

RESOURCE GUIDE

The doctors and professionals on this list have been compiled as experts in their chosen fields. I have personally worked with some of them; others have been referred from trusted sources. That being said, we cannot guarantee your satisfaction with any of these professionals. Please use this list as a starting point, then interview each doctor to see who fits your particular needs. I always appreciate your feedback.

The Life Extension Foundation

The Life Extension Foundation is the largest anti-aging medicine organization in the world. Since 1980, this non-profit group has uncovered validated methods to slow premature aging and treat degenerative disease.

My readers can obtain a *free* copy of the most current issue of *Life Extension Magazine* by calling 1-888-884-3625 or logging on to www.SuzanneSomers.com and clicking 'Life Extension'

I receive *Life Extension Magazine* each month, and stop whatever I am doing to read it cover to cover. I do this because Life Extension has a track record of introducing evidence-based approaches to enhancing longevity that are five-to-ten years ahead of conventional medicine. These life-saving scientific advances are chronicled each month in *Life Extension Magazine*, read by over 400,000 people worldwide.

Consumers and medical professionals alike read *Life Extension Magazine* to obtain the latest information about achieving long life, while protecting against common age-related disorders such as obesity.

Blood Tests that Uncover Hidden Factors of Weight Gain

An analysis of your **blood** can uncover biological abnormalities that may be causing or contributing to unwanted weight gain. Appropriate blood tests can also reveal silent conditions that predispose you to increased risks of cancer, heart attack, stroke and dementia.

Once you receive your **blood test results**, you possess the knowledge to reverse undesirable factors that are an underlying cause of a variety of health maladies, including surplus fat accumulation.

Here are some obesity-inducing factors that are included in the **Comprehensive Weight Loss Blood Test Panels** I recommend in *SEXY FOREVER*:

1) Estradiol (a type of estrogen)- Suboptimal levels of estrogen are associated with weight gain in **women**, especially in the abdominal area. Several studies show a reduction in abdominal obesity in women in response to restoration of estrogen balance. In fact, many experts in the field of bioidentical hormone replacement therapy report impressive improvements in body composition in peri- and post-menopausal women once hormone balance is restored. If a women's blood test shows estrogen levels are low, she can be prescribed **bioidentical estrogen** to restore it to a more youthful level.

In **men**, low testosterone in combination with excess estrogen is associated with excess abdominal fat mass. There are several methods to restore optimal hormone balance (including estrogen) in men. That is why estradiol levels are included in the male and female **Weight Loss Blood Test Panels** recommended at the end of this chapter.

Experts in bioidentical hormone replacement therapy strive to achieve optimal results by working in harmony with each individual's unique biochemistry, carefully titrating bioidentical hormone dosages with blood levels as well as biological effects. Most experts in bioidentical hormone replacement therapy believe an optimal **estradiol blood level** range for menopausal and postmenopausal women is between **90-250** pg/mL. For men, most experts believe that an estradiol range between **20-30** pg/mL is best for optimal results.

In addition, bioidentical hormone replacement experts believe that it is important for women to keep their **progesterone** blood level between **2.0-6.0** pg/mL, especially if they are taking supplemental estrogen, preferably in bioidentical forms discussed in this book.

2) Testosterone- Low levels of testosterone in **men** are associated with visceral adiposity (i.e. fat that surrounds the organs of the abdominal cavity). When deficient men are supplemented with **bioidentical testosterone**, the result is often a decrease in belly fat. In post-menopausal women, relatively low estrogen and higher-than-optimal testosterone can contribute to an increase in abdominal fat mass. Furthermore, some young women with excess body fat suffer from an underlying medical condition characterized by elevated testosterone, insulin resistance, and menstrual irregularities. Many people do not know that this medical problem, called *polycystic ovary syndrome* (PCOS), is one of the most common hormone abnormalities that occur in women of reproductive age. There are several ways to restore balance between

estrogen and testosterone in women. That is why testosterone levels are included in the male and female **Weight Loss Blood Test Panels**.

Many experts in testosterone restoration therapy believe that men (who do not have prostate cancer) should maintain their **free testosterone** in the range of **20-25** pg/mL, which is approximately the upper third range for free testosterone observed in young men, whereas women should keep their **free testosterone** blood level much lower at between **1.0-2.2** pg/mL.

3) Thyroid- The rate of cellular energy expenditure is regulated partially by **T3 thyroid hormone**. Low thyroid predisposes **women** and **men** to weight gain. The **Weight Loss Blood Test Panels** check free T3, free T4 and thyroid stimulating hormone (TSH). If deficient, thyroid hormone replacement can be prescribed. Optimal free T3 and free T4 levels are at the upper-one third range of normal. The normal range for TSH is typically between 0.3 – 3.0 mIU/mL, but for optimal thyroid status, a TSH of greater than 2.0 mIU/mL may predispose to weight gain. When TSH is elevated, this suggests reduced thyroid hormone output as the body's endocrine system tries to compensate by secreting more thyroid stimulating hormone (TSH).

4) Triglycerides- This test is used to identify coronary heart disease risk, but it can also uncover fat metabolism disorders. An elevated fasting triglyceride level has been identified as an independent risk factor for vascular disease. However, many people do not realize that in the context of weight loss, experimental studies indicate that higher than optimal levels of triglycerides after eating (such as 2-4 hours following a meal) can predict the risk of diet-induced obesity. Clinical studies suggest that the optimal level for non-fasting triglycerides (the level of triglycerides 2-4 hours following a meal) is no more than **116** mg/dL, above which there is an increase in risk of heart disease and stroke. There are a number of proven methods to reduce excess triglycerides from your blood stream that may better enable you to reduce your risk. Optimal **fasting triglyceride** levels to strive for are **80** mg/dL or less.

