



# Choices Healthy Views

## Doctors Choice

by Dr. Henning Ansorg, MD

### Enjoying a more youthful aging process...

We all wish for the ability to stay healthy and highly functional—physically and mentally- as we age.

When we think about quality of life, we hope to maintain strength and well-being, mental sharpness as well as emotional balance. We want to be able to participate in meaningful relating, physical and mental activities and to enjoy autonomy in our lives for as long as possible.

Unfortunately, aging usually is associated with a progressive decline in our physical and mental capabilities. Largely due to degenerative processes in our joints, blood vessels, heart and brain combined with reduction in muscle strength and general vigor. Some of us seem to age more gracefully than others. Certainly genetic predisposition does play a role in aging, however there are several well studied and proven lifestyle factors that are more under our own control than genetic disposition. There are ways to support body and mind in a way that will slow down the aging process.

Age Management Medicine is a new medical field that focuses on prevention of degenerative processes and avoidance of accelerated aging.

Our hormonal balance needs to be harmonized in order for the body and mind to function optimally. Some of our hormones cause excessive inflammation and degeneration of tissues (Insulin and Cortisol) and therefore their secretion need to be down regulated. This can be achieved with an individualized nutritional plan as well as through supplements. Other hormones, like Testosterone, DHEA, Estradiol, Growth Hormone and Progesterone usually have anti-inflammatory effects and help us stay physically and mentally younger longer. Often the natural production of these hormones can be stimulated by exercise, nutrition and supplements but sometimes it is advisable to supplement one or the other of these hormones medically.

The beneficial effects of a harmonization and optimization of our hormones are often astounding to the patient as well as to the Doctor. We tend to lose fat and regain muscle mass, have better mental focus and general vigor. As a consequence of our improved body composition, cardiovascular risk factors like elevated Lipids, Cholesterol and Blood sugars improve greatly and blood pressures and heart rate variability become more favorable naturally.

The Age Management Program has to be customized for the needs and predispositions of every patient on an individual basis.

In the hands of an experienced practitioner and a motivated patient remarkable result will be achieved. It is the most efficient program to prevent premature disability and degenerative disease while enjoying better quality of life and a more youthful aging/maturing process.

(Continued Page 5)



### Inside this issue

Recent studies on Aging and memory.....	2
Dr. Mikles Anti-Aging supplement plan.....	3
How Do Healthcare Providers Monitor Your Aging Status.....	4
What's New At Choices.....	5
Natural Medicine Store	
Favorites.....	6

### Choices Integrative Healthcare of Sedona

95 Soldiers Pass Road  
Suite B  
Sedona, AZ 86336

(928) 203-4844

[www.choiceshealthcare.com](http://www.choiceshealthcare.com)

# Recent studies on aging and memory

by Peggi Cross, PhD

## **Ginkgo and memory**

In a large long-term study, 3612 non-demented persons aged 65 and older that were using either Ginkgo biloba extract (Egb761 ®), piracetam or neither were compared. A significant difference was found in scores for the Mini-mental state Examination between the three groups over a 20 year monitoring period. The group taking ginkgo improved significantly compared to the other groups and the group taking piracetam declined more rapidly (Amieva et al., 2013).

A study of the effect of ginkgo biloba extract on the cerebral blood oxygenation in the prefrontal cortex, working memory and long term reaction time was assessed in young and middle-aged healthy women. The study found that middle-aged women show bilateral activation in the prefrontal cortex during the working memory test and longer reaction times while younger women show a right dominant activation. In middle-aged women, 6 weeks of ginkgo biloba extract (120mg/day for 6 days) shortened the reaction time and changed the activation pattern to right dominant like the younger women (Sakatani et al., 2014).

## **Resveratrol reconnects the brain**

A study of healthy overweight older adults was done to assess the effect of 200 mg/day of resveratrol. A significant improvement in the retention of words over 30 minutes and increase in functional connectivity and improved glucose metabolism in the brain were measured in those taking the resveratrol compared to controls (Witte et al., 2014).

## **Glutathione precursors reverse decreases in glutathione that occur naturally with age**

Glutathione, one of the body and brains primary anti-oxidants significantly declines with age. Supplementation with the precursors (n-acetyl cysteine and glycine) for 2 weeks led to a 94.6% higher glutathione concentration (red blood cell) and significantly less oxidative stress (Sekhar et al., 2011).

