



LifeLinks

A bi-monthly publication of LexiLife Health Clinics

Hot Flashes or Continuous Burn? GREAT NEWS FOR WOMEN

Reduce Your Age related Diseases with Hormones



In 2002, when the media announced that female hormone replacement increases the risk of cardiovascular disease and stroke, millions of women stopped their hormone replacement.

Doctors were afraid to prescribe hormones. Women had to suffer through hot flashes, insomnia, night sweats, memory loss, inability to concentrate, vaginal dryness and loss of libido, just to mention a few of the symptoms of menopause.

Now we have great news!

Researchers have continued to analyze the original and follow up data from the Women's Health Initiative Study that frightened so many off their hormones five years ago.

The experts are now reporting that the use of hormones in the first years after menopause does not increase stroke and cardiovascular disease. According to the latest analysis, the

best candidate for hormone replacement is "a recently menopausal woman, in her mid 40's or early 50's, who seeks relief from hot flashes and other symptoms."

The April 4th Wall Street Journal article states "The data also showed hormone users aged 50 to 59 had a 30% lower risk of dying of any cause during the five-to-seven-year WHI Study than those given a placebo."

At Lexilife, we believe that bioidentical hormone replacement is the safest way to reduce the risk of fractures, cardiac disease, stroke, and most importantly the symptoms of menopause. In order to optimize an individual's health, we monitor risk factors for disease.

The Baby Boomers are Coming

Someone in America turns 50 every 7 seconds. Will these aging Baby Boomers deplete the already tight health-care budget?

Medical expenditures in 2003 were \$700 billion. Only 10% went to inherited genetic diseases, infection diseases and trauma; while 90% went to extraordinary care in the last 2-3 years of life. Is this where you want to put your health care dollars?

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The emerging healthcare crisis is caused by the following facts:

- 1. 90 million Americans live with chronic illness.
- Chronic disease causes 70% of deaths in the US.
- Chronic disease costs Americans more than one trillion dollars per year.

Do you want to spend **your** retirement years sick or healthy?

The Times They are a Changing"

50% of the Baby Boomers alive today will reach age 100 because of health optimization and preventative care programs such as those at LexiLife. Statistics show that Baby Boomers are seeking more nontraditional medical programs to optimize their health and general wellbeing. They are concerned about feeling good during "retirement" which for many is an adventure, a time for enjoying life!

Special points of interest:

- > Hormones reduce the risk of cardiac disease and stroke
- > Life without Viagra
- > Maritalpause: What is it? Do I have it?

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How can I live and love without my "Little Blue Pill"

Throw Away that Viagra!!

That's right—you don't need it! Although the major pharmaceutical companies would like you to think that erectile dysfunction (ED) can only be cured with their prescription drugs, hormone replacement therapy and testosterone therapy in particular provide a more natural solution.

Most men that suffer from ED are experiencing andropause—the male version of menopause that typically spans 20 years. Along with ED, men often experi-

ence a loss of energy and expanded waistlines. This is often due to an increase in estrogen that is produced instead of testosterone and a decrease in metabolism.

Precursors to heart disease may also be a result of andropause. Since your sex hormones are produced from cholesterol, the imbalance of these hormones often triggers elevated cholesterol.

Andropause can also deplete

your immune system leaving you more vulnerable to minor and major illnesses, and loss of bone and muscle mass.

Andropause is very correctable through hormone replacement therapy, diet and exercise changes, supplementation and stress reduction.

So the next time you pop that blue pill and wake up with a headache, you might want to think about giving your body a chance to do it naturally.



"We're Still Having Fun & You're Still the

MARITAL PAUSE?

You want to go to a movie or have an intimate dinner.

Your partner wants to sit on the couch and watch CSI reruns.

You haven't had sex for three months. You're not even sure you have the libido if the "moment" arrives.

You're suspecting an affair.

The kids are driving you crazy.

Your mother-in-law shows up unannounced.

Your partner seems to be having more than two cocktails a night.

Dr. Alexis Parker defines maritalpause as the deterioration of a partnership or marriage due to hormonal disharmony, environmental or social stressors, or the disruption of mental or biochemical elements in one or

both parties. For example, you are having hot flashes all night while your spouse is sleeping. Or maybe your partner is working late trying to get a promotion and too tired and stressed to notice your recently toned body. These events cause disharmony and distance and are threats to your partnership or marriage. If you both balance your hormones and maximize your health, you **can** avoid **Martialpause!**



"I swear my toes were there, just yesterday"

Take the Metabolic Toe Test

Stand up straight. Look down. Can you see your toes? Shoe laces? Could you when you were 25? If not, you are not alone. The number of overweight people is staggering. Most doctors will tell you to eat better and exercise more. Easy for them to say. If you are overweight and over 30 you probably have at least a start on metabolic deficiency.

Diets and exercise will usually not fix the problem. Revitalize your brain chemistry through natural supplementation so that you WANT to eat right and exercise. Then take advantage of this new-found attitude to restart your metabolism. Your organs receive 90% of their energy through a pathologic process called the Krebs cycle. Most

diets do not adequately feed the Krebs cycle—hence they are rapidly discarded or minimally effective. You need a metabolic program workup to determine the weak link in your Krebs's cycle. The broken links can then be rebuilt so you can generate your own energy and burn off those excess pounds naturally.