5) Glucose- Excess blood **sugar** induces metabolic havoc and is often associated with excess body weight, in particular excess visceral fat. Many people are not aware that a number of studies suggest that chronic elevations in insulin and blood sugar can impair the brain's appetite regulating mechanism. Even when fasting blood sugar levels are in the upper normal ranges, you may still suffer from impaired glucose tolerance associated with insulin resistance. Insulin resistance causes your pancreas, to pump out more insulin in the attempt to drive nutrients into cells. However, burning body fat is difficult in the presence of elevated levels of insulin. Glucose elevation is also associated with activation of genes that induce body fat formation. Fortunately there are several proven methods to safely restore glucose levels to an optimal level. An optimal **fasting glucose** range to strive for is **70-85** mg/dL.

6) **C-reactive protein**- Excess C-reactive protein interferes with the ability of leptin to control appetite and burn fat. If your C-reactive protein levels are elevated, it is important to follow the steps discussed in this book to suppress this marker of chronic inflammation (C-reactive protein) in your body. A side benefit to lowering C-reactive protein is a reduction in the risk of heart attack and stroke. Men should have a C-reactive protein blood level of **0.55** mg/L or less, while a women's blood should have **1.50** mg/L or less of C-reactive protein.

7) **Food Sensitivities**- Many people don't realize that various forms of **food sensitivity** can create a chronic low level of inflammation that can disable some of the body's fat storage regulatory mechanisms. Reactions to food can also be a hidden cause behind an array of health problems, including headaches and migraines, insomnia, and digestive disorders. An advanced, convenient diagnostic blood test technology called the **FoodSafe™** test enables you and your doctor to zero in on the potential foods behind your health problems and methodically eliminate them.

8) **Omega-3 Score**- Based on an overwhelming volume of published documentation, health conscious Americans are gulping down fish oil and other supplements that provide essential **omega-3 fatty acids**. What a lot of people don't realize is that dosing of omega-3s varies considerably amongst individuals. Many people who think they are getting enough EPA/DHA omega-3s are not. A new at-home **Omega-3 Score** blood test measures your individual fatty acid status so you can optimize your body's omega-3 to omega-6 balance. Research suggests that relatively deficient levels of omega-3, in the presence of excess omega-6 can contribute to systemic inflammation in the body, insulin resistance, and difficulty with weight management.

9) **Heavy Metals Profile**-Even those who try to eat healthy can inadvertently suffer build up of heavy metals such as mercury, lead and arsenic. This is becoming a problem as more people eat seafood that has been contaminated with industrial pollutants. Blood or urine tests can reveal if you need to remove (chelate) these heavy metals from your body.

10) **H. Pylori**- A strikingly high percentage of the population is infected with the **Helicobacter pylori** bacteria. This bacterium resides in the stomach and can create serious health issues (including stomach cancer) if not eradicated. A **H. Pylori antibody blood test** can help detect this insidious bacteria and enable you to take steps to eliminate it from your body.

11) **Vitamin D**- Overweight and obese individuals are often vitamin D deficient. The problem with insufficient vitamin D is that this is often accompanied by systemic inflammation that can sabotage the best weight loss plans. Remember that pro-inflammatory compounds like **C-reactive protein** can bind to leptin and

deactivate leptin's natural anti-obesity effects. Most people need to take at least **5,000** IU a day of supplemental vitamin D to achieve vitamin D blood levels (measured as *25-hydroxyvitamin D*) of at least **50** ng/mL. Many aging individuals who avoid sun exposure out of concern of skin cancer and skin aging require 5,000 to 8,000 IU of vitamin D3 daily to achieve optimal levels in the body. A blood test for 25-hydroxy vitamin D should be obtained within two months of vitamin D3 supplementation to ascertain the body's response.

How to Obtain these Blood Tests at Affordable Prices

Comprehensive blood tests can be quite costly from commercial laboratories, but I have arranged for my readers to obtain special low prices for them.

The good news is that you can order these tests yourself and have your blood drawn in a blood drawing station near you at your convenience.

At a minimum, anyone seeking to lose weight should obtain a **Comprehensive Weight Loss Blood Test Panel** that includes C-reactive protein, estradiol, thyroid, testosterone, glucose, triglycerides, progesterone (for women), PSA (for men) and numerous other health markers. You can order this comprehensive blood test today by logging on to SuzanneSomers.com and clicking on **Life Extension** or by calling **1-888-884-3666**

Additional blood tests to consider are:

Food Sensitivities

Omega-3 Score

Heavy Metals Profile

H-Pylori antibody

25-Hydroxyvitamin D (have your blood drawn after you have been taking 5,000 IU of supplemental vitamin D daily for 30-60 days)

When you get your test results back, Life Extension maintains a dedicated team of health advisors who can assist in using your individual blood tests to facilitate healthy weight loss. These health advisors are available 7-days a week and can be reached by calling **1-888-884-3666**.

Organic Fiber

Organic Clear Fiber is soluble and helps with managing cholesterol, soaking up toxins in the gut and weight loss.

FiberSmart is flax with soluble and insoluble plus soothing herbs. Good for a fiber supplement, but also great for IBS.

Organic Triple Fiber has both soluble and insoluble. It is a general overall good fiber supplement.

Fibertastic is 50% soluble and 50%insoluble. The benefit of this fiber is it tastes so good even kids can put it in their diets. It is made from fruit and vegetable fiber and it smells like pears.

Food Intolerance/Allergy Test

Dr. Fine (best known for isolating antibodies for gluten in the stool)

Enterolab

10986 Plano Rd.

Dallas, TX 75238

972-686-6869

www.enterolab.com

Meridian Valley Lab

425-271-8689

www.MeridianValleyLab.com

Meridian Valley Lab can help you identify your food allergies, including hidden food sensitivities. By testing for antibodies of up to 190 foods you get a good idea of foods you may want to avoid. You can begin your test at home with a simple finger prick kit called the Food Safe Allergy Test or have your blood drawn at a lab for their E-95, A-95, or E-95/A-95 Combo panel for a reduced price. When you get your food allergy report you'll also receive a food rotation diet guide that will help you get started on a better road to health, and wellness. Of course, any weight loss is free of charge!

