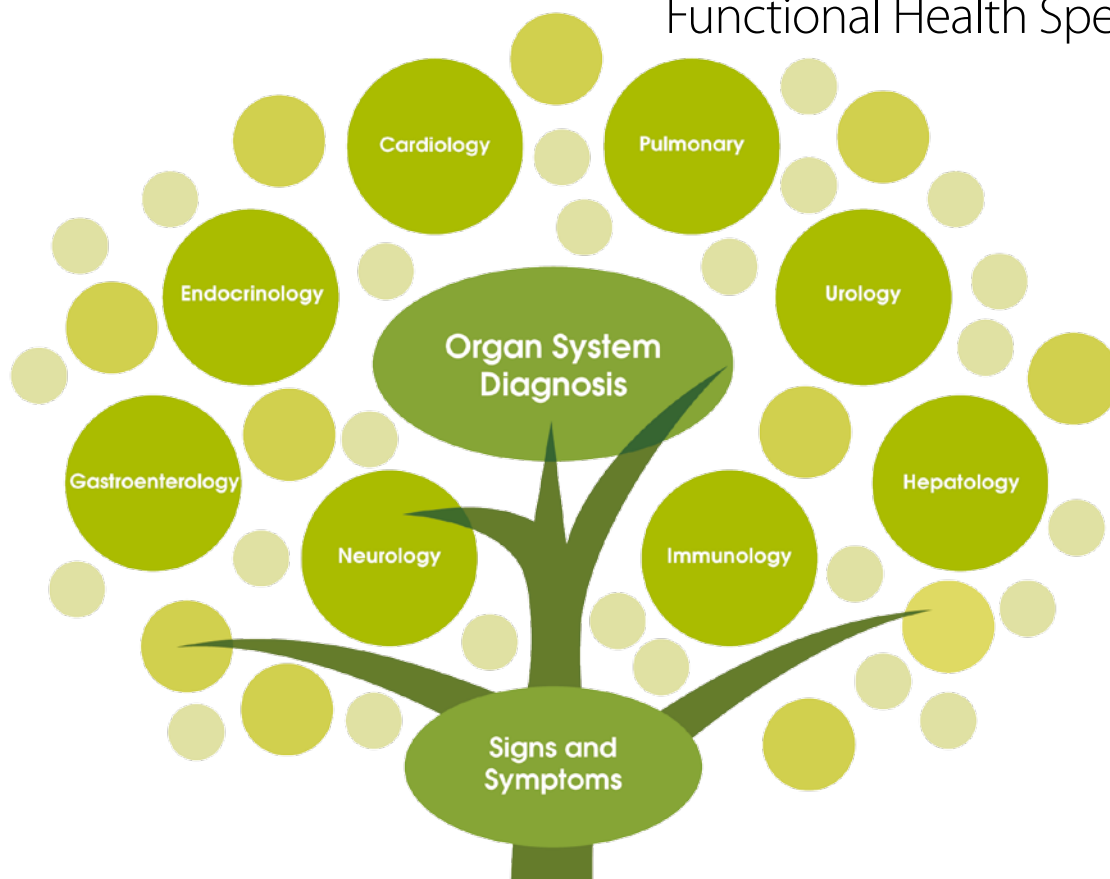


Spotlight on

Dr. Howard Liebowitz,
Functional Health Specialist



The Fundamental Organizing Systems and Core Clinical Imbalances

Assimilation

Digestion, Absorption, Microbiota/GI, Respiration

Defense and Repair

Immune system, Inflammatory processes, Infection and microbiota

Energy

Energy regulation, Mitochondrial function

Biotransformation and Elimination

Toxicity, Detoxification

Communication

Endocrine, Neurotransmitters, Immune messengers, Cognition

Transport

Cardiovascular, Lymphatic systems

Structural Integrity

From the subcellular membranes to the musculoskeletal system

Antecedents, Triggers, and Mediators

Mental, Emotional, Spiritual Influences

Genetic Predisposition

Experiences, Attitudes, Beliefs

Sleep & Relaxation

Exercise/
Movement

Nutrition/
Hydration

Stress/
Resilience

Relationships/
Networks

Trauma

Micro-organisms

Environmental
Pollutants

Personalizing Lifestyle and Environmental Factors



THE FUNCTIONAL MEDICINE TREE

Whilst many still believe that conventional medicine is the only solution to every illness on the face of the earth, scientists are becoming increasingly strong advocates of Functional Medicine. Global luminary in this field, Dr. Howard Liebowitz advocates a sustainable approach to attaining optimal wellbeing which is more than an absence of disease. Inextricably linked to decreasing biological age – irrespective of chronological age – Dr. Howard Liebowitz investigates this increasingly popular approach to medicine which is committed to understanding, preventing and eradicating the so-called ‘lifestyle diseases’ of today like heart disease, cancer, diabetes and obesity.

N

NATURAL HORMONES

He has been an advocate for bio-identical hormone replacement therapy (BHRT) for years as it alleviates the symptoms connected to menopause (and the male version of hormone decline, called andropause), but it also delivers other important health benefits as well.

