



Longevity Health Institute

LONGEVITY HEALTH NEWSLETTER



ADHD AND ADULTS

Attention Deficit Hyperactivity Disorder is not limited to children. Yes, even adults can continue to have symptoms into adulthood. Often the focus and attention issues arise in career, relationships, marriage and overall feelings of stress. Studies show 30-40% of ADHD symptoms never resolve after childhood. There is also a very fine line between what might be considered "multi-tasking" and ADD. In our fast-paced world and demanding work environments, "multi-tasking" can be an asset, yet patients with ADHD often experience distractibility that interferes with important responsibilities and vital tasks. Marriages can crumble, jobs lost and changes in mood can consume an individual (Depression, anger, hostility).

What can we do for our loved one struggling with ADHD? First, recognize the issues. Diet is key! Eat high quality proteins and quality fats that feed the brain (salmon, nuts, eggs). A high protein diet rich in healthy fats can ward off mood swings and trouble focusing. Remember to address functional concerns with a medical doctor and psychotherapy (behavioral modification). ADHD MUST be recognized first.



WHO IS AT HIGHEST HEART RISK? IS IT YOU?

A new and relatively simple blood test that can be performed by your doctor, easily assesses your cardiac risk. We perform this lab daily at Longevity Health Institute and Lewerenz Medical Center.

Two lab markers: CrP and Glyc-A, if high can correlate to high risk heart events. InterMountain Medical Center and Heart Institute in Salt Lake City, UT independently identified these two inflammatory markers to significant heart risk. These studies showed that GlycA inflammatory marker could predict heart attack risk more likely than cholesterol itself. If your CRP and GlycA markers are high, it is more likely that plaques in arteries will rupture.

More than 30,000 samples were collected from patients over 25 years. Dr. Muhlestein from IMMC Heart Institute stated "These two proteins independently predict future risk of heart attack". This could be used to truly address the risk and benefit of "statins" for cholesterol and heart risk.

"Inflammation is the true culprit of most disease. Get your inflammatory markers tested and reduce inflammation by diet, exercise, anti-inflammatory supplements and hormonal balance. Be heart well!" Dr. Lewerenz.

GINGER TO THE RESCUE

Nearly 90% of women of reproductive age experience painful menstrual periods (dysmenorrhea) at some point in their life. Not only do menstrual periods cause pain and interruption of life, it's so easily alleviated naturally.

Randomized clinical trials with ginger have shown significant reduction in pain (using visual analog scales). Ginger has been shown to inhibit COX-2, which reduces pain and inflammation. Ginger is an excellent option for treating Dysmenorrhea. Typical dosing is 700-2,000mg for the first three days of menstrual cycle.

"Complicated Dysmenorrhea cases should be further evaluated and are typical of an estrogen dominant female, meaning HORMONAL IMBALANCE". Dr. Lewerenz.

HAVE MORE SEX

A healthy, affectionate relationship and sex can be good for your wellbeing. A meaningful sexual relationship can produce great health benefits by releasing hormones and increasing blood flow not unlike exercise.

Research conducted at Curtin University's school of Physiotherapy and Exercise Science has correlated sexual intercourse to the equivalent of 17 minutes of moderate to intense exercise. Intimate and loving sexual relationships release endorphins (feel good chemicals/hormones) and oxytocin the brain. These in turn function as stress reducers and a natural antidepressant. A healthy sexual relationship can boost mood, self-confidence, increase self-esteem and has a full anti-aging affect.

FDA WARNS: ACID-BLOCKERS ARE ONLY SAFE FOR 2 WEEKS

Acid blockers are a Band-Aid for an underlying problem. If your stomach burns, hurts or refluxes, there is a reason. The reason isn't "you have too much acid". There is a wound or inflammation in the digestive lining where acid reaches, leading to heartburn or pain. Using Acid-Blockers cause a multitude of malabsorption issues. The reduction in Magnesium, B12, Zinc and fat soluble vitamins A,D,E and K is well understood.

There is confirmed studies that Acid-Blockers associated Magnesium deficiency can cause Arterial Fibrillation, a heart arrhythmia. "So... How about we just fix your stomach?" -Dr. Lewerenz.

Ask our staff at Longevity Health Institute or Dr. Lewerenz himself on how to reverse Leaky-Gut, heartburn, GERD and IBS.



A SLUGS LIFE

How can a snail make you look years younger? As small as these creatures appear, they produce powerful STEM CELLS that lead to skin regeneration! Stem cells can multiply into new cells, tissue and progenitor cells from the stem cells, helping repair tissue, healing the body. The Cryptomphalus Aspersa snail secretion stem cells have been shown in a multitude of studies (published studies in the Journal of Cosmetic Science, 2012 and the Journal of Drugs in Dermatology, 2013) to help heal skin, scars, environmental damage and more. These stem cells repair skin collagen, decreasing wrinkles and signs of aging.

"Overall, the studies participants experienced significant wrinkle reduction using skin care products with snail secretion stem cells as a key ingredient".

At Longevity Health Institute and Lewerenz Medical Center we now offer a new ADVANCED Stem Cell skin care line, Biopelle. Ask our staff for more information!



Longevity Health Institute

248.289.6643

LONGEVITY HEALTH INSTITUTE
1555 E. South Blvd. Suite 340
Rochester Hills, MI 48307



248.548.3060

LEWERENZ MEDICAL CENTER
1467 E. 12 Mile
Madison Heights, MI 48071



LongevityHealthInstitute

www.LongevityHealthInstituteInc.com

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