Integrative health care practitioners providing support for optimal health, antiaging, and healing from various disease conditions

Antiaging Doctors, Specialists, Clinics and Institutes

The following websites will help you find a doctor in your area:

American Academy of Anti-Aging Medicine

1510 West Montana St. Chicago, IL 60614

773-528-4333

www.worldhealth.net

American College for Advancement in Medicine (ACAM)

23121 Verdugo Dr., Suite 204

Laguna Hills, CA 92653

800-532-3688

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Life Extension Foundation
800-226-2370
www.lef.org/docs

Whenever applicable, the doctors' areas of specialty are specified below. Every effort has been made to ensure the accuracy of each resource listed here. But when making an appointment, be sure to verify the doctor's specialties. "Difficult conditions" means that the doctor is particularly interested in working with patients who have not had success with other conventional treatments for various medical conditions and who are looking for complementary non-drug approaches that minimize the side effects of regular treatment. Their healing approaches look for underlying causes that need to be corrected, and they typically employ a combination of up-to-date conventional, nutritional, and other innovative modalities to treat conditions such as, but not limited to, degenerative diseases (cardiovascular, diabetes, brain conditions such as dementia and Alzheimer's), asthma, infections (such as hepatitis and other viral illnesses), chronic fatigue and fibromyalgia, autoimmune diseases (rheumatoid arthritis, multiple sclerosis, thyroiditis, gastrointestinal problems, lupus), and chronic or mood disorders such as depression and anxiety. Note: BHRT is bioidentical hormone replacement therapy.

ALABAMA

HRC Medical (BHRT)
700 Century Park South, Ste. 112
Birmingham, AL 35226
205-822-3211
www.hrcmedical.com

Marla Wohlman, M.D. (BHRT, antiaging, cosmetic dermatology)
3351 Main St.
Millbrook, AL 36054
866-780-7808
www.drwohlman.com

ARIZONA

Thomas Alexander, M.D. (BHRT, integrated/holistic medicine)
7950 East Acoma Drive, Suite 202
Scottsdale, AZ 85260.
480-998-3551
www.thomasalexandermd.com

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Elaine Burns, NMD
Vital Solutions MD
14354 N. Frank Lloyd Wright Blvd., Suite 7
Scottsdale, AZ 85260
480-477-6334
480-477-6332 (Fax)
www.vitalsolutionsmd.com

Ramon Esquerdo, NMD, BS (BHRT, antiaging, alternative therapies) (3 locations)
-Ace Chiropractic
6770 West Deer Valley Rd., Ste. B102
Glendale, AZ 85310
623-362-1950
-Anti-Aging Institute of Arizona
3514 North Power Rd., Ste 107
480-292-1110
-Premier Care for Women
14239 W. Bell Road, Ste. 210
Surprise, AZ. 85374
623-584-0800
www.modmed.net

Rebecca Ford, NMD, RN, CCN (Anti-aging, integrative medicine)
Scottsdale Center for Integrative Medicine
8149 E. Evans Rd., Ste. C-5
Scottsdale, AZ 85260
480-560-1600
480-483-3166 (Fax)
www.imctex.com

Ernesto Gomez, M.D. (BHRT, Ob/Gyn)
Mesa ObGyn
-1039 N. Country Club Drive
Mesa, AZ 85206
480-834-3784
480-834-4023 (fax)
www.mesaobandgyn.com
-6644 E. Baywood Ave.
Mesa, AZ 85206
480-985-8151
480-922-6215 (fax)

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Dr. Colleen R. Hunsaker (Antiaging, BHRT)
14300 N. Northsight Blvd., Ste.114
Scottsdale, AZ 85260
480-614-5415
480-907-7539 (Fax)
www.BioidenticalDoctors.com

Shaida Sina, N.M.D. (BHRT, integrative medicine)
Breakthrough Medicine
2030 W. Hwy 89A
Sedona, AZ 86336
928-649-0269
866-644-6363 (Fax)
www.breakthrough-medicine.com

Ty M. Tallman, N.M.D. (medical weight loss [HCG], BHRT—male and female, lipodissolve, natural supplements specialist)
3014 N. Hayden Rd., Suite 122
Scottsdale AZ 85251
480-219-2624
480-802-2474 (fax)
www.giorgii.com
E-mail: info@giorgii.com

Shawn Tassone, M.D., FACOG (BHRT, integrative medicine, ob-gyn)
Kathryn M. Landherr, M.D., F.A.C.O.G.
La Dea Women's Health
7494 N. LaCholla Blvd.
Tucson, AZ 85741
520-544-0906
520-544-5690 (fax)
www.ladeawomenshealth.com

CALIFORNIA

David Allen, M.D. (antiaging, BHRT, difficult conditions)
11860 Wilshire Blvd., Suite 200
Los Angeles, CA 90025
310-445-6600
310-445 6601 (fax)
www.davidallenmd.com

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Daniel Amen, M.D. (integrative psychiatry, SPECT brain scans)
Amen Clinics
4019 Westerly Pl., Suite 100
Newport Beach, CA 92660
949-266-3700
949-266-3750 (fax)
www.amenclinics.com

Catherine Arvantely, M.D. (BHRT, integrative medicine)
4121 Westerly Pl., Suite 102
Newport Beach, CA 92660
949-660-1399
949-660-1333 (fax)
www.drarvantely.com

Dan Asimus, M.D. (integrative psychiatry)
Life Fitness Center
200 E. Del Mar Blvd., Suite 208
Pasadena, CA 91105
626-578-7111
E-mail: lifefitness@earthlink.net

Barbie J. Barrett, M.D. (BHRT, antiaging)
1828 El Camino Real, Suite 804
Burlingame, CA 94010
650-515-4402
650-552-9658 (fax)
www.youthfulresolutions.com

Koren Barrett, N.D. (BHRT, integrative medicine, family practice)
1831 Orange Ave., Suite A
Costa Mesa, CA 92627
949-743-5770
E-mail: drbarrett@inaturalmedicine.com
www.inaturalmedicine.com

