the effect of elevated sugar, this is the process that stiffens up all of the tissue in our body, blocking hormones and enzymes and damaging cells, the most common example of this is accelerated skin wrinkles.
- **Maximize detoxification** - excessive internal and external based toxins will cause excessive free radicals, inflammation and block and disrupt normal hormone functioning.
- **Balance hormone deficiencies** - hormones are powerful messengers that direct almost every cell, tissue and organ of the body. Imbalances or low levels lead to a decline of function in every body system (muscle and bone loss, memory and sleep disturbances, low libido).
- **Enhance fitness and lean muscle mass** - loss of muscle is related to not only decreased function but also poor blood supply to the vital organs, moving allows joint muscles and tissue to function optimally.
- **Minimize stress response** - continual stress response, affects every tissue in the body, it decreases immune function, digestion, increases inflammation, free radicals. There are many types of stress: emotional, physical, environmental and physiological.

These may seem overwhelming however all of these themes interact, by helping one you support several. Your plan will involve selecting treatments that accomplish several themes specific to your goals. This approach shows positive effects efficiently and is always preferred especially in the first **Build-up phase**. For instance a dietary change that decreases sugar, coffee and some common food allergens such as dairy, while increasing exercise, will target several themes all at once. Another synergistic example is, if we maximize digestion, detoxification or hormone levels using nutritional or hormonal support, this allows every cell in your body a greater chance of absorbing and using essential resources. This also does not overload your body with damaged cells, stress or harmful chemicals. This automatically helps decrease the body's stress responses, free radicals and inflammation, which in turn prevent and even repairs cell DNA.

Build-up and Balance Phase – this is the initial four to six week plan that involves.



- **Functional Testing** – depending on your case this may include blood allergy testing, digestive panels, liver testing, inflammatory markers, genetic testing or hormone testing. Hormone tests are quite common for most patients over 40 and may include adrenal, thyroid, estrogen, progesterone, testosterone and human growth hormone testing. These can be done using blood, saliva and urine testing. Specific tests for instance thyroid and hormone panels are repeated at 4-6 weeks, 3-6 months and one year. These findings are reviewed and changes are made to the plan, for instance if deficient - addition of bio-identical thyroid, progesterone, estrogen, or human growth hormone. ***Some testing may be performed by your medical doctor to save on cost, please check with Dr. Martin.***
- **Diet Plan** – this elimination diet removes any common dietary obstructions to health, (excess sugar, caffeine, food allergies, processed food), this will lower inflammation, balance blood sugar, remove allergic responses from food, improve digestion and assimilation. A nutritionist may be required if extra support is needed. A diet diary for one week is required by the patient to be filled out and reviewed at the next office visit.
- **Office Visits and Lifestyle Coaching** - You will be booked at week one, three and four. These are typically two short check-in appointments and one longer review of test results appointments. The purpose of these visits is to monitor your progress and make adjustments and needed additions to your treatment. Longer lifestyle coaching sessions may also be required.

Supplementation - to ensure that your treatment is supported and that your metabolic functions are not deficient in any nutrient, protein, vitamin, mineral or hormone. A standard professional grade supplement plan is given below.

- Multivitamin - 2 caps 2 x a day
 - Advanced B-complex - 1- cap 2 x day
 - Vitamin C with bioflavonoids - 2 caps 2 x a day
 - Vitamin E with mixed tocopherols- 1 cap 2 x a day
 - Liver Detoxification Support - 2 caps 2 x a day
 - Functional Protein Shake - 1-2 scoops 2 x a day
 - EFA Plex - 2 tablespoons 1-2x a day with the shake
 - Others as needed - to help blood sugar, inflammation, mood, sleep, etc
- **Bio identical Hormone Support** – Hormones are powerful messengers that circulate in the blood stream and generate a response to almost every cell in the body. As these levels go down, all of our cells and body show signs of age drastically. Bio-identical hormone replacement involves testing and then using forms that are the most identical to what the body is genetically used to. The amounts given are to match a healthy 25-35 year old. The common bio-identical hormones typically used are: thyroid, progesterone, estrogen, human growth hormone and testosterone.
 - **Nutrient Immune I.V.** – every cell in your body need to communicate with the other cells and needs to be supplied with all nutrients in order to function optimally. One of the main problems is that all cells are in a state of change, some are working well, while others are damaged and dying. Using a mixture of intravenous vitamin C, B1,B2, B5, B6, calcium and magnesium , allows a very high concentration over a short period of time to literally “bath or saturate” all of the cells and tissue especially those that are damaged or unable to grab the needed nutrients from supplements and the diet. This treatment is effective and used for; adrenal function, fatigue, stress, pre-surgery or when starting an optimal aging detoxification program. Based on the severity of your case and your health goals, 1-3 treatments per week for 4 weeks may be required.

Combined these treatments act synergistically and allow 90% of all patient cases a solid health base with significant improvement at the end of the 4-6 weeks. At the end of this phase the patient is assessed and treatment is entered into a **Balance** or **Maintenance** phase.

Patient Build-up – Forms and Tasks

- **Medical Records** - Release of records will be filled out to your medical doctor - to be filled out at our clinic
- **Testing** - request from EnerChanges - to be given to your medical doctor to decrease costs, and or performed in clinic.
- **Metabolic Eating Plan Diet** - to be reviewed and discussed at next visit
- **Educational** – please watch and review – go to www.enerchanges.com, look in "resources", please review the **Optimal Aging** and **Stubborn Weight loss** (if indicated).