



8

**Proven Ways To
Look & Feel
YEARS Younger**



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8 Proven Ways To Look and Feel Years Younger

The 8 Tips In This Guide Will Help You Look Years Younger, Boost Energy, Burn Fat, Reduce Joint Pain, and Make Enjoying Life Much More Fun!

By Dr Anthony Capasso, <http://ThinMDMedSpa.com>

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In putting this guide together, the author has used reasonable efforts to include up-to-date and accurate information, but, since all individuals are different and our knowledge of health is constantly growing, the author makes no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. The authors of this guide shall not be liable for any damages or injury resulting from your access to, or inability to access, this guide, or from your reliance upon any information provided herein.

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Contents

Introduction & BONUS

I. The Hormone Cure

Simple ways to fix your hormones naturally, to erase wrinkles, recharge your energy, boost your brain power, and help you get an amazing night's sleep.

II. 3 Anti-Aging Diet Hacks

Boost your energy and look YEARS younger.

III. Erase Years From Your Face Without Surgery

Here's how to achieve a fast, pain free facelift without going under the knife.

IV. 3 Simple Ways To Shed Fat Fast (without diet or exercise)

Look 5 years younger for every 5 pounds of excess weight you drop!

V. 2 Missing Nutrients That Can Reverse The Signs Of Aging

VI. #1 Most Essential Part Of Any Anti-Aging Program

VII. Common Foods That Accelerate Aging

VIII. Wake Up Younger Looking and More Energized

Introduction & Bonus

Ever since my first day in medical school, I've always been fascinated with the *simple things* that have such a profound impact on how age affects our *looks* and our *health*.

Then, when I started my private practice back in 1998 I specialized in combining what I learned in medical school with all of my research on health (and that of the top researchers in the field of cellular and hormonal health) to help my patients literally **grow younger looking** so they could enjoy life more.

The single most blaring “rule” that seems to be at the forefront of every health strategy that truly works is this...

It doesn't matter what path you follow to look and feel younger, the results you get are limited by how personalized your approach is.

Pick up a book and you'll understand some basics, go to a health spa and you'll see some results (albeit often temporary), but when you get serious and start with a simple but strategic blood test – and you **build an anti-aging program specific for your body...**

...you'll sit back in amazement as your body, your skin and your brain begin to look and function the way did YEAR ago (even better in most cases).

80% Off A Full Consultation With Florida's Top Anti-Aging Doctor

(Limited to first 25 calls - call now)

Discover How To Look & Feel Years Younger With A Full Nutritional Consultation!

- Increase Energy
- Increase Mental Focus
- Look Years Younger
- Reduce Joint Pain
- Feel Amazing

Call now and get a full nutritional consultation for just \$25 (that's more than 80% savings)!

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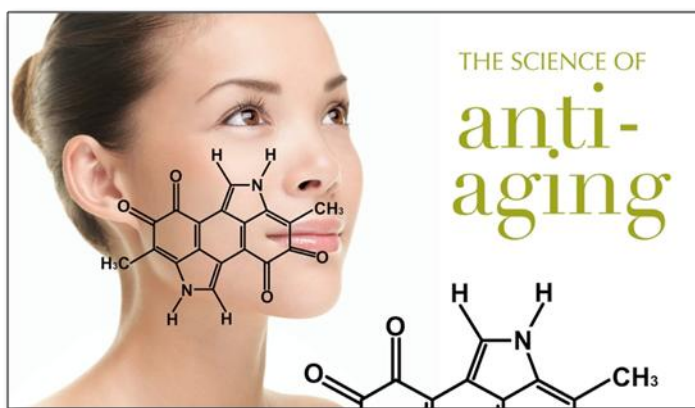
The Hormone Cure

Hormones are one of the main reasons we **feel energetic** when we are young. They're involved with our energy, libido, quality of sleep, and metabolism.

Unfortunately, a poor diet, inactive lifestyle, and natural aging can cause your body to produce far less of these essential hormones.

A diet high in simple carbohydrates can cause us to gain weight and suffer with *cravings and crashes* by increasing the fat storing hormone, **Insulin**.

Plus a stressful lifestyle increases our “stress” hormone **cortisol**, which causes us to gain weight due to its affect on fat cells and Insulin. Chronic stress can wipe out the adrenal function and make us feel exhausted. ***Although restful sleep and mild exercise have been shown to help balance these hormones...***



...as we age our healthy hormone levels decrease causing us to gain weight, have poor quality sleep, low libido or feel tired. Hormones “*imbalances*” like this have also been associated with joint pains, poor skin elasticity, wrinkles, and increased risks for heart disease, strokes and dementia.

Causes for hormonal imbalances are more common in women during their menstrual phase, during peri-menopausal and menopausal phase, and usually occur in men after the age of 30.

An example of a hormonal imbalance is an elevated estrogen level or a depletion of a thyroid hormone. Symptoms of hormonal imbalance include: advanced signs of skin aging, dark spots, dry or dehydrated skin, anxiety and insomnia.

