

Live the

ADVANCED LIFE

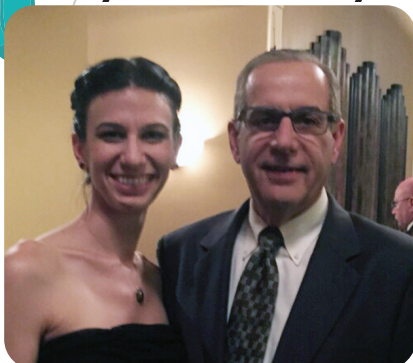
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Your health & wellness newsletter

June 2015

HAPPY FATHER'S DAY!

Jaclyn H. & Ray K.

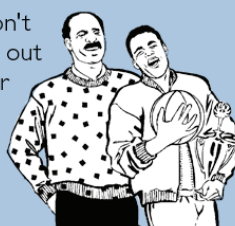


"If my dad had a famous quote, it would definitely be, 'What you think about, you bring about. What you focus on, grows.'"

- Jaclyn

I love how we don't even need to say out loud that I'm your favorite child.

someecards



DID YOU KNOW?!

A study came up with the fact that female shoppers spend approximately 50 percent more than their male counterparts, when buying gifts for their dad. They don't call 'em "Daddy's Little Girl" for nothing!

Aaron & Terry N.



"My favorite memory with my dad is when we used to live in Ghana, West Africa - we would often go to Till's Beach and boogie board & body surf. We always had a great time."

- Aaron

Noelle, Natasha & Dr. Mike O.



"I respect my pops for many reasons, one of them being that he helps people for a living and I'm happy that I can be a part of that. Also, he cracks me up, he basically gave me his sick sense of humor. Plus he is the original hipster. He was drinking out of bell jars before it was cool."

-Natasha

"He basically delivered me, that's why I'm his favorite, plus I used to work out at like age 2, I think he's scared of me."

-Noelle

Joshua & Fernando N.



"The best trait I inherited from my dad is obviously my fantastic looks!"

- Joshua

One of the most common gifts associated with Father's Day comprises of a necktie, followed by flowers.

Chelsea & Marty D.



"My dad always gives the best words of wisdom, he says 'What's for you won't pass you by,' a lot. If anything negative happens he'll say 'Like my father would always say, let it roll like water off a duck's back,' or 'take it with a grain of salt and throw it over your shoulder!'. Plus, he makes a point to tell me and my siblings to learn from his and other's mistakes saying 'it's pointless to go down a road that leads to destruction.'"

- Chelsea

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GUYS! Even if you're not daddies, you've gotta MAN-UP ! "They" are trying to steal your cogliones, you dig?!! It is true that a certain amount of estrogen is normal and necessary in the male body. God did intend for us to have some empathy for our feminine counterparts! However, the amount of estrogen found in today's male population is alarmingly high as compared to even a decade ago. A combination of our lifestyle and dietary choices, stress, use of medications and alcohol coupled with an ever increasing amounts of estrogenic pollutants found in plastics and our water supply are the reasons why estradiol levels are climbing in men. Now we find a lot of men with estrogen levels higher than that of many women. As estrogen rises in men, testosterone levels drop and mammary gland tissue begins to grow (creating male breasts). This problem is so common that male breast reduction is now the fastest growing surgery in America. Yes.

The elevated estrogen levels creates an imbalance in the proper "normal/ healthy" ratio of testosterone and estrogen (called estradiol in men) which then causes muscle production to be reduced (catabolism) and fat to increase. It is quite critical that, as we age we continue to build muscle through weight bearing exercises and calisthenics (Anabolism). An ideal testosterone to estradiol level is between 40 to 60:1. In assessing thousands of men via saliva testing, research finds that less than 10% achieve these critical ratios and over 75% of them are less than 35 years old! That's mighty young to be de-masculinated....then again, at ANY age is just the pits. Don't forget to let Dr. Mike or Dr. Tah know if you feel like you are experiencing any of the following signs and symptoms. We can arrange for a simple, low cost saliva test (the most accurate method) to pinpoint any imbalances in the hormonal/ endocrine system:

- Decreased sex drive
- Depression
- Weight gain and/or breast enlargement
- Intense inner desire to don women's panties and paint your fingernails while watching "The Real Housewives".
- Erectile dysfunction and/or problems urinating
- Difficulties with concentration and memory
- Excessive tiredness and lack of energy

So what can we do NATURALLY and without the scary effects of pharmaceutical solutions and testosterone injections? Here is a checklist! It will be eye opening to see how many of these steps you are doing.