Harvey S. Bartnof, M.D. (antiaging, BHRT, integrative medicine)
California Longevity and Vitality Medical Institute
450 Sutter St., Suite 2433
San Francisco, CA 94108
415-986-1300
E-mail: DrBartnof@DrBartnof.com
www.longevitymd.net

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Be Hive Of Healing

Habib Sadeghi, MD (BHRT, antiaging, integrative medicine, difficult conditions, cancer)

11695 National Blvd

Los Angeles CA 90064

310-914-4567

310-914-4533 (fax)

www.behiveofhealing.com,

E-mail: info@behiveofhealing.com

Arash Bereliani, M.D. (integrative cardiology, antiaging medicine)

125 N. Robertson Blvd.

Beverly Hills, CA 90211

310-550-8000

www.optimalvitalemd.com

www.arashbereliani.com

Jennifer Berman, M.D. (sexual health, integrative urology, BHRT)

444 North Camden Dr.

Beverly Hills, CA 90210

888-849-9933

www.bermansexualhealth.com

Hyla Cass, M.D. (integrative psychiatry, BHRT, antiaging)

Pacific Palisades, CA 90272

Beverly Hills, CA 90211

310-459-9866

310-564-0328 (fax)

www.drcass.com

Phillip Castellano, M.D., ABAAM, FAARM (antiaging and regenerative medicine)

355 Placentia Ave., Suite 308

Newport Beach, CA 92663

949-574-9492

949-574-4959 (fax)

E-mail: drphilcast@gmail.com

www.drcastellano.net

Yun-Ching Chen, M.D. (integrative medicine, BHRT)

720-A Capitola Ave.

Capitola, CA 95010

831-462-6013

www.balancedapproaches.com

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Marc Darrow, M.D., J.D. (antiaging, BHRT, musculoskeletal care, prolotherapy, sports medicine, and rehabilitation)

Darrow Wellness Institute
11645 Wilshire Blvd., Suite 120
Los Angeles, CA 90025
310-231-7000

www.drdarrow.com

Howard Elkin, M.D., F.A.C.C. (cardiology, integrative medicine, antiaging)
Heartwise Fitness and Longevity Center

8135 S. Painter, Suite 204
Whittier, CA 90602
562-945-WELL

www.heartwise.com

Ergonique Spa and Anti-Aging Clinic (antiaging, BHRT)

Alex Martin, M.D.
359 San Miguel Dr., Suite 110
Newport Beach, CA 92660
949-721-8304
949-721-9194

www.ergonique.com

Joe Filbeck, M.D. (BHRT, integrative medicine)

8929 University Center Ln., Suite 202
San Diego, CA 92122
858-457-5700

www.palmlajolla.com

Drew Francis, L.Ac., O.M.D. (Oriental medicine, antiaging, BHRT, difficult conditions)

Golden Cabinet Medical Healing Center
2019 Sawtelle Blvd.
West Los Angeles, CA 90025
310-575-5611
310-575-9885 (fax)

www.goldencabinet.com

Michael Galitzer, M.D. (my personal physician; BHRT, antiaging, integrative medicine, difficult conditions)

12381 Wilshire Blvd., Suite 102
Los Angeles, CA 90025
800-392-2623

www.ahealth.com

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Judi Goldstone, M.D. (BHRT, antiaging, internal medicine)
23823 Hawthorne Blvd.
Torrance, CA 90505
424-247-4962
310-544-4764 (fax)
www.drjudigoldstone.com

Allen Green, M.D. (integrative medicine, antiaging, BHRT, difficult conditions)
Center for Optimum Health
11860 Wilshire Blvd., Suite 200
Los Angeles, CA 90025
310-445-6600
310-445 6601 (fax)
www.allengreenmd.com

David L. Greene, M.D. (BHRT, ob-gyn)
459 W. Line St.
Bishop, CA 93514
760-873-8982

Hans Gruenn, M.D. (antiaging, BHRT, difficult conditions)
Longevity Medical Center
2211 Corinth Ave., Suite 204
Los Angeles, CA 90064
310-966-9194
E-mail: ceo@drgruenn.com
www.drgruenn.com
www.i4sh.com

Prudence Hall, M.D. (antiaging, BHRT, integrative medicine, ob-gyn)
The Hall Center
1148 4th St.
Santa Monica, CA 90403
866-933-HALL (4255)
310-458-0179 (fax)
E-mail: info@thehallcenter.com
www.thehallcenter.com

Johnnie Ham, M. D. (BHRT, ObGyn)
575 Price Street, Ste. 313
Pismo Beach, CA 93449
805-201-9135
805-201-9134 (Fax)
www.coastalclinic.com

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Dianne Hinton, NP-PA (BHRT, functional medicine)
1724 G. Street
Modesto, CA 95354
209-247-9170
www.calmglow.com

Karima Hirani, M.D., M.P.H. (BHRT)
9736 Venice Blvd.
Culver City, California 90232
310-559-6634
310-559-6652 (fax)
www.drhirani.com
E-mail: Nicole@drhirani.com

Lisa Hirsch, M.D., FACOG (integrative gynecology/urology, women's wellness, antiaging, difficult conditions)
360 San Miguel, Suite 308
Newport Beach, CA 92660
949-720-0511
949-720-9404 (fax)
www.newportwomenshealthandwellness.com

Neil Hirschenbein, M.D., PhD (BHRT, antiaging, internal medicine, gastroenterology)
The La Jolla Institute of Comprehensive Medicine
8910 University Center Lane, Ste. 530
San Diego, CA 92122
858-546-8055
858-546-8281 (Fax)
www.lji.md

Andrew H. Jurow, M.D. (BHRT, antiaging, ob-gyn)
1828 El Camino Real, Suite 804
Burlingame, CA 94010
650-515-4402
650-552-9658 (fax)
www.physiciansyouthfulresolutions.com

Vladimir Kaye, M.D., Q.M.E. (integrative medicine, antiaging, musculoskeletal healing)
159 North Raymond Ave.
Fullerton, CA 92831
714-871-2495
714-871-3350 (fax)

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Jason Kelberman, D.C. (integrative chiropractic, physical therapy, detox programs, innovative neuropathy healing)

West Side Wellness Center
11645 Wilshire Blvd., Suite 120
Los Angeles, CA 90025
310-231-7000
www.drkelberman.com

Shiva Lalezar, M.D. (antiaging, integrative medicine, BHRT, difficult conditions)

Health and Vitality Center
11600 Wilshire Blvd., Suite 120
Los Angeles, CA 90025
310-477-1166
310-477-9911 (fax)
www.healthandvitalitycenter.com

Candice Lane, M.D.

