



Dr. Thomas's

FOREVER YOUNG!

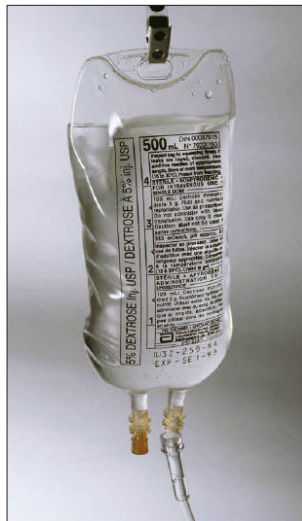
Fall 2011



The quarterly guide to living healthier, happier and longer.

Advantages of IV Nutrition

As you know, good nutrition is paramount to good health. But in spite of a good diet, oral vitamins, and even bioidentical hormones, some people still do not feel their best. There can be several reasons for this: Stress, lack of sleep, and acute and chronic diseases can consume key nutrients. Also, prescription and over-the-counter medications can deplete vitamins and minerals. And most of all, as we age, our ability to absorb nutrients often decreases. This is where our IV (intravenous) Nutrition services can really help.



IV Nutrition infuses important vitamins, minerals, and other natural substances directly into the bloodstream. It is the single-most effective method available for quickly and safely restoring key nutrients needed for energy production and optimal cellular function. IV Nutrition can provide a powerful and much-needed "jump-start" to improving your health.

For more information about IV Nutrition, visit online at www.IV-Nutrition.com.

Dr. Daniel Thomas

MEDICAL SERVICES AVAILABLE:

Natural Hormone Balancing:
HealthyAndStrong.com

Cardiovascular Disease Prevention
CardioDefense.com

Blood Testing:
VitalBloodTests.com

IV Nutrition:
IV-Nutrition.com

Second Medical Opinions

Burn fat with just two home exercises

These two exercises will challenge your entire body and will have your muscle burning. And they take only 15 minutes or less. What are they? The kettlebell swing and the squat thrust. The goal is to do 15 repetitions of the kettlebell swing followed immediately by 15 reps of the squat thrust. With little rest, then do 14 reps of the swing fol-

lowed by 14 reps of the squat thrust. Continue this pattern until you complete only one rep of each exercise. When starting out, you may find you can't even finish, and that's OK. Just start with a lower number like 4, and work your way up as you improve your fitness. To see how to correctly perform these exercises, go to YouTube.com and search "kettlebell swing" and "squat thrust." For a high-quality, adjustable kettlebell, visit online at www.ironmaster.com.



Top 10 worst food additives

There was a time when "fruit-flavored" and "cheese-flavored" meant "made with real fruit" and "made with real cheese." Nowadays, so much is artificial. Here's a list of the worst additives in your food: 1) Olestra, 2) Caramel Coloring, 3) Saccharin, 4) Potassium Bromate, 5) Butylated Hydroxyanisole (BHA) and Butylated Hydroxytoluene (BHT), 6) Partially Hydrogenated Vegetable Oil, 7) Sulfites, 8) Azodicarbonamide, 9) Carrageenan, and 10) Ammonium Sulfate. The more filler ingredients you cut from your diet, the more space you'll have for wholesome, nutritious foods!



Why staying healthy now matters more than ever!

By providing you with the best that the field anti-aging medicine has to offer, my goal is to help you live to a ripe old age, while maintaining the health and strength you had in your 30's. Living a long and active life, enjoying hobbies and pursuits, traveling, and experiencing the best life has to offer... all without having to worry about age-related conditions like heart disease, chronic illness, fading mental powers, impotence, eyesight and hearing loss, low energy, weak and inflexible muscles, or joint pain. Staying healthy and strong truly is the key to being able to have a good life.

What I have to say next is not very positive, but it confronts reality head-on. Mainstream economists have recently said that the traditional "retire-at-age-65" model may be a thing of the past, and may never return. The Great Recession, exploding government debt, and battered nest eggs and real estate have changed everything. These economists predict that many of us will have to work well into our 70's, and perhaps even into our 80's!



If this is true, it will mean, now more than ever, that we must stay healthy and strong! Our very financial survival may now require that we protect our earning power into our 70's or 80's.

To help you maintain your mental and physical edge for years to come, I am committed to providing some of the most advanced treatments available including hormone optimization, IV Nutrition, and soon, Stem Cell Therapy.



Question: I am 58 years old. How much sleep should I be getting?

Answer: That is a very important question, and one that I get asked a lot.

New research suggests that changes in sleep that occur during late middle-age appear to have a dramatic effect on cognitive function later in life. Dr. Jane Ferrie, a senior research fellow at University College London Medical School in England, and her colleagues studied data from 5,431 people taking part in the on-going Whitehall II study of more than 10,000 office staff aged

35-55, which began in 1985. Normal sleep duration was measured during Phase 5 (1997-1999) and Phase 7 (2003-2004) of the study. Results showed that 7.4% of women and 8.6% of men reported sleeping for longer than the 7-8 hours reported at Phase 5. In comparison with participants whose sleep duration had not changed, this increase in sleep duration was associated with lower scores at follow-up on five out of six cognitive function tests. On the other hand, 25% of women and 18% of men reported sleeping for less than the "6, 7, or 8 hours" reported at Phase 5. This shift was also associated with a decreased cognitive function, with participants scoring lower at follow-up on three out of six cognitive function tests. Results also showed that, for women, 7 hours of sleep per night was the most beneficial in terms of cognitive function, followed closely by 6 hours of sleep per night. For

men, the optimum was 6-8 hours.

The researchers concluded that men and women who begin sleeping more or less than 6-8 hours per night are subject to an accelerated decline in cognitive function that is equivalent to four to seven years of aging. "The main result to come out of our study was that adverse changes in sleep duration appear to be associated with poorer cognitive function in later-middle age," said Dr. Ferrie. "Given that our 24/7 society increasingly impinges on the lives of many people, it is important to consider what effects changes in sleep duration may have on health and well-being in the long term."

If you have a question you would like answered, please email Dr. Thomas at: drthomas123@yahoo.com

Copyright © 2011. *Dr. Thomas's Forever Young!* is written by Dr. Daniel Thomas, D.O. He has 24 years of experience and has been a leader in metabolic and nutritional medicine. Dr. Thomas treats the cause of disease and not merely the symptoms. His approach is designed to nourish, balance, purify, and revitalize the body. Through targeted nutrition, hormone optimization, detoxification, stress reduction, and exercise, his patients enjoy renewed health and strength. Dr. Thomas practices at the Complete Wellness Medical Center, 501 W. State Road 434, Winter Springs FL 32708, Phone: 407-327-0410. For information, visit HealthyAndStrong.com or email Dr. Thomas at drthomas123@yahoo.com. For past issues of this newsletter, visit ForeverYoungNewsletter.com. **If you know of others that would enjoy receiving this newsletter, please email Dr. Thomas and he will add them to the email list.** ☺