January— March, 2008

Volume 2 , Issue 1

LifeLinks

A quarterly publication of LexiLife Health Clinics

Want Energy? Be Kind to Your Adrenals

Sitting right above your kidneys, two small adrenal glands work to manage your stress.

"It is their job to enable your body to deal with stress from every source

Are Your Adrenals Taking a Dive?

possible source, ranging from injury to disease to work and relationship problems. Your resiliency, energy, endurance and your very life all depend on their proper functioning." says Dr. James L. Wilson. Those that continually operate at "full throttle" for extended periods of time eventually experience a condition called adrenal fatigue.

Colorado has a very high incidence of adrenal fatigue because people have fast paced lives often including high stress jobs, active families, inadequate sleep habits, and strenuous workout routines. You may be experiencing adrenal fatigue without even knowing it. If you have one or more of the following symptoms, you may be experiencing adrenal fatigue.

- Difficulty getting up in the morning.
- Continuous fatigue not relieved by sleep.
- Craving salt or salty foods.
- Lethargy (lack of energy).
- Increased energy to do every day tasks.
- Decreased sex drive.
- Decreased ability to handle stress.
- Increased time to recover from illness, injury or trauma.
- Light-headed when standing up quickly.
- Mild depression.
- Less enjoyment or happiness with life.
- Increased PMS.
- Memory and acuity degradation.
- Decreased tolerance and productivity.

The good news is that adrenal fatigue is correctable if caught early enough. At LexiLife we have been successful treating adrenal fatigue with hormone therapy, lifestyle changes, diet changes and tailored supplementation programs.

Good Night, Sleep Tight

Sleep is the one thing that humans cannot live without for any period of time. Even more so than water or food, the body will shut down if it is deprived of sleep over extended periods of time.

Dr. William C Dement writes that "most of us have the idea that sleep is a cessation of all activity, an oblivion we slip into where nothing happens." In fact, this is far from the truth. Dr. Dement explains that "During sleep the brain releases new combinations of hormones and chemical messengers that stimulate cellular activity throughout the body… the sleeping brain actually appears to be more active than it is while awake.

In general, adults need 7-9 hours of sleep a night. As we age, we enjoy less deep sleep. Why? In most people, it's because our hormones become depleted. Melatonin, growth hormone, cortisol, thyroid, estrogens, progesterone and testosterone can all play major roles in our sleep quantity and quality. Therefore, keeping your hormones balanced is a must.

In addition to hormones, you need to eat and drink right, exercise regularly, (early in the day) and establish a bedtime routine for good sleep habits.

Special points of interest:

- Ask Dr. Parker
- Healthy Adrenals
- Sleep & Hormones
- Alternatives to Statins
- Female Sex & Testosterone

Upcoming Seminars

Hormones & Age Related Issues

Feb. 21, 2008 6:30 pm

Menopause Seminar

March 18, 2008 6:30 pm

Seminars Located At:

6777 E. Hampden Ave.

Denver, CO 80224

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Energy Drinks: Pros and Cons

Pressured by Energy Drinks?

According to a research study and Wayne State University, energy drinks boost blood pressure and heart rate.

In a study of 15 healthy adults with average age 26, consuming two cans of popular energy drinks increased blood pressure by as much as 9.6 percent and heart rate by as much as 11 percent.

James Kalus, study leader stated "This occurred while participants were sitting in chairs watching movies." "The increase in heart rate and blood pressure weren't enough for something to happen acutely, but a person on hypertension medication or who has cardiovascular disease may not respond as well." "While energy drinks increase concentration and wakefulness, people with risk factors for heart disease could have a bad reaction. The subjects in this study were healthy with low blood pressure." Kalus stated.

Energy drinks typically contain high levels of caffeine and taurine, an amino acid. Both of these have been shown to have effects on heart function and blood pressure. It should be noted that energy drinks are different than sports drinks, that typically don't contain alertness heightening ingredients.

STATIN DRUGS: SIDE EFFECTS &TREATMENTS

Statins are the most prescribed , most effective and best tolerated of cholesterol-lowering drugs. In 2002 over 118 million prescriptions were written for Lipitor, Zocor, Pravachol, Mevacor, Lescol and Crestor. Statins help millions of people lower cholesterol, but like all drugs, they can also cause harm. Dr. Jay S. Cohen states, "statins are very powerful chemicals that exert effects in every cell of your body. Many of these effects are good but some can be bad." Statins have many common side effects that cause muscle pains, abdominal discomfort or memory symptoms. Over time, statins can cause muscle breakdown, kidney injuries and liver toxicities that are not easily repaired. These symptoms are pervasive enough that sixty to seventy five percent of people started on statins stop taking them. The average patient lasts only eight months on statins according to Cohen.

Many of the symptoms are dose related. Patients are often prescribed standard doses that may not be right for them.

Statin patients need to understand their doses, risks and alternatives. Many patients can get by with lower doses, natural remedies or a combination. Natural remedies for improving cardiovascular systems include diet changes and dietary supplements including CoQ10, niacin, folinic acid, fiber, garlic, fish oil, d-ribose, acetyl L-carnitine, and magnesium.

Statins: The Good, the Bad & the Ugly

Supplements: Helping or Hurting

Do you know what supplements to take?

What vitamins, minerals and other supplements do you need to take? The recommended daily allowances (RDAs) serve as a guideline to keep you from getting sick but they are inadequate for optimizing your health. Furthermore, everyone's body chemistry is unique so supplement types and quantities vary widely. As a result, most people do not supplement appropriately.