1250 La Venta Dr., Suite 206
Westlake Village, CA 91361
805-496-7869
877-496-4289
805-496-7879 (fax)

Howard Liebowitz, M.D. FACEP (antiaging, BHRT, integrative medicine)

Director, Liebowitz Longevity Medicine
900 Wilshire Blvd Suite 450
Santa Monica, CA 90401
310 393-2333
310 393-8899 (Fax)
www.mybalancedhormones.com
www.hormonesdoneright.com
www.liebowitzlongevity.com
E-mail: info@drhowardliebowitz.com

LifeSpan Medicine (integrative medicine, antiaging, BHRT, difficult conditions, highly personalized care)

Christian Renna, M.D.
Robert Maki, N.D.
Dominique Fradin-Read, M.D.
2811 Wilshire Blvd., Suite 610
Santa Monica, CA 90403
310-453-2335
310-453-2337 (fax)
www.lifespanmedicine.com

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Cathie Lippman, M.D. (integrative medicine, BHRT)
The Lippman Center for Optimal Wellness
291 S. La Cienega Blvd., Suite 409
Beverly Hills, CA 90211
310-289-8430
310-289-8165 (fax)
www.cathielippmanmd.com

Gary London, M.D. (BHRT, antiaging, ob-gyn)
9201 Sunset Blvd., Suite 902
West Hollywood, CA 90069
310-270-4500
www.garylondonmd.com

Shanhong Lu, MD, PhD (Detox, De-stress, HGH, BHRT, antiaging)
Mt. Shasta Integrative Medicine
1180 B. So. Mt. Shasta Blvd
Mt. Shasta, CA 96067
530-926-1000
www.drlumd.com
Email: DRLU@DRLUMD.COM

Hilda Maldonado, M.D. (BHRT, antiaging, integrative medicine)
1240 Westlake Blvd., Suite 133
Westlake Village, CA 91361
805-496-6698
805-557-0223 (fax)
www.drhildamaldonado.com

Alex Martin, M. D. (Integrative Medicine, antiaging, BHRT)
Metropolitan Medical Care
7080 Hollywood Blvd., Suite 804
Los Angeles, CA 90028
323-285-5300
323-463-4000 (fax)
www.metromedicalcare.com

Robert Mathis, M.D. (BHRT, integrative medicine)
9 E. Mission St.
Santa Barbara, CA 93101
805-569-7100
www.baselinehealth.net

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Rand McClain, D.O. (antiaging, BHRT, integrative medicine, sports medicine, weight-loss programs)

-2701 Ocean Park Blvd., Suite 101

Santa Monica, CA 90405

310-452-3206

310-452-5134 (fax)

-15022 Mulberry Dr., Suite B

Whittier, CA 90604

562-906-9700

562-906-9705 (fax)

E-mail: drrandmcclain@drrandmcclain.com

www.focusonlifequality.com

Philip Lee Miller, M.D. (antiaging, BHRT, difficult conditions)

Los Gatos Longevity Institute

15215 National Ave., Suite 103

Los Gatos, CA 95032

408-358-8855

www.antiaging.com

Christine Paoletti, M.D., F.A.C.O.G. (integrative gynecology, BHRT, integrative medicine, women's wellness, difficult conditions)

1304 15th St., Suite 405

Santa Monica, CA 90404

310-319-1819

310-319-1335 (fax)

www.drpaoletti.com

Cristiana Paul, M.S. (preventive and wellness nutrition, difficult conditions)

West Los Angeles, CA 90025

E-mail: info@cristianapaul.com

www.cristianapaul.com

Allen Peters, M.D. (integrative medicine, BHRT, wellness programs, antiaging, difficult conditions)

Nourishing Wellness Medical Center

819 N. Harbor Dr., Suite 310

Redondo Beach, CA 90277

310-373-7830

310-373-7840 (fax)

www.nourishingwellness.com

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Wendy Miller Rashidi, M.D. (BHRT, integrative medicine)
Women's View Medical Group
299 West Foothill Blvd.
Upland, CA 91786
909-982-4000
www.womensviewmedical.com

Uzzi Reiss, M.D. (BHRT, integrative gynecology, women's wellness, antiaging, difficult conditions)
414 North Camden Dr., Suite 750
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Compounding Pharmacies by State

These websites list compounding pharmacies by state:

<http://www.angelfire.com/fl/endohystnhrt/pharmacy.html>

Professional Compounding Center of America (PCCA) www.pccarx.com

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For a referral to the closest compounding pharmacy in your area:

International Academy of Compounding Pharmacists
P.O. Box 1365
Sugar Land, TX 77478
800-927-4227
www.iacprx.org

ARIZONA

Women's International Pharmacy
12012 N. 111th Ave.
Youngtown, AZ 85363
800-279-5708
www.womensinternational.com

CALIFORNIA

The Compounding Pharmacy of Beverly Hills
9629 West Olympic Blvd.
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310-284-8675
888-799-0212
www.compounding-expert.com

Dr. Eleanor Kong, Pharm.D.
3435 Ocean Park Blvd., Suite 105B
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Leiter's Rx Pharmacy
1700 Park Ave, Suite 30
San Jose, CA 95126
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408-292-6772
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Medical Center Pharmacy
Redondo Beach, CA
Pharmacist: Nilesh Bhakta
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Santa Ana Tustin Pharmacy
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Steven's Pharmacy
1525 Mesa Verde Dr. East
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www.stevensrx.com