## **Improved Bone Strength through higher doses of Vitamin D, Vitamin C, Vitamin E and omega-3 fatty acids**

A study of the usage of Vitamin D in 31,022 person, (mean age 76 years, 91% women) indicated that high dose supplementation using 800 IU was favorable in preventing hip fracture (Bischoff-Ferrari et al., 2013).

Just 12 months of ascorbic acid (1000 mg) and alpha-tocopherol (400 IU) increased bone mineral density in 90 elderly subjects indicating a usefulness in preventing or treating age-related osteoporosis (Ruiz-Ramos et al., 2010).

A review of the literature since 2008 indicated that omega-3 fatty acids also have a beneficial effect on bone and muscle in older adults (Mangano et al., 2013).

**A Mediterranean diet with CoQ10 fuels the bodies antioxidant defense** Participants in a 4 week study either ate a Mediterranean diet, ate a Mediterranean diet with CoQ10 supplement or ate a diet high in saturated fatty acids and then were tested for oxidative stress markers after a meal of the same diet. Mediterranean diet with CoQ10 (200 mg/day) diet produced lower postprandial Nuclear factor (erythroid-derived 2)-like 2 (Nrf2) gene expression and lower nuclear Nrf2 protein levels compared to the other diets and lower GPx1 gene expression than the saturated fatty acids diet. Nrf2, is a transcription factor that regulates the expression of antioxidant proteins that protect against damage from injury or inflammation (Yubero-Serrano et al., 2013).

## Dr. Mikles anti-aging supplement plan

N-acetyl cysteine 600-1200 mg daily

Vitamin C 1000 mg daily

Vitamin D 800 IU daily

Vitamin E 400 IU daily

CoQ10 200 mg daily

Omega-3 fatty acid 2000 mg daily

Gingko biloba 120 mg/day

Resveratrol 200 mg daily

**Remember to consult your health care provider before making any changes to medications, supplements or exercise plans.**



### References

- Amieva H, Meillon C, Helmer C, Barberger-Gateau P, Dartigues JF. Ginkgo biloba extract and long-term cognitive decline: a 20-year follow-up population-based study. PLoS One. 2013;8(1):e52755.
- Bischoff-Ferrari HA, Willett WC, Orav EJ, Lips P, Meunier PJ, Lyons RA, Flicker L, Wark J, Jackson RD, Cauley JA, Meyer HE, Pfeifer M, Sanders KM, Stähelin HB, Theiler R, Dawson-Hughes B. A pooled analysis of vitamin D dose requirements for fracture prevention. N Engl J Med. 2012 Jul 5;367(1):40-9.
- Mangano KM, Sahni S, Kerstetter JE, Kenny AM, Hannan MT. Polyunsaturated fatty acids and their relation with bone and muscle health in adults. Curr Osteoporos Rep. 2013 Sep;11(3):203-12.
- Ruiz-Ramos M, Vargas LA, Fortoul Van der Goes TI, Cervantes-Sandoval A, Mendoza-Nunez VM. Supplementation of ascorbic acid and alpha-tocopherol is useful to preventing bone loss linked to oxidative stress in elderly. J Nutr Health Aging. 2010 Jun;14(6):467-72.
- Sakatani K, Tanida M, Hirao N, Takemura N. Ginkobiloba extract improves working memory performance in middle-aged women: role of asymmetry of prefrontal cortex activity during a working memory task. Adv Exp Med Biol. 2014;812:295-301.
- Sekhar RV, Patel SG, Guthikonda AP, Reid M, Balasubramanyam A, Taffet GE, Jahoor F. Deficient synthesis of glutathione underlies oxidative stress in aging and can be corrected by dietary cysteine and glycine supplementation. Am J Clin Nutr. 2011 Sep;94(3):847-53.
- Witte AV, Kerti L, Margulies DS, Flöel A. Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults. J Neurosci. 2014 Jun 4;34(23):7862-70.
- Yubero-Serrano EM, Gonzalez-Guardia L, Rangel-Zuñiga O, Delgado-Casado N, Delgado-Lista J, Perez-Martinez P, Garcia-Rios A, Caballero J, Marin C, Gutierrez-Mariscal FM, Tinahones FJ, Villalba JM, Tunez I, Perez-Jimenez F, Lopez-Miranda J. Postprandial antioxidant gene expression is modified by Mediterranean diet supplemented with coenzyme Q(10) in elderly men and women. Age (Dordr). 2013 Feb;35(1):159-70.