The good thing is hormonal imbalance can be helped by changing your lifestyle and eating a balanced diet with foods containing the **key nutrients to produce and maintain the optimal hormone levels...**

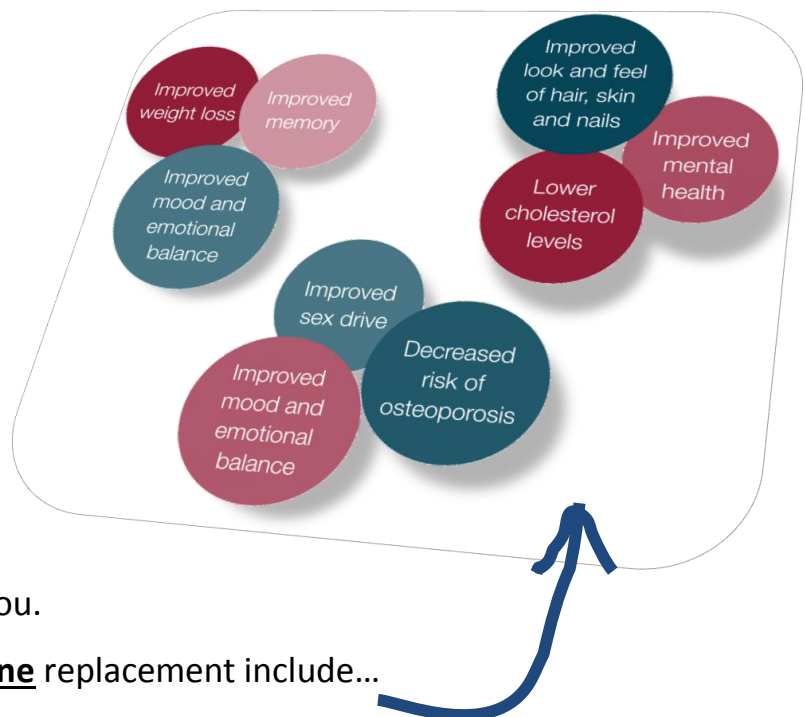
**Turn The Page To See Some Natural Remedies To
Keep Your Hormones Stable!**

- **Vegetables** - are fiber rich foods, high in nutrition that are good for balancing our hormones and keeping our cells healthy.
- **Herbs** - ginseng helps alleviate hormonal imbalance symptoms, rhodiolarosea can increase thyroid function, broccoli seed extract helps lower the conversion of “bad estrogen”, and Primrose oil has been used to naturally balance hormones.
- **Regular Exercise** - mild aerobic and resistance exercise will release natural, healthy chemicals that can make your skin radiant and more elastic.
- **Reduce Stress** - to avoid elevated cortisol levels, which can play havoc on the other hormones in your body like estrogen and insulin.
- **Healthy diet** - avoid sugars, starches, fruit juices and preservatives (more details on what to eat can be found in the diet chapter of this guide).

If these remedies don't help with your symptoms then you should see a doctor who specializes in natural bio-identical hormones.

Men and women have 12 to 15 hormones that may need to be evaluated. The hormones in your body act like an orchestra all working together. That's why it's important to look at all of them and not exclude any. If one member of that orchestra is off tune then the performance will not be good just like if one of your hormones is off in your body you will not perform at your best.

A questionnaire and simple blood test can let you know if your hormones are out of balance and causing you to age faster. It's important to find a qualified physician experienced in managing bio-identical hormones to help you.



Benefits of Bio-identical Hormone replacement include...



3 Diet Hacks To Boost Your Energy And Make You Look Years Younger

For the past 2 decades, patients have come to my office for help looking and feeling their best. Many of whom have already been following some very popular diet and nutrition programs. But it's only AFTER we invest an hour (or so) of research, and create a plan for their particular body – that they see **REAL RESULTS**, because the truth is...

*No Diet Can Work Without It Being
Personalized For Your Body And Your Needs*

The results you get from following a diet that is NOT built for you will take far more time and effort (which is why so many people consider dieting a struggle).

**But when we find and fix the internal cause of
YOUR weight problem – the weight can literally
melt off, far faster and with far less effort!**

With that said, if you decide to diet on your own, here are 3 diet hacks that generally work for all who use them.

Start With Vegetables!

Every cell in your body needs a supply of healthy nutrients in order to function properly (*and to stay alive*). But the cells in most people are starved and dying. The most common “warning signs” we see as evidence of this are premature wrinkles, a loss of memory, weaker eyesight, brittle hair and nails, and a loss of energy.

Vegetables (particularly raw, non-starchy vegetables) are essential for feeding every cell in your body – keeping all 37.5 TRILLION cells young, healthy and strong.

Colorful vegetables are loaded with phytonutrients, vitamins, minerals and antioxidants that decrease inflammation, detoxify the body and feed your cells.

Great choices include:

- Kale
- Spinach
- Broccoli
- Asparagus
- Avocadoes
- Cabbage
- Celery
- Beets
- Tomatoes
- And every vegetable listed on the shopping list in this report

The Miracle Of Fat!

Enjoy Good Fats – *good fats promote youthful looking hair and skin, a strong brain, and is one of the best energy sources for every system in your body.*

The body prefers to use fat as an energy source as opposed to sugar, partly because fat also regulates blood sugar levels. Plus fat helps decrease inflammation and protects the heart during stressful times, as opposed to sugar – which increases inflammation and increases your risk of nearly all diet related illnesses.



“Good fats” help you avoid brain fog, feeling irritable and energy crashes. But you need to avoid *toxic fats* such as margarine, trans fats and hydrogenated oils.

Good fat choices include the following:

- Raw nuts and seeds
- Coconut oil (organic, cold-pressed)
- Grass-fed butter
- Cold-pressed, extra virgin olive oil
- Egg yolks (farm raised eggs)
- Avocadoes

Eat Food That Reduce Inflammation

In the past few years there have been more studies on how diet has a direct effect on the inflammation in your body. In other words, certain foods we eat have shown to increase inflammation in our bodies causing us to feel weak and look years older.