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Compounding Pharmacy
72624-A El Paseo
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www.gotocompoundingshop.com

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www.myvillagegreen.com

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509-755-3333

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WISCONSIN

Health Pharmacies
2809 Fish Hatchery Rd., Suite 103
Madison, WI 53713
800-373-6704

CANADA

ONTARIO

NutriChem Pharmacy
1303 Richmond Rd.
Ottawa, ON K2B 7Y4
613-820-4200
613-829-2226 (fax)
www.nutrichem.com

AIM Clinic Pharmacy
Maria Musitano, B.Sc. Pharm
Compounding Pharmacist
1605 Main St. West,
Hamilton, ON, L8S 1E6
905.523.9000
905.523.9008 (Fax)
www.aimclinicpharmacy.com

Trutina Pharmacy
201 Wilson St. East
Ancaster, ON L9G 2B8
866-418-9303
905-304-9300

York Downs Pharmacy
3910 Bathurst St.
Toronto, ON M3H 5Z3
416-633-2244
800-564-5020
416-633-3400 (fax)
www.yorkdownsrx.com

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EUROPE AND AUSTRALIA PHARMACIES

The Specialist Pharmacy
42 Windmill St.
London, W1T 2JZ
+44 207 637 1055
+44 207 636 5778
www.specialist-pharmacy.com
E-mail: pharmacist@specialist-pharmacy.com

Hunter Connect Pharmacy
Compounding Chemist
Shop P2, 109 Pitt St.
Sydney 2000
Australia
02 9235 0406
02 9232 5493 (fax)
www.pharmacyatwork.com.au

New Technologies

These companies can be contacted by direct links on my website,
www.suzannesomers.com.

David Schmidt
LifeWave
1020 Prospect St., Suite 200
La Jolla, CA 92037
858-459-9876
866-420-6288
www.suzannesomers.com (click on LifeWave)

Robin Smith, M.D., M.B.A.
NeoStem, Inc.
420 Lexington Ave., Suite 450
New York, NY 10170
212-584-4180
646-514-7787 (fax)
www.suzannesomers.com (click on NeoStem)

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Master Herbalist

Paul Schulick
New Chapter
99 Main St.
Brattleboro, VT 05301
802-257-9345
www.newchapter.info

Other Helpful Websites

A nutraceutical from Hungary that has been approved in Europe to be used along with or instead of chemotherapy because it impairs the usage of sugar by cancer cells and has other beneficial effects without side effects.

www.Avemar.com

Dr. Russell L. Blaylock
Advanced Nutritional Concepts, LLC
www.russellblaylockmd.com
www.newportnutritionals.com
Blaylock Wellness Report, www.blaylockreport.com

Julie Carmen
www.JulieCarmenYoga.com
www.yogataalks.com

Suzanne Somers
www.suzannesomers.com

Don Tolman
www.dontolmaninternational.com

Brenda Watson
www.renewlife.com

Testing Hormone Levels

Aeron LifeCycles
1933 Davis St., Suite 310
San Leandro, CA 94577
800-631-7900
www.aeron.com

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Life Extension Foundation
Fort Lauderdale, FL
888-884-3666
www.lef.org/goodhealth

Sabre Sciences, Inc.
2233 Faraday Ave., Suite K
Carlsbad, CA 92008
www.sabresciences.com

Testing for Nutritional Deficiencies

Doctor's Data
3755 Illinois Ave.
St. Charles, IL 60174-2420
800-323-2784 (USA, Canada)
0871-218-0052 (United Kingdom)
E-mail: inquiries@doctorsdata.com
www.doctorsdata.com

Genova Diagnostics
63 Zillicoa St.
Asheville, NC 28801
800-522-4762
www.gdx.net

Metametrix Clinical Laboratories
4855 Peachtree Industrial Blvd.
Norcross, GA 30092
770-446-5483
www.metametrix.com

Cristiana Paul, M.S.
Los Angeles, CA
E-mail: cristiana@cristianapaul.com
www.cristianapaul.com

SUZANNE ORGANICS Products

Go to www.SuzanneSomers.com for more information

RestoreLife Formulas Vitamins and Supplements
www.SuzanneSomers.com

Exercise Products

ThighMaster

www.thighmaster.com

EZ Gym

www.ezgym.com

PERSONAL CARE

SomerSmile Get White Tooth Whitening System

LifeWave Nanopatches

Life Extension for blood testing

NeoStem for stem cell collection information

FaceMaster

www.suzannesomers.com

Life Extension Foundation

Founded in 1980, the Life Extension Foundation is a nonprofit organization dedicated to discovering innovative approaches to prevent and treat diseases like cancer.

Since its inception Life Extension has introduced evidence-based therapies that are often decades ahead of conventional medicine. These scientific advances are chronicled in *Life Extension* magazine, read by over 300,000 people each month.

The Life Extension Foundation supports a large cancer research program and utilizes its scientific findings to educate cancer patients about novel methods to help eradicate their disease. Unlike today's cancer bureaucracy that too often stifles innovation, Life Extension quickly moves discoveries out of the laboratory to patients in need.

Forward-thinking oncologists and cancer patients join the Life Extension Foundation to obtain the latest information about novel diagnostic procedures and nontoxic treatments that are too often overlooked by the medical mainstream.

Foundation members have free seven-day-a-week phone and e-mail access to knowledgeable health advisors, some with specialized expertise in complementary approaches to cancer treatment.

Life Extension also maintains an enormous library of meticulously referenced

protocols that provide unique insight into an array of natural methods to combat specific forms of cancer, such as pancreatic, breast, prostate, colon, lung, and others. Some of the recommendations made in Life Extension's protocols, such as using agents that inhibit the cyclooxygenase-2 and 5-lipoxygenase enzymes, have demonstrated survival improvements in clinical studies. Yet hurried oncologists too often fail to prescribe these safe adjuvant approaches, even though the evidence supporting efficacy appears in their own medical journals.

