



Longevity Health Institute

LONGEVITY HEALTH NEWS

ASPIRIN KILLING PEOPLE? BE WARNED!

Twenty-Eight thousand women were followed in a Dutch study, over 15 years (average age 55), after taking low-dose aspirin regularly were 3X MORE likely to go to the ER with serious bleeding, than preventing heart attack or stroke. They were also 6X MORE likely to suffer bleeding than preventing colon cancer. The American Journal of Preventative Medicine recently confirmed that aspirin use in millions of American may be doing more HARM than good.

"There is evidence that more natural approached for heart disease and colon cancer may be safer and just as effective," Dr. James Lewerenz.

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

Age related cognitive decline, Dementia and Alzheimer's, starts years before you start forgetting things. New research out of the National Institute of Health, has shown with limited nutrition and high sugar (particularly low vitamin E), our brains starve, atrophy and shrink. Loading up on the proper vitamin E and limiting sugar may be the best way to beat or prevent Alzheimer's disease. Vitamin E helps the brain use and maintain docosahexaenoic acid (DHA) at the cell membrane. So, eat lots of nuts, fish and tasty Mediterranean foods, including healthy fats such as avocado for better memory. "The best vitamin E supplement is a full spectrum-mixed tocopherol (alpha, beta, gamma and delta)," Dr. James Lewerenz

YEAST REMEDIES TO THE RESCUE

Candidiasis, or vaginal yeast infections are all too common, at any age. The most common triggers of yeast in our body is antibiotic use, along with a high sugar diet and other prescription medications. "Friendly-good bacteria," in your body can prevent yeast. Probiotics can prevent yeast from taking over. If needed, some natural remedies like Boric Acid can help tremendously. In a 2007 study, Boric Acid was found to be more effective than patented antifungal medication. Vinegar and water, known for its acidity, can also be helpful when applied locally. "My personal favorite, with well documented evidence-based studies, is silver. At my clinics we recommend the use of silver gel locally at bedtime with near 100% effectiveness and no side effects," Dr. James Lewerenz.

SLEEP TO LIVE

Persistent insomnia has documented links to illness and even death. The University of Arizona published a study in The American Journal of Medicine that found a strong association with persistent insomnia and mortality (58% increased risk). Over 20% of Americans suffer with insomnia. One half of those have persistent insomnia, defined as greater than 8 years. What we believe is causing increased mortality, is the association of inflammation and sleep deprivation. Sleep deprivation or disturbance causes increase in total body inflammation, causing a cardiac risk. This study is very clear cut, insomnia of any kind was linked to increased risk of all-cause mortality and cardiopulmonary mortality. At Longevity Health Institute and Lewerenz Medical Center, we have effective solutions for all forms of insomnia, including, but not limited to; hormone, herbal, biofeedback and nutrition. So eat and sleep to live!



WE ALMOST MOVE

Sitting for hours is obviously not good for you. But maybe simply incorporating walks every hour may save your life and even add years of quality. The Clinical Journal of American Society of Nephrology showed after analyzing data from 3,243 participants in the USA, NHNES (survey), walking low intensity (or other low level activity like gardening or cleaning) for 2 minutes every hour lowered the risk of premature death by 33%.

“Obviously movement and activities help improve quality of life and longevity but for weight loss, optimal health and weight reduction we all should incorporate 3-4 hours of physical activity weekly,” Dr. James Lewerenz.

MEN & THEIR MOJO: Don't Fear the T!

Approximately over the last 10 years, testosterone therapy is becoming well recognized and used. Growing more than 10% each year; it is actually the fastest growing sector in the pharmaceutical world. Low testosterone in men is a real issue and concern. Testosterone not only affects men's sexual desire and performance, but also their general mood, thinking, creativity, muscle, fat, inflammation, pain, sleep, and overall sense of well being. Dr. Morgentaler, MD (Associate Clinical Professor of Urology at Harvard Medical School) and Dr. Rhoder published an article in New England of Medicine telling how they reviewed approximately 200 medical articles and could not find one association or evidence in modern medicine of high T (testosterone) and prostate cancer. In fact, Dr. Morgentaler published in 1996 in Journal of the American Medical Association that low T is not protective. “Men should not live in fear based medicine, and be deprived of quality of life,” Dr. James Lewerenz, D.O.

SEX DONE RIGHT - It's in the Eyes

The importance of intimacy in a relationship has been proven for decades. As far back as Dr. Masters and Johnson and Dr. Ruth Westheimer, with over 60 years in the sexual medical field, “sex and intimacy matter.” During an orgasm, the simple proven fact published in the Journal of Neuroscience showed that 95% of the brain looks much like that of a person on heroin. The pituitary gland releases chemicals that increase feelings of trust and euphoria, caused by the release of dopamine and stress hormones. Sexual intimacy can be very healthy.

Interesting” creating a “bond” and lasting connection can be in the eyes. The difference between lust and love is in the eyes. Research at the University of Chicago found that eye patterns concentrating on the on the face and eyes, will view that person as a potential partner in love. Gazing at the body, create feeling about sexual desire only. So look in your partners eyes for healthy and a deeply rooted lasting love.



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