The foods we eat and don't eat play a big part in inflammation. The healthiest diet for our body consists of one with carbohydrates combined with grass-fed proteins and healthy fats from foods like such as: fish, walnuts, olives, and coconut oil.

Many of the foods we eat contain substances that can cause an inflammatory reaction. But because the reactions can be mild or delayed, it is often not recognized as a food reaction. Our bodies natural response to these substance is to cause an inflammatory response initiated by the release of chemicals in our bodies like histamine.

Combine that with the fact that more than 80% of our Immune system lives in our gut. If you consume a food and it makes you feel sick, tired, bloated or achy you may be having an inflammatory reaction to that food, often called food sensitivities. This results in a chronic systemic reaction that can start by making you feel fatigued, tired, have headaches, and even poor concentration and focus. But those are just small signals... constant reactions like this cause you to age faster.

Sometimes these smaller reactions can be delayed until the next day so it may be hard to determine what caused them.

Higher inflammatory foods include:

- Trans fats are primarily manmade fats created through a process called hydrogenation. This turns liquid oils into solids like margarine and shortening. Examples: vegetable shortening, margarines, crackers, cookies, and many packaged snack foods. If the label says hydrogenated or partially hydrogenated oils on it avoid eating that product.
- Fatty meats - Higher in saturated fats and have small amounts of naturally occurring trans fats especially if they are cooked.
- Sugars - Sugars, starches, simple carbohydrates and natural sweeteners like agave.
- Pasteurized dairy – including cows milk
- Gluten containing foods - Wheat and malt containing foods

Now when it comes to fats don't think all are bad!

Good fats are important for the body in a variety of ways. Good fats actually improve brain and heart health. Your body doesn't make essential fatty acids so you need to get them in your diet by eating healthy fats. A common myth I often hear is, "If you eat fats, you will get fat!" There is no proof that restricting fats in the diet improves weight loss or reduces heart disease. In contrary, eating the right types of fats can lower your risks for heart disease. Omega-3's can also lower the inflammation in your body.

Your heart and brain need fat to function at an optimal level so feed it the Good Fats. Healthy fats will also help with your satiety, cravings and squash those energy crashes.

Good fats that can energize your health include:

- Fish and seafood, especially salmon, mackerel, and sardines, which are loaded with omega-3
- Walnuts, pecans, and almonds
- Flaxseeds, hempseeds or Chia seeds
- Olive oil (cold pressed, extra virgin)
- Sesame, pumpkin, and other seeds
- Avocado

To look years younger, avoid trans fats and limit unhealthy fats. Your diet should be front-loaded with all of the healthy foods. Start every meal with plenty of colorful vegetables. Add some lean protein, a healthy source of fats like olives, nuts or avocado and you look and feel amazing in no time!

In Summary:

If you choose to follow an anti-aging diet by yourself, you're going to get far less visible results, but if you're dead set on going it alone then your diet should be focused on vegetables (preferably raw, organic, non-starchy vegetables), a large helping of healthy fats with every meal, and some grass fed protein.

And just as important – you should avoid the foods that are DEFINITELY causing you to appear older than you are, like: sugars, grains, most common vegetable oils, and all processed foods.

Or better yet – call my office for a full nutritional consultation and let us create a program JUST FOR YOUR BODY! (904) 694-0992 Our personalized diets will get you results that last a long time – and if you NEED EVEN FASTER RESULTS, we have at least eight (8) in-office, discrete, simple treatments that can accelerate the results you get!

Erase Years From Your Face Without Surgery

4 PROVEN ways to achieve a fast facelift without going under the knife

Whether it's a wedding, a school reunion, a date, or if it's just time to shed a few years from your face – it's nice to know there are in-office, doctor supervised treatments that can get you looking great in almost no-time, but which ones REALLY WORK, and which ones are just hype?

Here the truth about which treatments are proven to show the best results without risky surgery or a long, painful recovery...



The greatest advance in non-laser skin resurfacing is called **HydraFacial**, and the reason it's so popular among celebrities and models is because it detoxifies, rejuvenates and protects your skin – giving it a smoother, younger, cleaner look (*fast*).

A HydraFacial treatment is good for **all skin types**, is highly effective at improving overall skin health, and also excellent for remedying:

- Fine Lines and Wrinkles
- Elasticity & Firmness
- Skin Tone Evenness & Vibrancy
- Skin Texture
- Hyperpigmentation/Photo Damage
- Oily/Congested Skin
- Enlarged Pores
- Advanced Signs of Aging

The Difference...

All HydraFacial treatments are supposed to include an exfoliation, a peel, a extraction (of dirt from your pores), a hydration, and a step to boost skin protection. The difference between one HydraFacial treatment and another is what happens next...

After your HydraFacial is complete, and you're feeling relaxed and renewed – your skin can be especially vulnerable! After a Hydrafacial, your skin needs a

Peptide Complex to strengthen it, and a Collagen stimulator to enhance the production of new, healthy collagen so your face retains its youthful appearance.

Schedule your HydraFacial now and **get up to 10% off your treatment** plus:

- ✓ A FREE antioxidant treatment
- ✓ A FREE Dermabuilder
- ✓ A FREE Collagen Stimulator

Call Now For More Details: [\(904\) 694-0992](tel:9046940992)



A simple way to lift, smooth, or plump your way to natural-looking results that last is called **Juvederm/Voluma**, which is the only FDA approved hyaluronic acid filler which can give you visible **results for up to one year with just one treatment.** Performed properly, Juvederm adds volume to areas of the face to lift cheeks, smooth lines, or plump lips. The results are natural looking and long lasting.