LOSE THAT GUT, DUDE. SERIOUSLY.

C'mon man, we all have an obligation to NOT get fat. It makes our gender look bad. There's no excuse really, is there? To make the unsightly matters worse, excess fat (that above your normal levels for your age and height) creates estrogen. Estrogen literally harbors inside of fat cells so the more fat that one has, the lower testosterone will go and higher the estrogens. Any attempt to regulate hormones must begin with this essential step and exercise is a huge part of that step. Yeah, you gotta get off that big booty...and, NO! Playing with the children, walking the chihuahua or golf is NOT considered true exercise. Yes, you have to put on the training shorts and hit the gym! Weight training has been shown time and again to elevate the testosterone levels, increase Human Growth Hormone and decrease estrogen in the male. (www.medscape.com Feb.03,2014 Resistance Training Ups Testosterone in Muscles of Older Men). I will guarantee that if you stick to a good routine, using heavy weights and not standing around talking like a teenage sleepover, you will feel incredible, look incredibly better and feel incredibly proud of yourself for the discipline. There's only a couple greater feelings in the world, and you can guess easily a few of those. Seriously, it's the real deal. Read more on how to at (fitness.mercola.com 2012/07/27 9 Body Hacks To Naturally Increase Testosterone)

DETOX, DETOX, DETOX... (repeat)

A simple golden rule to start living by - avoid as many chemicals and artificial products as possible. You will be shocked and angered if you really knew how many chemicals our great federal watchdog, the FDA , allows in our skin products, hair and body products, foods, drink, clothing, floors, rugs, furniture, vaccinations, flu shots...virtually anything and everything that these big chemical companies can extend their control and influence. It's BIG BIG business and they have powerful lobbyists that allow this to happen. Here is a link that shows you a nice list of the " Dirty Dozen " of endocrine disrupters seen today. www.ewg.org/research/dirty-dozen-list-endocrine-disruptors

What to do? Start buying ONLY products that are pure and chemical free. Do NOT be misled by marketing terms like, All Natural, or Pure, Safe and Organic, etc. READ THE LABELS. My daughter, Nina, has begun making skin care products, deodorant, sun screen/block, lip balm, hair wax, etc. if she can do it, so can you! If you wish to purchase really clean products, look into this site: www.EWG.org/skindeep Be especially careful about avoiding a chemical derivative called PARABENS. Butylparaben, ethylparaben, heptaparaben, propylparaben and any other with the surname "Paraben", avoid. These diabolical chemicals are a very strong and prolific estrogen copycat in the male body. Watch especially the hair & skin products.

GET OFF THE CAN, MAN!

That tantalizing Bolognese sauce you just spooned over the penne pasta may make your mouth water, but it also will make your "man boobs" fuller and rounder if the tomato paste came from a can. BisphenolA is an FDA approved (Food Death Administration) chemical compound that now lines most canned food sold today. It also is in the ink in most cash register receipts and newspaper ink! It's in those plastic bottles in which you are probably drinking your "more expensive than gasoline" water! No joke. Why do you constantly see my family and I drinking out of Ball jars! We filter our own water too - saves a lot of \$\$\$\$. Check out a great full article on this from : [http:// m. Motherjones.com environment/2014/03/tritancertichem-Eastman-boa-free-plastic-safe](http://m.Motherjones.com/environment/2014/03/tritancertichem-Eastman-boa-free-plastic-safe). These BisphenolA 's are so potent that they've shown to completely change the sex of frogs and are part of the emerging mystery of asexual fish.

(<http://www.environmentalhealthnews.org/he/s/new-science/boa-suppresses-thyroid-hormone-delays-frog-development/>)

GOOD EATS

The CRUCIFEROUS vegetables like broccoli, kale, Brussels sprouts, cauliflower, maca, etc., are loaded with natural compounds that decrease estrogen levels. Also, rich in zinc, and a known estrogenic eliminator, 3,3 Diindolylmethane, they actually boost the ol' Testosterone levels, gentlemen. So quit whining about eating your broccoli and cabbage and fork it in ! Don't cook these wonderful man boosting veggies too much as you want to keep all nutrients strong and intact! Lightly steam them.

