



## Anti-Aging Medicine: Look, Act, Feel and Be 15 Years Younger!



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Now, more than ever, women are becoming educated on issues concerning their health and **finally** taking time for themselves to do something about it. With health in mind, it is important to know about treatment options so that **you** can make an informed and educated decision on the choice of healthcare that you want to receive.

### Q WHAT IS ANTI-AGING MEDICINE?

Anti-Aging Medicine is a highly specialized field that involves the slowing down of the aging process and reversing the consequences of aging (such as

chronic disease-Heart Disease, Stroke, Cancer, Diabetes, Arthritis etc.) through prevention as well as intervention.

### Q WHAT IS INVOLVED?

In a nutshell, it involves the replenishing and rebalancing of the body's basic chemistry by correcting suboptimal levels of Hormones, Vitamins/Minerals and Neurotransmitters.

### Q HOW DOES IT DIFFER FROM CONVENTIONAL MEDICINE?

Mainstream Medicine does not practice prevention and really should be called "ill-care", to more accurately denote the type of service that you will receive. Despite Anti-Aging Medicine's twenty-plus years of proven results in major medical journals, their concepts and principles have not yet caught on with most mainstream medical practices and providers. Many refer to these therapies as "experimental", but aren't many cancer and other chronic illness drug therapies also experimental? Perhaps if prevention was practiced there would be less need for those toxic and often fatal medications.

### Q WILL IT MAKE ME FEEL BETTER?

By restoring your body's own fuels to optimal levels, you will not only FEEL better, you will LOOK, ACT and BE better than you can ever remember.

### Q IS IT AFFORDABLE?

Yes. Although many insurance companies will not reimburse for all services, you will reap the benefits of your newly founded youth and health both in the short run and the long run, beginning with the first month of treatment and continuing as you follow your new lifestyle and therapies.

### Q WILL I NEED TO TAKE MEDICATION?

Definitely. Prescription medications are frequently used as an adjunct to the more natural products that will be recommended.

### Q WHAT OTHER THERAPIES OR INTERVENTIONS ARE USED?

Every case is individualized and treatments are tailor made for each patient, but typically, Bio-Identical Hormones such as Estrogen, Progesterone and Testosterone, as well as Thyroid, Adrenal and sometimes Growth Hormone are

supplemented to bring the body back to optimal function and performance. In addition, there are therapies for specific chronic illnesses that (instead of only masking symptoms) will address, manage and very often reverse the underlying source of disease and dis-ease.

*Remember...  
If you ignore your health,  
it **will** Leave You.*

Be Well.  
Yours in Health,  
Mark James Bartiss, MD



### Women's Health Initiative Program

ICAM's Women's Health Initiative Program was created to provide comprehensive evaluation and therapeutic intervention specifically suited to a woman's needs. One of the hottest topics in medicine these days is Hormone Replacement Therapy (HRT), and there has been controversy regarding the risk to benefit ratio of this medical intervention. Studies have shown that these risks were associated with the use of synthetic hormones (which are actually made from horse urine). Further studies show that plant based, Bio-Identical hormones (BHRT), which are compounded to be an **exact replica** of the body's **natural hormones** given to us at birth, are free from those risks, and still bring all the wonderful health benefits that made BHRT so popular.

The Women's Health Initiative Program addresses Menopause, PMS and other Hormonal Imbalances such as adrenal dysfunction and thyroid disorders –which are frequently the underlying cause of misdiagnosed illnesses. These may include: Chronic Fatigue, Epstein Barr, Lyme, Fibromyalgia and Depression. Depression, in particular, although it is often a true and accurate diagnosis, it is brought on by the inadequacies of the healthcare system. What I mean is that the depression is a **result of** the longstanding symptoms rather than the depression being a **cause of** the symptoms. Now you know why anti-depressants often don't help you! Other neglected areas such as cardiovascular health and prevention, lifestyle change, and nutrition are among the many aspects dealt with in this program.

### Client Testimonials ...

*Here's what some women (and men) have to say about BHRT ...*

*I've always been physically active but when I turned 50 I noticed that I was not responding to the rigorous hours of hard labor I was putting in the gym. My sexual desire and pleasure was like that of a retired stud horse put to pasture. Thanks to Dr. Bartiss I am in the running again."*

- W.B.

*I felt as though my life was over. My husband and children hated me and I thought that I was losing my friends, my job and my mind. After receiving hormone therapy, my children love me again, I got promoted at work, my friends no longer avoid me and I am once again the woman my husband fell in love with. In fact, he cannot keep up with me in the bedroom so I sent HIM to Dr. Bartiss."*

- J.M.

*Dr. Bartiss is a medical writer, lecturer and author and has been interest in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.*

*For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: [www.icambartissmd.com](http://www.icambartissmd.com)*

## Institute For Complementary & Alternative Medicine

**Mark James Bartiss, MD**

Welcomes you to his Alternative Medical practice,  
specializing in the following:



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