A Juvederm treatment usually takes 15 minutes or less, the results can be seen instantly, and can last all year!

Sounds too good to be true?

The reality is that, most people use Juvederm *‘as part of their anti-aging regimen’*.

During your visit, we’ll also discuss ways to **maximize your results**, like simple changes to your diet that include healthy fats and vegetables, and the avoidance of certain foods that accelerate aging like sugars, artificial sweeteners, and processed foods.

When you use Juvederm along with a healthy diet – the results you get can astonish you!



This next treatment should ONLY be performed by someone who is a doctor AND highly experienced administering it, because although the results you get can be *astounding*, the risks associated with this treatment can be shocking.

Before I share this treatment with you, let me preface this by saying that every bad experience I've ever heard about it – has come from someone who had the treatment performed by someone who should never have been administering it.

I'm referring to **Botox**, which is a controlled substance, so injectors should be trained aesthetic physicians. Beware of places where an MD has put their name on a medical spa, but is never seen in person. These places often are operating under his/her name only, not his/her supervision.

Some states allow other healthcare providers to perform the injections, and if you choose to take that risk, you should still investigate them thoroughly.

Here's how...

1. The provider you choose should be qualified, trained and registered with the state. A quick online search can help you find this information as well as patient feedback and reviews.
2. Be sure the clinic has appropriate medical equipment and a safe, clean environment.
3. Seek a consultation, during which you can look for signs of cleanliness, sterility, and good hygiene. Never feel pressured to proceed with the injection if you feel uncomfortable with your provider.
4. And NEVER opt for in-home "Botox Parties". The procedure requires a safe, sterile environment where a trained aesthetic physician can stay focused on your looks, as well as access to the proper resources in case of an allergic reaction.

In short – Botox is an excellent treatment to reduce the signs of aging (fast), but like all health treatments, it needs to be performed properly and under the guidance of an expert in the field.

Call Now For More Details: [\(904\) 694-0992](tel:9046940992)



Our final treatment on this list is not actually a “treatment” – it’s a supplement!

One of the most important things that can accelerate your aging process are the toxins from your environment. Our environment is full of toxins. In fact, your body has become a virtual dumping ground for thousands of toxic compounds that invade the air you breathe, the water you drink, and even the food you eat.

***A recent study revealed age-accelerating pesticides
in 50% to 95% of the food we eat***

Chemicals that are not metabolized or broken down by your body are stored in fat, muscle and bone where they accumulate throughout your life, leading to advanced aging of your cells and all sorts of illnesses!

They can disrupt your endocrine system, nervous system, cardiovascular system, metabolism, causing cancers, accelerating your age and causing irreversible illnesses. The good news is you have several mechanisms in your body to get rid of or detoxify yourself. These pathways are mainly controlled by your liver and kidneys but are also controlled by your genetic makeup or genes.

If genetically, your detoxification systems are slower, and or you're overloaded with these environmental toxins, ***your immune system will turn on its inflammation cascade and your body starts to break down and age.***

The need to detoxify your body is of utmost importance.

We are constantly being exposed to “toxic materials” including:

- Pesticides: detected in 50-95% of the food we ingest
- DDT-pesticide(increases breast cancer, infertility, liver, nervous system damage)
- Industrial chemicals
- Xenoestrogens-chemicals that look or act like estrogen in your body.
- BPA(Bisphenol-A)
 - BPA is a synthetic estrogen (xenoestrogen) it has the potential to lead to hormonal imbalances, especially an overload of estrogen which can result in:
 - fatigue

- weight issues
- anxiety
- poor sleep
- More than 90% of us have BPA in our bodies
- Found in food storage containers, including plastics and cans
- May affect brain, behavior, hormones, and blood pressure

Top tips to reduce BPA:

- Use glass or stainless steel cups
- Only use plastics with recycle code of 1 or 2 on the bottom
- Cut down on canned foods or use “BPA free” caned food
- Avoid handling thermal paper like receipts

In short, these commonly used chemicals are toxic for our bodies and every time you are exposed to them, your cells absorb a little more and, most often, store it.

As these toxins build up over the years, we see a greater degree of advanced aging and illnesses which doctors often called “age-related” or “unexplained”, when in reality, many illnesses can be averted by avoiding these chemicals throughout our life and following a simple detox at least once each year.

Step 1: Avoid what’s killing us

- One of the most common ways for toxic chemicals to enter our bodies is through our skin. Any lotion or makeup you apply to your skin is absorbed into your cells.
- For this exact reason, we carry an all-natural line of makeup and lotions to help our clients look and stay healthy! Call us for a list today: [\(904\) 694-0992](tel:9046940992)

Step 2: Detox your body

- Increase the antioxidants phytonutrients like green tea, resveratrol from grapes, turmeric. Unfortunately, you may not be able to get

enough of these phytonutrients from a healthy diet you will need to supplement.

- Improve your body's ability to detoxification through improving liver function with natural antioxidants and herbs like (ALA -alpha lipoic acid, NAC-N-acetyl Cysteine, Milk Thistle, Calcium-d-glutarate)
- Get rid of Xenoestrogens (synthetic compounds act like estrogens damaging your body) by adding a natural substance found in broccoli (DIM Diindole Methane and glucoraphanin) which help your body to eliminate these toxic chemicals. This is a concentrated broccoli extract.

The challenge?