# How Do Healthcare Providers Monitor Your Aging Status?

By **Bonnie Elkhair, FNP**

## Complementary Health Practices Available at Choices

- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/  
Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chinese  
Herbal Medicine
- Ultraviolet Blood Irradiations and Ozone Therapy

Every man and woman over age 65 needs an annual preventive health visit in his or her primary care clinic, in order to obtain specific measurements that reflect a sense of one's overall general vitality. Medicare pays 100% of costs associated with those specific annual visits. Routine, defined preventive health measurements lead to improved patient awareness of how to stay healthy, and also lead to early detection of any newly developing health problems, enabling appropriate treatments to begin sooner.

The "Welcome to Medicare Preventive Visit" occurs within the first year after a patient turns 65, or goes on Medicare. The visit includes a review of the patient's medical and social history, assessment of potential for depression or other mental health problems, and assessment of the patient's ability to function safely in home and community environments. The visit also includes measurements of height, weight, blood pressure, and body mass index. Vision screening and EKG are also completed. When present, specific individualized health risk factors are identified and labeled for the patient during the visit. Related

The Welcome to Medicare visit is not a head-to-toe physical exam. If the patient is having a health problem that needs to be treated on the day of the scheduled "Welcome to Medicare Preventive Visit," the patient will likely be asked to reschedule the preventive visit, and change the visit type, to allow management of the acute illness. If the patient is seen for both the "Welcome to Medicare Preventive Visit" and for an acute illness visit on the same day, the patient may incur a charge for the acute illness visit.

The "Welcome to Medicare Preventive Health Visit" includes development of a written preventive health plan, or checklist, that is provided to the patient at the end of the visit, listing the patient's recommended preventive health needs, individualized according to assessed needs.

A Medicare "Annual Wellness Visit" occurs yearly thereafter, one year and one day after the "Welcome to Medicare Preventive Visit." Those patients who never received a "Welcome to Medicare Preventive Visit" may still receive a Medicare "Annual Wellness Visit" yearly.

The Medicare "Annual Wellness Visit" is not a head-to-toe physical exam. The Medicare "Annual Wellness Visit" includes a review of the patient's medical and social history, updating of family medical history, and creating or updating a list of the patient's current healthcare providers and durable medical suppliers. Review of the list of the patient's current medications and current dietary supplements is completed. The visit also includes measurements of height, weight, blood pressure, and body mass index. Health risk assessments such as screenings for cognitive impairment, depression, functional ability, and safety level are completed, and the patient's individualized health risk assessment is established or updated. As health risk factors are identified, related education, counseling and/or referrals are provided.

Each Medicare "Annual Wellness Visit" includes development or updating of the patient's written preventive health plan, or checklist, that is provided to the patient at the end of the visit. The checklist includes the patient's recommended preventive health needs, and empowers patients to stay timely in maintaining recommended preventive health screenings and vaccines.

## Enjoying a more youthful aging process...

by Dr. Henning Ansorg, MD

(Continued from page 1)

**A personalized exercise regime complements the program and helps us to improve oxygenation of our brain and heart as well as improve balance and strength.**

**The Age Management Program has to be customized for the needs and predispositions of every patient on an individual basis.**

**In the hands of an experienced practitioner and a motivated patient remarkable result will be achieved. It is the most efficient program to prevent premature disability and degenerative disease while enjoying better quality of life and a more youthful aging/maturing process.**

**Dr. Ansorg received advanced training in Age Medicine Management and is certified by the Age Management Medicine Education Foundation and an active Member of the Age Management Medicine Group.**

**If you are interested in a personalized Age Management Medicine consultation, you are welcome to book a consultation with Dr. Ansorg through our reception at Choices Integrative Healthcare of Sedona at 928-203 4844.**

## *What's New at Choices*

Choices Integrative Healthcare has changed to a new electronic medical records system, ***Practice Fusion***. We appreciate your patience as we move your health information from our old system onto Practice Fusion.

Many of you may have already received an email invitation to join our new ***Practice Fusion*** patient portal. Your providers at Choices encourage you to use the link sent to your email to sign up and become connected to your medical records and to your provider.

Access your health records anytime .

A patient portal is a secure online website that gives patients convenient 24-hour access to personal health information from anywhere with an Internet connection.

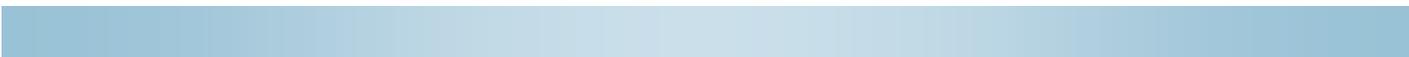
Connect with your Choices Integrative Healthcare Patient Fusion doctor to access key health information recorded during your visits, including:

- \*Upcoming appointments***
- \*Recent lab orders***
- \*Medications, diagnoses***
- \*Secure messaging with your provider***
- \*Schedule Non Urgent appointments***
- \*And much more***



If you have not already received an email invitation to join the ***Patient Fusion*** portal, or if you have any questions or need assistance with signing up. Please give us a call at (928) 203-4844.