A common misconception is that more is better and that supplements will not hurt me. More is not necessarily better and supplements, although typically less harmful than medications, can cause damage if taken inappropriately.

When taking supplements, a few guidelines should be followed. First and foremost, have your biochemistry tested before taking supplements. Second, only use pharmaceutical grade supplements to ensure purity levels. Third, take your supplements at the right time of day. Taking them at the wrong time will render them ineffective, conflict with medications or cause adverse effects.

Finally, some foods and supplements can be harmful. As examples, grapefruit increases estrogens. This may be ok for women that are deficient but this can be detrimental to estrogen dominant women and men. Zinc can decrease calcium absorption. Too much B6 can cause neuropathies (nerve problems). Taking B6 and B2 at the wrong times can actually decrease your energy instead of providing energy. Excess vitamin A can cause liver damage and even death. So know what you are taking and why.

Ask Dr. Parker

Alexis Parker M.D.

Dr. Parker, I have been going through menopause for years: What can I do?

Q: I have had hot flashes and night sweats for years. Previously I managed them with Premarin, but now I am worried about the hormones I am taking so I am just suffering through them. Since starting menopause I have gained 35 pounds. I continue to exercise and watch what I eat but the pounds just seem to increase. I'm starving myself to no avail. Now the excess weight is giving me back pain. What's next? I ask myself. I feel depressed and disillusioned with this whole aging process. Please help.

A: Your symptoms although complex are quite common. In order for me to accurately diagnose you, I would need to see you. So I will respond by describing a treatment program for a patient with virtually identical symptoms so you can see what you might go through. Please note, that your treatment may be very different depending upon test results.

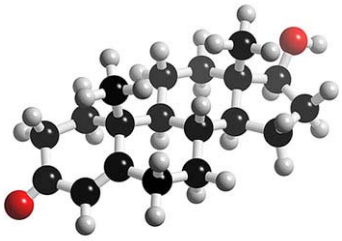
In this other patient we did a brain test to see what her neurotransmitters were doing and how they had become depleted. We tested her hormone levels and replenished estrogen, progesterone and testosterone bioidentically. We followed up with subsequent labs to make sure she metabolized the hormones safely. We prescribed supplements to lower her risk of cardiovascular disease and improve the health of her stressed adrenal glands. We altered her diet so that she had proper nutrition. Finally, we optimized her thyroid function and made sure that her levels of vitamins and minerals were good. She is feeling good, has lots of energy, is no longer starving herself, and she has lost 25 pounds.

WOMEN AND TESTOSTERONE

Many studies have shown the benefits of testosterone in men but what about women? There is strong evidence that testosterone deficiency in women has significant impact although the evidence has been largely ignored. Since women's testosterone levels are about 10% of the levels in men, doctors once believed that this hormone was insignificant in women.

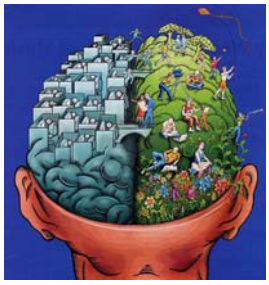
Controlled studies show that slight increases in women's testosterone levels in aging women increase sexual drive, arousal, and frequency of sexual fantasies. Below normal levels of testosterone of all ages seem to suppress libido and causes sexual dysfunction. Restoring testosterone to youthful levels through bioidentical treatments has been shown to not only increase sexual functions but also to improve mood and well being. Women that have elevated their testosterone levels to youthful levels also have an easier time staying fit, reduce fat, build muscle and have increased energy levels.

In men, testosterone is primarily produced in their testes. In women, testosterone is produced in their ovaries and adrenal glands. Numerous studies have concluded that women that have had hysterectomies with or without an oophorectomy, significantly decreased their levels of testosterone. Additionally, tests have shown that with age, even women that have not had a hysterectomy lose testosterone.



Testosterone is as important for women as it is for men.

Learn Your Brain



Understanding your brain functions may clear your thought and memory

One of the most valuable tools that we use to evaluate patients at LexiLife is the brain test. Patients complete a series of questions that describe their likes and dislikes now and throughout their life. The results help to determine which neurotransmitters (brain chemicals that transmit electric signals throughout the brain) make up the patient's dominant nature and which neurotransmitters are deficient.

There are four primary neurotransmitters in a person's brain. All people have a dominant nature driven by a primary neurotransmitter; Dopamine, exemplified by deep thought and high brain voltage, acetylcholine-high speed and creative, gaba—stable nature, and serotonin—playful nature.

Neurotransmitters can be affected by a variety of factors including stress, toxins, poor diet, medications and lifestyle. As such, a person's neurotransmitters can be eroded. Common examples include memory loss (usually an acetylcholine deficiency) and sleep disorders/ interruptions often caused by a serotonin deficiency.

The brain test not only determines your dominant nature—the neurotransmitter you depend upon most but also determines which one(s) are deficient. The clinicians then prescribe natural supplements, "brain food" to effectively restore these neurotransmitters back to optimimum levels.

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LexiLife is dedicated to improving people's lives. LexiLife uses advanced technologies and techniques to optimize your physical and mental health.

Using a unique blend of nutrition, hormone therapy, nutritional supplementation, exercise, and lifestyle programs specifically designed for you, our team of medical professionals will accurately assess your health and develop performance optimizing treatment programs to attain your individual goals.

Whether you want to be a middle-aged athlete, want to live a quality life until 100, or just want to improve your general health and feel better, LexiLife will design a program specific to your desires. All of our programs utilize safe, evidence based treatments under a doctor's care.