Most supplement companies charge far too much for these nutrients, and those who have products at a reasonable price usually use ineffective dosages or they leave out the key nutrients that are the most expensive (and most effective for you).

I searched for years to find a quality supplement that I would use myself, prescribe for my family and for my clients.

If you're interested in knowing which product I personally use and recommend, it's Body D-Tox...



[Click here for more details](#)

3 Simple Ways To Shed Excess Fat Fast (without diet or exercise)

Whether you've failed every diet and exercise goal in the past, or you just want to accelerate the results you get from your current diet and exercise routine – these 3 proven tips can save you YEARS off your efforts...

#1: No dieting, no exercise, no struggle, no restriction – just results!

Does that mean that you can eat anything you want and never exercise?

No...

But this will absolutely accelerate your results and help you drop fat and inches from all of your most difficult “problem spots.”

It's called Zerona, and it's a relaxing treatment where you lay down listening to soft music while a PAIN FREE laser emulsifies fat (releasing fat stuck in your cells).

Through a double blind, randomized, multi-site and placebo-controlled study, the Zerona procedure is PROVEN to be an effective non-invasive and body contouring procedure. On average, clients lost on average **3.64 inches** from the circumference of their waist, hip and thighs, whereas the placebo group only lost an average of a half of an inch.

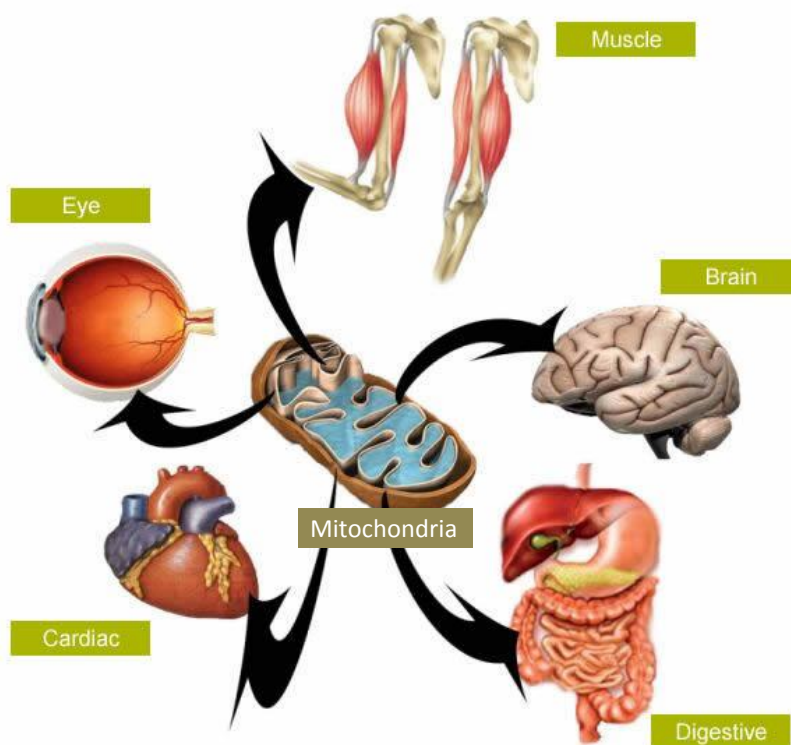
***Imagine going from a large to a medium, or a medium to a small,
just by relaxing for forty minutes, a few times a week.***

#2: If you're looking to get that edge back in your life, to get faster results from your diet or exercise program, or to get your passion back for life, then your body might be lacking a handful of nutrients that are causing you to feel older than you are. More specifically, your body may be lacking the nutrients necessary for mitochondrial health.



Mitochondria are abundant in EVERY cell in your body. They are the "powerhouses of your cells." They're responsible for converting food into energy. However, as you age, mitochondrial health starts to decline which can lead to:

- **Wrinkles**
- Inflammation
- **Failing memory**
- Muscle weakness
- **Fatigue**
- Digestive issues
- **Poor eyesight**
- Degenerative issues
- **Poor muscle tone**
- Low endurance
- **Loss of hearing**
- Cardiac issues



After more than a decade of research, I created a supplement for myself, my patients and my friends which boosts the production and function of healthy mitochondria. It's called [Mitoblast2](#) and it's my favorite supplement because it goes beyond inner health (cellular health), and it optimizes fat-burning by energizing your metabolism as well.

{MitoBlast2 does NOT include wheat, gluten, yeast, soy, dairy, artificial colors, sweeteners, or preservatives – it's all health!!!}

Call our friendly staff now for a discounted trial: [\(904\) 694-0992](tel:9046940992)

#3: It's simple to try another diet, or try to exercise harder – but what happens when you stop seeing results even though you're still pushing the limit? The fact is that we're living a lot longer these days, and if you want to live in excellent health – then you need to optimize your hormones!

Fluctuations in hormone levels occur as the result of age, stress, toxic exposures, diet, or unhealthy sleep patterns. It's important to monitor your hormone levels

throughout your life and take action early to address imbalances before they affect your health or quality of life.

In chapter one, we discussed The Hormone Cure, and showed you some simple ways to take control of your hormonal health, but now let's focus on why you need to stay 'balanced'...

Late in 2015, the Veterans Database Study found that men who treated low testosterone with testosterone therapy experienced a **reduced risk of heart disease and stroke**. A study published in the New England Journal of Medicine (NEJM) early 2016 found that testosterone therapy **improved mood, sexual health, and physical fitness** in men.