You learned in the preface of *KNOCKOUT* about an over-the-counter drug called cimetidine that dramatically reduces the recurrence of colon cancer. It was Life Extension that first recommended cimetidine to cancer patients back in 1985, yet few oncologists prescribe it even today. Discovering these bits of lifesaving information alone justifies cancer patients becoming Foundation members.

It costs \$75 to join the Life Extension Foundation, and the benefits are too numerous to describe. New members, for instance, receive a 1,600-page reference book called *Disease Prevention and Treatment* that provides invaluable health information published by the Foundation over the past three decades. Each month, members are updated about new medical technologies in *Life Extension* magazine. To become a member, call 888-884-3666 or log on to www.lef.org/goodhealth.

Insulin Potentiation Therapy

Insulin Potentiation Targeted LowDose™ Therapy (IPTLD™) is a kinder, gentler way of using FDA-approved chemotherapy drugs to fight cancer. While searching for a way to selectively deliver drugs to diseased cells only, Dr. Donato Perez Garcia discovered this treatment in 1929. His development of the therapy led him to try it on cancer in 1946, with great success. With this approach, your immune system and vital body organs stay working and you have almost no side effects. This means you should not lose your hair, you should not be nauseous and your blood counts should stay normal.....generally speaking you feel great. Patients report that IPTLD™ therapy gives them better quality-of-life than those of conventional chemotherapy...lets them beat cancer while living life fully...Thriving while Surviving!

What do we mean by a kinder, gentler chemotherapy?

Most people hear chemotherapy and react with fear. Did you know that 40 percent of chemotherapy patients reported side effects as their biggest concern compared to 32 percent who thought surviving cancer was their biggest concern?

That is because we have all seen friends, relatives, or just John Q. Public

devastated by the effects of their chemotherapy. IPTLD™ offers the patient the ability to have the power of the chemo directed only to their cancer cells, not their entire body. This approach eliminates or significantly reduces the dreaded side-effects of conventional chemo.

Is IPTLD for you?

Choosing your cancer treatment may be one of the most difficult and important decisions you'll ever make. Whichever means of treatment you choose, it should be your choice, because it's your life. Do your research and know your rights and options. Whether IPTLD™ is for you or not is ultimately your choice. Further information about the IPTLD™ therapy can be found at www.BestAnswerForCancer.com. Use all information available to help you make your decision. IPTLD™ physicians are well aware of the great value of a holistic platform of integrated healing modalities to support the body and the immune system. This platform then supports the targeted therapy of choice. This is of the utmost importance, as cancer and chronic disease care is most effective when it focuses on strengthening and growing good cells rather than just killing bad ones. Many IPTLD™ physicians also use a variety of other alternative treatment modalities. You can learn more about these individual practices of certified physicians by visiting the individual websites of IPT/IPTLD™ practitioners who perform this.

<http://iptforcancer.com/>

Integrative Health Care Practitioners Providing Support for Cancer Prevention During Cancer Treatment and/or Remission

The health care practitioners featured in this section may be medical doctors (M.D.'s) or osteopaths (D.O.'s, similar to M.D.'s but with additional training), licensed acupuncturists (L.Ac.'s), and/or nutritionists. They employ comprehensive modalities to improve human physiology in order to support a patient's health and ability to heal from cancer, as well as reduce risk of cancer recurrence and overall cancer risk.

Priya Advani, L.Ac.
1526 14th St., Suite 101
Santa Monica, CA 90404
310-463-8323
E-mail: contact@PriyaAdvani.com
www.PriyaAdvani.com

She is a licensed acupuncturist located in Santa Monica. With cancer patients, she uses energy healing and acupuncture and herbal formulas, especially for patients going through chemotherapy treatments. She also works with meditation/visualization, qi gong, and nutrition to bring patients' bodies back into balance.

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David Allen, M.D.
11860 Wilshire Blvd., Suite 200
Los Angeles, CA 90025
310-445-6600
310-445 6601 (fax)
www.davidallenmd.com

Dr. Allen offers an integrative approach to health. By combining the best of traditional Western medicine, preventative medicine, and the mind body connection, the totality of the patient is evaluated and treated. Dr. Allen offers nutritional support during and after cancer treatment, as well as cancer prevention.

Koren Barrett, N.D.
1831 Orange Ave., Suite A
Costa Mesa, CA 92627
949-743-5770
E-mail: drbarrett@naturalmedicine.com
www.inaturalmedicine.com

Provides complementary care for patients who wish to prevent, currently have, or are interested in avoiding a recurrence of breast cancer. Also screens for nutritional deficiencies (such as vitamin D), excess insulin, and inflammation, all associated with cancer, and makes specific supplement recommendations based upon laboratory testing to assist patients' immune systems.

Be Hive Of Healing
Habib Sadeghi, MD (BHRT, antiaging, integrative medicine, difficult conditions, cancer)
11695 National Blvd
Los Angeles CA 90064
310-914-4567
310-914-4533 (fax)
www.behiveofhealing.com,
E-mail: info@behiveofhealing.com

Dr. Habib Sadeghi lost his passion for his medical studies after being diagnosed with cancer. Instead, he embarked on a journey which evolved into the study of alternatives to modern science including Endobiogenie, Anthroposophical medicine and Orthomolecular medicine (based on Dr. Linus Pauling's work). This pivotal moment in his life renewed his passion for medicine and gave him purpose. He has been a passionate advocate for integrative modalities ever since. Dr Sadeghi's approach is based on a refined view of the endocrine system in its managing role over metabolisms and functions. His comprehensive approach addresses both the disease and the patient, implementing global diagnostic techniques focused on the root cause of the problem and recommending phytotherapeutic treatments predisposing the body to undertake its own recovery. Perfected out of his own recovery from cancer, Dr Sadeghi has

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yielded significant results through the use of medicinal plants, essential oils and dietary supplements, Iscador infusion, as well as other intravenous treatments.