We look forward to hearing from you through our secure online patient portal. **Please take the time to send your provider a direct message through the portal to let him/her know that you are connected.**



## Natural Medicine Store Favorites

by Brian Whitney \*

### Introducing NiaCel™ – For Endurance, Energy, and Healthy Aging\*

Nicotinamide riboside (NR) is the active ingredient in NiaCel and is the most direct pre-nicotinamide adenine dinucleotide (NAD+).\* NAD+ is a key component of the citric acid and the electron transport chain, both involved in mitochondrial production of ATP for In addition to its importance in cellular energy production, NAD+ is a critical substrate for several enzymes, including sirtuins (SIRT1 and SIRT3, in particular), which play key roles in aging, weight management, metabolic syndrome, and hepatic lipid metabolism.\*  
What health benefits will NiaCel provide?

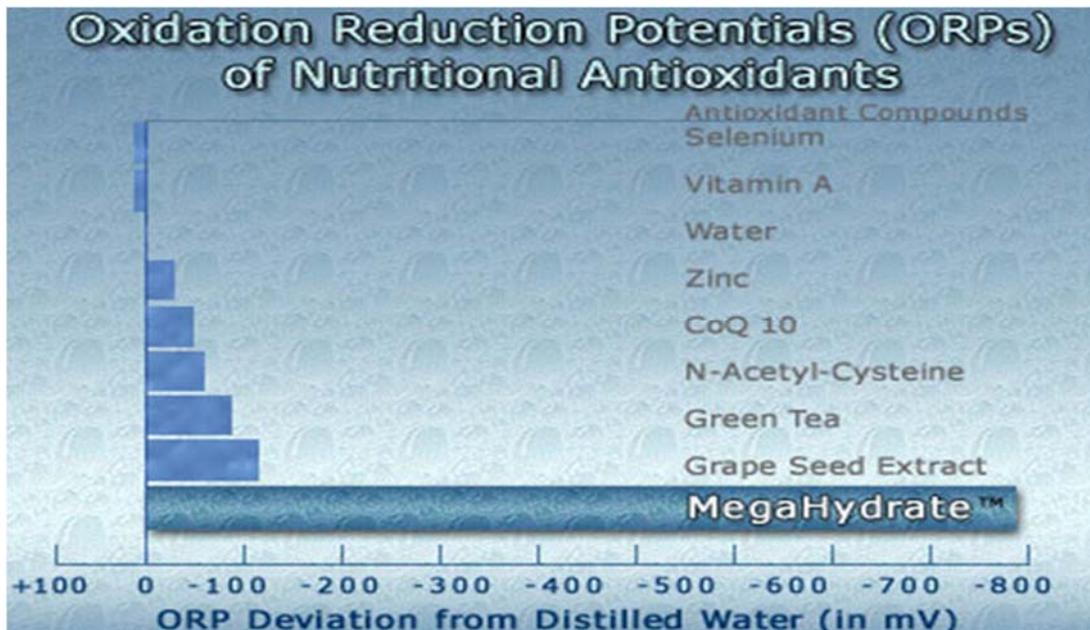


cursor to  
cycle  
energy.\*  
for sev-  
healthy

- \*NiaCel supports insulin sensitivity by improving skeletal muscle efficiency
- \*NiaCel promotes healthy aging by turning on sirtuins, which increases mitochondrial biogenesis
- \*NiaCel is neuroprotective and supports cognitive function
- \*NiaCel assists weight management by promoting thermogenesis
- \*NiaCel benefits endurance athletes and fatigued individuals by increasing skeletal and cardiac muscle mitochondria



MegaHydrate is the key that unlocks the potential of water as the medium for nutrient replenishment and waste removal at the cellular level. In a state of dehydration, body cells cannot assimilate nutrients and remove waste. Aging is evidence of the damage to millions of the body's cells through oxidation. This oxidation is due to the lack of Hydrogen ions that are available to stop free radical damage. Toxins, viral matter, fungi, and bacteria trapped between cells can be expunged more readily. More importantly, water enters cells more easily. Water is arguably the most vital component of anti-aging, life extension, and the removal of free radicals and waste.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.