Among women, hormone therapy has been heralded as the **best treatment for menopause**, helping to reduce the frequency and severity of symptoms. In March of 2016, the results of the highly anticipated

ELITE study were published in NEJM, finding that women who begin hormone therapy early in their menopausal years experienced a **reduced risk of cardiovascular disease**.

The Best Delivery Method...

Bioidentical hormone replacement therapy (BHRT) can be delivered in many forms. There are creams, gels and injections, but there's another option, one that frees men and women from the hassles of daily dosing and ***minimizes side effects***.

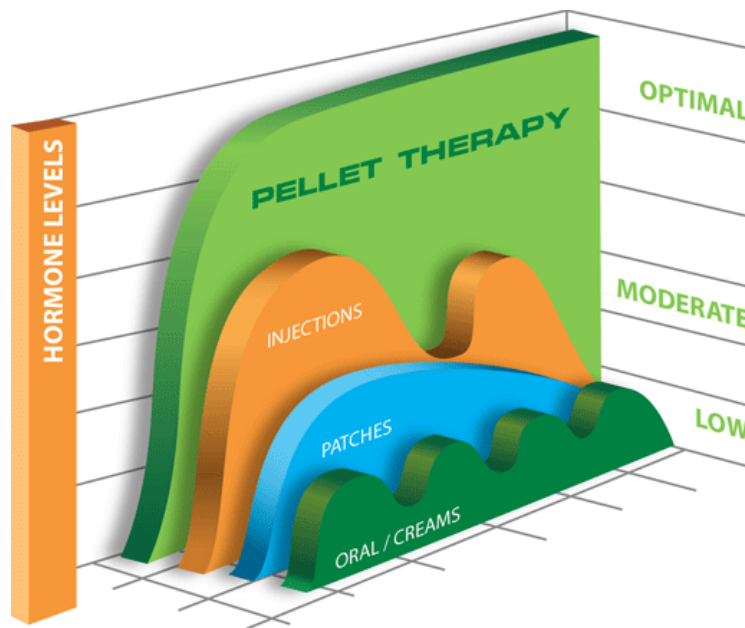
It's called "pellet therapy" and it's been around as long as bioidentical hormone therapy itself - dating back to the 1930s - but only rising to popularity in recent years as on-the-go, busy lifestyles have increased demand.

Hormone pellets are derived from plants, just like other forms of BHRT, meaning they are naturally-based and structurally identical to the hormones produced by the human body. Each pellet is about the size of a grain of rice and is inserted into

an incision made to the upper hip area during a simple, in-office procedure. Following insertion, the body slowly begins to metabolize the pellet, releasing a **steady, natural dose of hormones**- much like the body does under normal function.

Pellet therapy offers many of the same benefits as other BHRT delivery methods, but it has some distinct features that set it apart, including:

- **No hassle dosing.** The pellet is inserted and goes to work - no need to remember to take a pill or swipe on a cream. And, since the pellet is slowly metabolized by the body over time, patients don't have to worry if they took too much or not enough.
- **Minimizes fluctuations between treatments.** Pellets are designed to work with each patient's body chemistry, releasing a natural dose of hormones throughout the treatment cycle.
- **The process is quick, like having your blood drawn.** Local anesthetic is applied to the injection site, a tiny incision is made in the skin and the pellet is put into place by trained medical staff and sealed with a piece of medical tape. There is no need for stitches or fear of scarring.
- **No risk.** Pellet therapy has not been associated with increased risk of any adverse conditions or diseases.



STOP WAITING!
TALK TO FLORIDA'S TOP ANTI AGING DOC TODAY.
(904) 694-0092

2 Missing Nutrients That Can Reverse The Signs Of Aging

Aging is all about deterioration. Deterioration of our organ cells from the inside - and deterioration of our hair, skin and nail cells on the outside.

Protect your cells from stress and toxicity, and you can reverse many signs of aging.

In chapter 2 we discussed the benefits of avoiding foods that are killing your cells, and what to eat to fortify your cells against additional damage, but there's a handful of nutrients that, when taken in the right form, can help repair your cells and help us look and feel years younger.

In this chapter I'm going to focus on just two of those nutrients. Not because these are the only two you should consider, but because if you don't take these two – most of the other nutrients you ingest won't be able to help.

Biotin is the first...

Biotin is a nutrient that helps us keep a young, attractive appearance since it plays a major role in maintaining the health of our hair, nails and skin. In fact, biotin is sometimes called the “H” vitamin, which stems from the German words *Haar* and *Haut* that mean “hair and skin.”

Because Biotin is a necessary component to the growth and formation of cells, fatty acids and fats, you'll see vitamin B7 (biotin) commonly added to hair and skin beauty products, although it's not absorbed very well through the skin and actually must be ingested to be fully beneficial.

Biotin can be found in foods like organ meats, eggs, avocado, cauliflower, berries, fish, legumes and mushrooms.

The second nutrient is one that most people don't even know they need to take, its Silicone...

Silicon is an element present in most tissues of the human body. It performs a vital role in connective tissue health, especially in the formation of the organic matrix (e.g., collagen and glycosaminoglycan formation). *BTW: Silicon is not to be confused with Silicone which you might use to caulk your bathtub.*

Grain-based products are the main dietary sources of silicon, but most grain-based products cause an inflammatory response in our bodies and thus accelerate the aging process.

The solution?

Supplementation with a soluble silicon supplement like orthosilicic acid (OSA), but orthosilicic acid is not naturally bioavailable, so it's important a 'stabilized' form.