Whether you're a man or a woman, there's compelling scientific evidence that BHRT significantly reduces the risk of Alzheimer's disease and other cognitive decline conditions. BHRT also lessens risk of heart and blood vessel disease, osteoporosis and (in non-smoking women) chronic obstructive pulmonary disease (COPD). It also reduces deaths from all causes in men (it's probable it reduces all-cause mortality for women, too, though this is unproven).

Another advantage of BHRT is that it slows down the ageing process, including age-related changes in appearance.

People using BHRT claim they are feeling more upbeat with a better memory and overall more ‘get up and go.’ However, for optimal safety, it's always best to ‘Copy Nature,’ using the exact molecular duplicates of human hormones, in the same quantities normally in bodies, taken into our bodies the right way and following Nature's timing.

Digestive Health

The digestive tract is home to 70 percent of our immune system. When there is an imbalance in the gut it is no surprise that it commonly leads to a more systemic problem. Traditional medicine primarily focuses on treating symptoms without seeking to uncover the underlying cause. Functional Medicine is a discipline of medicine that strives to correct the cause of the illness rather than just the symptoms. Most illnesses we face today are caused by inflammation. Functional Medicine focuses on the Nutritional and digestive basis of inflammation and how to correct it. Testing is done through a comprehensive stool analysis, where a DNA probe is performed. Results of this testing precisely identifies the presence of candida, parasites, pathologic organisms, opportunistic organisms, wheat intolerance, PH markers of inflammation, absorption, digestive enzyme function and more. Food intolerance testing performed by the ALCAT lab, tests white blood cell responses to 150 different foods.



FUNCTIONAL MEDICINE

addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century. By shifting the traditional disease-centred focus of medical practice to a more patient centred approach, functional medicine addressed the whole person, not just an isolated set of symptoms. Functional medicine practitioners spend time with their patients, listening to their medical histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex chronic disease. »

Additional testing is done assessing amino acid levels, nutrient and oxidation levels. Treatment is customised to the findings. Many patients are able to find relief from ailments that have been bothering them for many years and have never been successfully treated.

Detoxification

When you do a detox, you remove toxins from your body. These toxins exist everywhere including in the air you breathe, the foods you eat and in the medications we are prescribed. A detox cleanse can be beneficial and can make you feel healthier, although you need to make sure you are engaging in a well-researched protocol and continue to give your body the nutrients it needs to function properly and support the cleanse. A detox done wrong will just drain your body of energy even more, while a detox done right results in higher energy levels and an increased sense of wellness. Here are 5 of the benefits that you can look forward to -

1. GET RID OF EXCESS WASTE

It is possible that you are carrying around excess fecal matter in your body. This excess waste can add on weight and just make you feel lethargic. When you do a detox, you can clean your colon and eliminate all this excess waste you are carrying around.

2. INCREASE ENERGY LEVELS

Having a lot of toxins in your body can decrease your energy levels. You may feel so tired all the time that you don't feel like doing anything. If you do a detox, your energy levels are typically restored making you feel brand new with the energy to do everything you want to do.

“Women using BHRT for five to 10 years seem visibly younger than women of the same age who haven't used BHRT. They have less wrinkling and more skin elasticity. Both women and men using BHRT frequently report improved libido and intimacy too.”

3. STRENGTHEN IMMUNE SYSTEM

One of the greatest benefits of doing a detox is that you can strengthen your immune system. After you detox your body, you will notice that you don't get sick as often. Your body will be able to fight off illnesses better because it is not filled with contaminants.

4. INCREASE MENTAL FOCUS

Doing a detox can increase your mental focus. If you don't have all of those toxins in your body anymore, you will be able to concentrate better and have more creativity. This will benefit you greatly because you can focus and be more productive in your daily activities.

5. CLEARER SKIN AND SHINIER HAIR

A detox not only helps you feel better; it can also help you look better. Getting rid of all the toxins in your body can actually make your hair look shinier and clear up your skin. When people see you after your detox, don't be surprised if they are all telling you how great you look!

MORE ABOUT FUNCTIONAL MEDICINE...

What Systems Does The Functional Physician Consider?

A highly scientific approach, by leveraging the latest approaches in diagnostic testing, the functional practitioner concentrates on bringing these bodily systems into correct balance; Digestive, Endocrine, Immune, Circulatory, Lymphatic, Muscular, Reproductive, Respiratory, Skeletal, Urinary.

In other words, rather than 'fixing' a medical condition exclusively with medicine or surgery, a functional health practitioner studies these different body systems using medicine when necessary, but also adopting lifestyle adjustments in terms of diet, stress management and natural hormone rebalancing as key protocols. **By shifting**



the traditional disease-centred focus of medical practice to a more patient-centred approach, functional medicine addresses the whole person, not just an isolated set of outer symptoms.

Why Do We Need Functional Medicine?