Article continued on back page...



NOW YOU'RE COOKIN'

June 2015

I just know it's summer when my parent's basil plant is fragrant and lush. It means it's time for a Sunday dinner where my Pop's Pesto Sauce is the star, mostly featured on handmade pasta named "trofie". It is absolutely delicious and I ALWAYS have to beg for seconds. The nice thing about pesto is that it can be used as a condiment, not just for pasta. Spread it on your favorite sandwich, or as a toss it in some grilled veggies. Of course it goes very well with a vine ripe tomatoes & a fresh ball of mozzarella. I'm getting hungry just writing this, it reminds me of summers in Italy. I hope you all enjoy it and perhaps make it one of your summer staples.



POP'S SUMMER PESTO

INGREDIENTS

- 33 Large fresh basil leaves
- 2 or 3 cloves of garlic
- 1/3 cup of toasted pine nuts
- 1/2 cup of olive oil
- 1 cup of grated parmigiana
- Salt & Pepper to taste

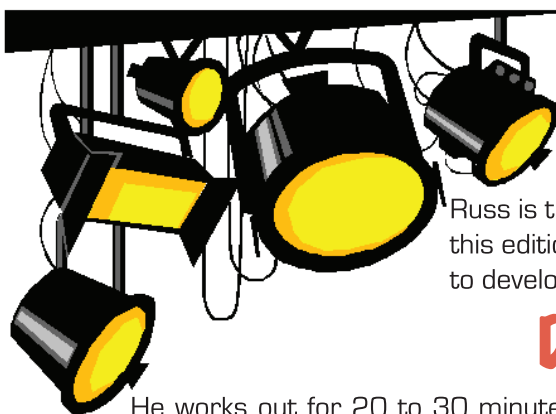
DIRECTIONS

1. Add the first 4 ingredients in a food processor or with a mortar and pestal. 2. Stir in parmigiana and season with salt and pepper to your liking.

*If using on pasta, before step 2, add pesto to cooked pasta THEN stir in parma & a cup of the pasta water to thin the sauce and season with salt & pepper. Add more olive oil if it looks too dry.

BUON APPETITO!

Natasha



SPOTLIGHT ON: RUSS W.

Russ is the DUDE! We want to put him in the spotlight this edition because he has what every one of us needs to develop...

DISCIPLINE.

He works out for 20 to 30 minutes INTENSELY, everyday! Not even Sunday is off completely. He does YOGA on Sundays. We have seen Russ progress from a bent-over, hobbling, incapacitated version of himself, to a whole new guy! He's out of pain, has straighter posture, and has developed his muscle syster to the MAX! We are proud that he is one of our clients.



CONGRATULATIONS



Noelle O. & Monica D.

Will be attending University of North Florida in Jacksonville with local and academic scholarships.

Monica is still deciding.

Class of 2015!



Josie D.

Will be attending Converse College in Spartanberg, NC. in the fall with scholarships in track & soccer.



Alison S.

Will be attending Harding University in Searcy, AK with local scholarships as well as Academic Scholarships.

BLUEBERRIES are a fantastic source of a natural xeno-estrogen remover called Calcium D-Glucarate. You can get this in supplement form, but eating handfuls of organic blueberries will give you the added nutrients and fiber that assist the body in so many other ways. Right now you can call Mrs. Brittany Kinney at 386.283.0499 to order literally FARM FRESH, RIGHT OFF THE BUSH ORGANIC BLUEBERRIES at very reasonable cost. She is my "go to" gal on many things natural and health worthy. BEETS are a manly food too, in that they act as a "methylator" to flush estrogen from the body. Estrogen molecules are all missing one methyl group in its chemical make-up, so once you eat something that acts as a methylator, it means that this methyl group will be completed by that food! It's kind of like a free agent. The methyl groups absence being fulfilled means that the body may easily pass that chemical out whereas before it was unable to.