We came out with a high quality (clinically proven) Silicon/Biotin formulation which is Choline-stabilized (ch-OSA®).

ch-OSA helps naturally nourish the body's beauty proteins: collagen, elastin, and keratin. Collagen is the body's main structural protein. It makes up 70% of skin and gives skin its strength and elasticity. It forms 30% of bone to give bones the flexibility they need to withstand impact.

Additionally, the collagen fibers in bone are the binding sites for calcium and other bone minerals.ⁱ Collagen is also the major component of fascia, cartilage, ligaments, and tendons. Unfortunately, collagen production begins decreasing at age 18. By the age of 40, the decrease is about 1% per year.ⁱⁱ For women, the decline equates to a loss of 7% of skin thickness every 10 years. Following menopause, the decline in thickness accelerates to as much as 1.13% annually, while skin elasticity degrades 0.55% per year.ⁱⁱⁱ Adequate collagen production correlates with healthy bones and strong hair and nails.^{iv}

For years, orthosilicic acid (OSA) was the focus of intense research because it was viewed as a potential collagen generator. As a result of that research, the molecular complex known ch-OSA was created. Choline not only has the positively charged nitrogen atom that forms the vital bond with OSA, but according to leading collagen researchers, choline transports the orthosilicic acid into target cells where it activates the pathways involved in collagen production.

Clinical trials also suggest that beyond its ability to generate collagen, ch-OSA promotes keratin and elastin formation—two proteins that assist in skin elasticity and hair tensile strength – both of which help people look years younger.

The product is called: *Revive Plus*, and it:

- ✓ Reduces Fine Lines and Wrinkles*
- ✓ Thickens and Strengthens Hair*
- ✓ Strengthens Nails*
- ✓ Supports Healthy Bone Mineral Density*
- ✓ Supports Bone Flexibility*
- ✓ Promotes Connective Tissue Formation for Healthy Joints*

[Click here to see what else Revive Plus can do!](#)

#1 Most Essential Part Of Any Anti-Aging Program

After decades of working on my own health and helping my patients to look and feel younger, I truly believe that **being active** can help you delay your aging by 9-12 yrs?



Everyone knows that being active is good for you, but did you know **it can keep your DNA younger?**

Researchers believe the length of telomeres found in your chromosomes is related to staying young and are **one of the most important factors in aging.** Shorter telomeres suggest more stress on the body. Researchers also believe that shortened telomeres can increase the risk of diseases like high blood pressure and cancer.

Their study revealed that people who were vigorously active at least 3 hours each week had longer telomeres and were 9 years younger compared to sedentary people who were not as active.^v

Losing your endurance as you get older is not necessarily a part of aging.

I always thought that our endurance and being active capacity naturally got worse as we age until I noticed some of my older patients, who being were regularly active, were in the best shape of their life; even better than when they were younger.

A research study published in the British Journal of Sports Medicine indicates that regular, moderate to vigorous cardiovascular activity could delay biological aging by roughly 10-12 years. Our endurance declines if we are not regularly active, making regular movements hard to perform. Even if you have been a couch potato and lived a relatively sedentary life, starting an activity program can reverse some of the biological signs of aging by boosting your aerobic power by 25 percent, the equivalent of 12 years.

What activity is best?

How you remain active is important. The right type of training can help you feel 10-20 yrs. younger.

Studies have shown that high intensity interval style training works better for weight loss, building muscles and overall cardiovascular health.

The good news is you do not need to exercise hard for an hour or more. You'll see benefits in as little as 15-30 min 3-4 x per week. The goal is to get your heart rate up for as long as you can during the highest intensity before you lower your resistance during your lower intensity interval. If you have access to a stationary bike or a treadmill use the pre-programmed hill or manually increase your resistance for as long as you can before lowering it during your lower intensity periods.

The REAL Activity?



The real 'activity' when we're talking about looking and feeling younger, doesn't always come from high intensity exercise...

In fact, just being active all day is the #1 most essential part of any anti-aging program!

Being Active Means:

Walking as much as you can during the day, standing instead of sitting while you work on your computer, taking breaks from standing or sitting to stretch for a few minutes. In short – your body was built to move, not to sit.

The saying “Sitting is the new smoking” is a great mantra to keep in mind as you make small changes to your life to help you look and feel years younger.

Common Foods That Accelerate Ageing

Avoid Foods That Cause Premature Aging

Grains

White and wheat flour, rice, corn, oats, rye, barley, buckwheat, amaranth, spelt, teff, kamut and millet should be avoided whenever possible. Pre-packaged foods like breads, cereals, pastries, pasta, cakes, cookies, crackers, beer, bagels, corn chips and oatmeal are out. Look on the label of any pre-packaged foods as flour is often used as a thickener.

One of the main reasons for avoiding flour products is due to gluten. Gluten is protein found in wheat that is added to many foods. Unfortunately, many people have a hard time digesting it and can lead to constipation, digestive problems, diarrhea, acid reflux, cramping and bloating. It can also affect your immune and endocrine system causing:

- Skin inflammation
- Joint pain
- Fatigue
- Abnormal menstrual symptoms
- Infertility

Sugar

Sugars are simple carbohydrates that are made from corn, sugar cane, beets, maple syrup and honey. Sugar is in everything from candy bars to soft drinks, pasta sauce to salad dressings. When you eat white sugar, it spikes blood glucose levels and stresses the body - plain and simple.