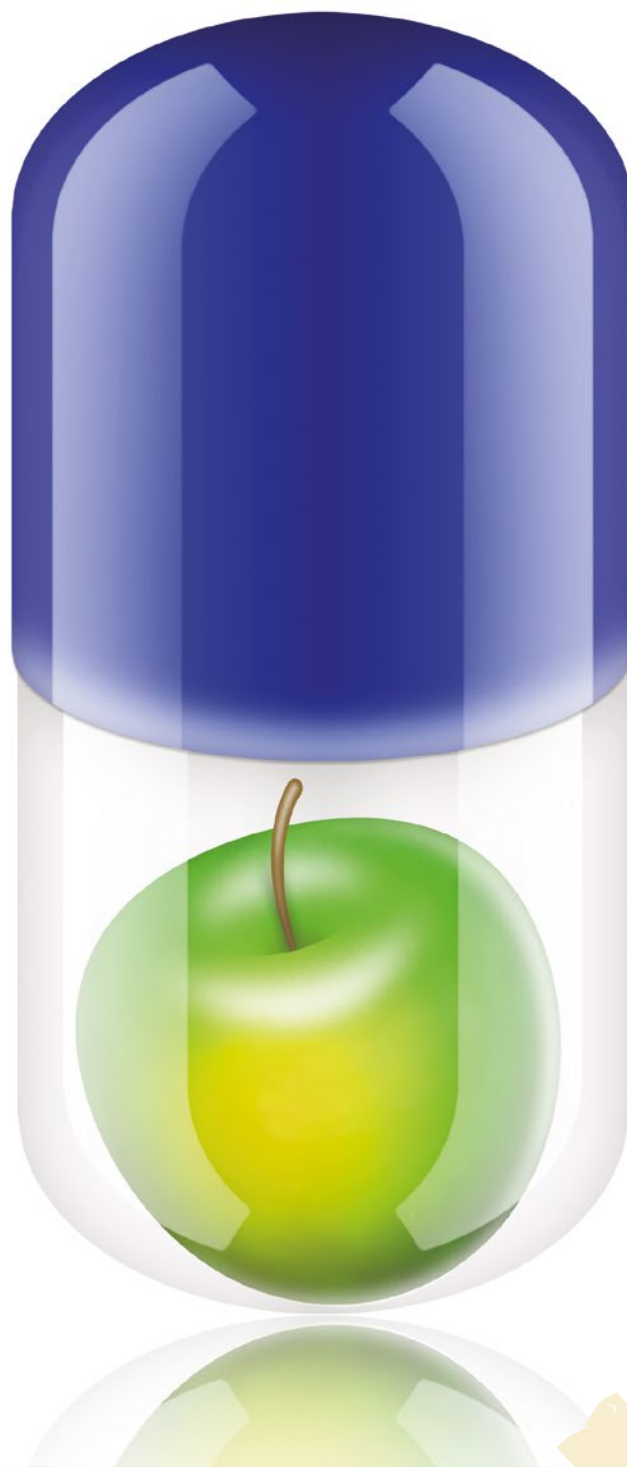
Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases such as diabetes, heart disease, cancer, mental illness, and autoimmune disorders like rheumatoid arthritis. The system of medicine practiced by most physicians is oriented toward acute care, the diagnosis and treatment of trauma or illness that is of short duration and in need of urgent care, such as appendicitis or a broken leg. Physicians apply specific, prescribed treatments such as drugs or surgery that aim to treat the immediate problem or symptom.

Unfortunately, the acute-care approach to medicine lacks the proper methodology and tools for preventing and treating complex, chronic disease. In most cases it does not take into account the unique genetic makeup of each individual or factors such as environmental exposures to toxins and the aspects of today's lifestyle that have a direct influence on the rise in chronic disease in modern society. Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.

How Is Functional Medicine Different?

It involves understanding the origins, prevention and treatment of complex, chronic disease. Hallmarks of a functional medicine approach include -

- Patient-centred care. The focus of functional medicine is on patient-centred care, promoting health as a positive vitality, beyond just the absence of disease. By listening to the patient and learning his or her story, the practitioner brings the patient into the discovery process and tailors treatments that address the individual's unique needs.
- An integrative, science-based healthcare approach. Functional medicine practitioners look 'upstream' to consider the complex web of interactions in the patient's history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body, and spirit) and external (physical and social environment) factors that affect total functioning.



Trained in Internal Medicine at USC, **Dr. Liebowitz** practices and resides in California. He worked as an Emergency and Trauma Physician for over 20 years. He has served as the Medical Director at *The Centinela Hospital Fitness Institute* testing professional athletes from *The Lakers, Clippers, Dodgers* and *PGA Golf Tour*.

He was the team Doctor for The Pioneer Triathlon Team, a professional triathlon team. He served as a member of the medical Board for Tri-Fed, the governing body of the Triathlon sport. He was a member of the advisory board of Bally Health and Tennis, and 24 Hour Fitness. He also worked as a Physician at the Pritikin Longevity Center. He has been a lifelong athlete himself, as a college swimmer and later a triathlete, completing the grueling Hawaii Ironman three times. www.liebowitzlongevity.com ■