CITRUS is critical to maintain great testosterone balance. Simply, they limit and control the conversion of testosterone to estrogen. [PreventDisease.com, 7 fruits which boost testosterone production, 071314.]



NO BOLOGNA



Sorry, but the days of eating Italian subs and bologna sandwiches need to be over. Every time you eat processed meats or non organic, non grass fed meats, I'd like you to picture your testicles shrinking and your chest sagging....that should help your discipline. Why? Because the big food companies have so polluted our meat supply in the name of greed and lost cost that they dip the poor creatures in baths of chemicals, they shoot them up with antibiotics and steroids to get way bigger than nature ever intended, and they create internal stress to the animals by keeping them inside, away from sunlight and movement and even feed them acid producing GMO foods (aka Frankenfoods) that cause dangerous waste byproducts that infiltrate OUR bodies.

You must start buying GRASS FED or ORGANIC meat products that are non antibiotic or steroid raised. This is not only very important to your testosterone levels but also to keep your Cancer risk way down. These foods are highly carcinogenic and they tax the immune system as well. WHEN YOU GO TO PUBLIX, STICK TO THE " GREEN WISE " LABELS! It's a good "go-to" but continue to look at labels.

SUPPLEMENT YOURSELF TO MANLINESS!

MACA ROOT is a "must do" for those of you who want to maximize your manhood. Why? The Memorial Sloan Kettering Cancer Center or MSKCC, notes animal and human studies have shown maca might help improve libido in men as well as sperm formation and movement. A study published in a 2002 edition of "Andrologia" found that 40 percent of men who took maca supplements for three months reported an increase in sexual desire at weeks eight and 12. No one in the placebo group reported an increase. Two groups received the supplement: one took 1,500 mg daily and one took 3,000 mg daily. The amount taken did not appear to influence level of desire. Another study found men who took maca for four months had a significant increase in motility, sperm count and semen volume compared to placebo. [www.ncbi.nlm.nih.gov PMC3184420]



Maca Root

Wild Nettle Root (WNR) is another great supplement that you may wish to consider. WNR has been shown to significantly decrease Sex Hormone Binding Globulin (SHBG). This is a protein that infiltrates and binds onto a males free testosterone (in the bloodstream) and renders it unutilizable to the body. Not a good thing. It has also been shown to stop or at least slow the amount of testosterone converted to estrogen by inhibiting an enzyme called aromatase. (University of Maryland Medical Center:

[http:// umm.edu/health/universityofmarylandmedical/alameda/herb/stinging-nettle \]](http://umm.edu/health/universityofmarylandmedical/alameda/herb/stinging-nettle)



Wild Nettle Root

BEWARE THE BIG, BAD, BEER...



This really hurts....beer is not the "manly drink " we all believed it to be! Dang ! The biggest problem with beer is the hops it contains. Hops is a powerful preservative that's been used for centuries in beer, but more than that, hops is one of the most powerful phytoestrogens in the world! Drinking beer too often or in large quantities, (or both of those) can seriously wreak chaos on your manhood. How? Hops creates excess fat in the liver, gut and breasts which produces more cortisol and that, cyclically creates even more fat. More fat = more estrogen production. Also hops contains a tricky little estrogen derivative called estradiol. Estradiol increases that Sex Hormone Binding Globulin (SHBG) that we talked about earlier. This binds with the free testosterone and doesn't allow it to synthesize or be used. Further, it interferes with Leydig cells in the testes which produce testosterone. So, you've lowered your testosterone, increased estrogen levels, started developing man boobs and a paunch, decreased HGH and begun losing muscle mass...which just makes you fatter and more of a girly man. For GODS sake, put down that beer. (tctmed.com/beer-isn't-manly)

IN FINISHING....I'd like to admit that there is much, much more that you men (and women !!) need to know to avoid hypere-strogenesis or the production of too much estrogen. It would serve you gigantically to check out this really cool website with a radical list of XANOESTROGENS. If you wish to stay healthy and hormonally balanced, you owe it to yourself to print it out and start ensuring that you're not building disease in your body. We at Advanced Health Care sincerely want you to fulfill your genetic health potential. God Speed.

[Endojourney.wordpress.com/a-list-of-Xenoestrogens]