Eating too much sugar forces your body to release insulin to counteract that sugar. Insulin is like a 'key' to your cells and allows glucose to enter the cells for storage. Glucose gets stored as glycogen, which the body can use for energy, but if you do not use it, it gets stored as fat. The faster blood sugar spikes, the faster it falls as the glucose is absorbed into the cells. You might feel a 'sugar rush' and then an hour later you'll want to take a nap.

Over time, the cells become less receptive to insulin. In other words, it takes more insulin to get the glucose into the cells. That can lead to insulin resistance and eventually diabetes. This is why diabetics require insulin, since they no longer make enough to handle the sugar in their diet. If you continue to eat foods that

spike your blood glucose levels, cortisol and insulin levels on a daily basis, it can quickly lead to:

- Weight gain
- Diabetes
- Chronic inflammation
- Insulin resistance

Say No To Common Vegetable Oils

You would think vegetable oil would be made from vegetables, however they are typically made from seeds. The most common are sunflower oil, canola oil, corn oil, safflower oil, peanut oil and cottonseed oil and many are combined for margarine. These are heated to such a high temperature, often hydrogenated or partially hydrogenated known as **trans fats** that have been shown to cause heart disease and chronic inflammation.

In Place Of Vegetable Oils

Instead of using vegetable oils, enjoy healthy oils and fats like coconut oil, olive oil, or a high-quality grass-fed butter. Yes, I said butter, which is actually good for your health and your heart.

Avoid Homogenized and Pasteurized Dairy

The pasteurized process involves heat that destroys enzymes needed for digesting and assimilating the nutrients in milk. Homogenization heats the milk even more and destroys the fat globules. As a result, many people are allergic to protein and casein in homogenized milk and other dairy products.

Say “No” To Artificial Sweeteners and Additives

If it's hard to pronounce, do not eat it. Preservatives, additives and artificial sweeteners have negative effects on the entire body.

By eliminating processed foods, dairy products, toxic fats and ALL grains, you should see a significant improvement in your health including higher quality sleep, improved skin and hair, increased energy and weight loss.

Wake Up Younger Looking and More Energized

If you don't like what you see in the mirror, it may be time to evaluate the way you sleep because *proper sleep* can add years to your life and **erase years from your face**. Here are 10 steps to get a great night's sleep and help reverse the aging process...

1. Make a list of what you need to do the next day, write it all down. When you write things down you're giving your brain the signal that it no longer needs to think about those tasks.
2. Don't watch television or a computer/smart phone/tablet or listen to the radio (especially the news) for at least 2 hours before retiring for the night - and certainly do not fall asleep with the TV or radio on.
3. Read some inspirational or self-growth material for 30 minutes prior to bed. Your goal is to fill your mind with inspirational thoughts before falling asleep so that the last thoughts you have before drifting off are relaxing and uplifting thoughts - as opposed to the stressful thoughts that most people fall asleep thinking about.
4. Make sure the room that you're sleeping in is as dark as possible - the body is made to sleep when it's dark - the darker the room the more potential for a deep sleep (if you have a spouse who loves to stay up late, get yourself a comfortable eye mask).
5. Make the room as silent as possible - turn off all electric devices and ask others in the house to be as quiet as they can be, or if you can't quiet your loud neighbors – use earplugs.
6. Don't eat for at least 3 hours before going to bed. When there's undigested food in the stomach your body is forced to focus on digesting that food rather than being focused on repairing your body and mind - which is what sleep is all about! The body was designed to digest food best while moving - not while laying down.

7. Try to go to bed at approximately 10:00 pm and awake at approximately 6:00 am. In Ayurvedic medicine it's believed that there are cycles that are the most conducive for certain activities. Going to bed at 10:00 pm and arising at 6:00 am appears to allow the body to rest the deepest, rejuvenate the most, and gives the person the most energy throughout the day.

8. Don't take drugs or alcohol to help you sleep (unless required by your physician). Most of these synthetic sleeping aids do nothing more than deaden your senses - the goal of 'sleep' is to give your body the time and means to repair itself and prepare for the coming day. When you drug yourself to sleep, every system in your body is slowed down, including all those systems that are responsible for repairing you.

If you wake up several times during the night, or if you don't wake up refreshed each morning – then call my office now and get a bottle of our *Melatonin CR*— it's the only vegetarian formula with a *biphasic delivery system* that releases melatonin quickly and then steadily so your body can get the sound sleep it needs. Call now: [\(904\) 694-0992](tel:9046940992)

9. Make sure there's a fresh air supply in the room. The air indoors is said to be some of the most toxic air around. When you sleep, you inhale the air that surrounds you in your enclosed bedroom. Try opening a window (if it's cold outside then just open the window a crack). The fresh air that comes in while you sleep will help *your body and your mind repair* because you'll have access to cleaner, more oxygenated air.

10. During the day, be active! Reread the chapter on how to be active, and if you can't follow what I suggest in that chapter, then at least do 60 minutes of mild exercise. If you don't have time to do 60 minutes in a row, then break it up into 2 - 30 minute sessions, or 3 - 20 minute session, or 6 - 10 minute sessions --- just get out there and be active! The best exercise when talking about general health and preparing your body for a great night's sleep is "walking".

All the most feared signs of aging can be drastically slowed, and even reversed using the tips in the guide.

But the truth is that nothing can work fast enough or effectively enough without first being personalized for ***your body***, and ***your lifestyle***, so call my office right now while it's still hot on your mind and let my friendly team help you understand the best path to look and feel YEARS (and years) younger!



Call today and get up to 80% off a FULL Consultation with Dr Anthony Capasso, Florida's Top Anti Aging Doctor. Limited offer...

(904) 694-0992

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