Roger Billica, M.D.
William Billica, M.D.
Mark Hoenig, M.D.
TriLife Health, PC
2362 E. Prospect Rd., Suite A
Fort Collins, CO 80525
970-495-0999
970-495-1016 (fax)

www.trilifehealth.com

TriLife Health, PC, is an integrative clinic of licensed M.D.'s that offers a wide range of supportive and adjunctive therapies to patients who are dealing with cancer. They do not claim to cure cancer; instead they offer support, such as IV vitamin C and other IVs, hyperbaric oxygen, frequency specific microcurrent, ultraviolet blood illumination, metabolic typing for pH balancing, massage, FIR sauna, and nutritional therapies for detoxification and functional support.

Russell Blaylock, M.D.
www.russellblaylockmd.com
www.newportnutritionals.com

Stanislaw R. Burzynski, M.D., Ph.D.
Burzynski Clinic
9432 Old Katy Rd., Suite 200
Houston, TX 77055
713-335-5697
713-935-0649 (fax)
www.burzynskiclinic.com

Hyla Cass, M.D.
Pacific Palisades CA 90272
Beverly Hills, CA 90211
310-459-9866
310-564-0328 (fax)
www.drcass.com

In over twenty-five years of clinical practice, Dr. Cass has combined the best of modern medicine with natural methods, given with care and compassion. For cancer treatment support and prevention, she uses specific metabolic lab testing, and treats at the deepest level with specific diet, nutrition, and mind-body support. She has created innovative nutritional formulas that are used by other physicians in their practices. Free health e-newsletter:
www.cassmd.com/newsletterenroll.html.

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Nalini Chilkov, O.M.D.
530 Wilshire Blvd., Suite 206
Santa Monica, CA 90401
310-395-4133
310-451-3975 (fax)
www.nalinichilkov.com

Dr. Chilkov is known for her compassion and clinical excellence. She draws upon over twenty-five years of experience, combining advanced training in both modern health sciences and traditional Oriental medicine to provide truly integrative and highly individualized care. Integrative cancer care/prevention /support/recovery, acupuncture, herbal medicine, clinical nutrition, dietary therapies for prevention of cancer due to family history or toxic exposures; supportive integrative care related to surgery, radiation, and chemotherapy and their side effects; assistance making health care choices; preventing recurrence; restoring lifelong health and wellness after treatment. Phone consultations available.

Marc Darrow, M.D., J.D.
Darrow Wellness Institute
11645 Wilshire Blvd., Suite 120
Los Angeles, CA 90025
310-231-7000
www.drddarrow.com

Dr. Darrow was trained by his grandfather (born in the late 1800s) in natural healing. He is an author and assistant professor of medicine at the UCLA School of Medicine, where he teaches complementary and alternative medicine to residents. In his practice Dr. Darrow strives to move beyond the patient diagnosis and to awaken in him or her "healing consciousness." His complementary approach with cancer patients is to strengthen the immune system with natural supplements, balance the hormones, and use nutrition that will not support cancerous growth. His nutrition program favors a Paleolithic diet to lower sugar and insulin and reduce the body's inflammation. For the musculoskeletal pain that accompanies cancer, Dr. Darrow focuses on the healing technique prolotherapy.

Martin Dayton, M.D., D.O.
Dayton Medical Center
18600 Collins Av.
Sunny Isles Beach, FL 33160
305-931-8484
305-936-1849 (fax)
www.daytonmedical.com

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Jeanne Drisko, M.D.
University of Kansas Medical Center
3801 Rainbow Blvd.
Kansas City, KS 66160
913-588-5000

Linus Pauling, Ph.D., discovered that vitamin C had a negative effect upon cancer. This was taken up by Dr. Hugh Riordan, who had extensive experience in the use of high-dose vitamin C in the treatment of all cancer. Jeanne Drisko, M.D., took over Dr. Riordan's outreach and is now at the University of Kansas Medical Center using high-dose vitamin C. High doses of vitamin C administered intravenously converts vitamin C into a pro-oxidant, not an antioxidant, and this pro-oxidant activity is particularly useful at treating cancer.

Kelly Marie Fitzpatrick, B.S.N.,
M.P.S., N.D.
1695 Jefferson St.
Eugene, OR 97402
541-344-9658

After sixteen years as a registered nurse, ten years as a naturopathic physician, and a diagnosis and treatment of stage III endometrial cancer, she is a firm believer in the benefits of having a fully integrated medical plan in the treatment of cancer. During the office visit, each patient has an individualized treatment plan utilizing nutrition, botanicals, homeopathy, physical medicine, IV therapy, and lifestyle management to improve the prognosis of the cancer diagnosis; reduce side effects of surgery, chemo therapy, and radiation; and reduce recurrence. Many insurances cover naturopathic physician services. Long-distance treatment is available.

James W. Forsythe, M.D., H.M.D.
Century Wellness Clinic
521 Hammill Ln.
Reno, NV 89511
775-827-0707
www.drforsthe.com

Drew Francis, O.M.D., L.Ac.
Golden Cabinet Medical Healing
Center
2019 Sawtelle Blvd.
Los Angeles, CA 90025
310-575-5611
www.goldencabinet.com

Dr. Drew Francis, O.M.D., L.Ac., has over twenty-five years of experience integrating both Eastern and Western medicines to provide the most advanced integrative supportive care. His clinical strengths include state-of-the-art gene testing that reveals each individual's unique liver detoxification enzymes.

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Nutritional testing reveals vitamin, mineral, amino acid, essential fatty acid, and antioxidant status; markers of metabolism efficiency; as well as DNA damage; oxidized fats; and toxic elements load. He offers supportive care for any degenerative disease or cancer with his expertise in managing side effects, reducing the risk of recurrence, and establishing lifelong knowledge of how to cultivate radiant health through personally empowering each patient.

Sonja N. Fung, N.D.
Live Well Clinic
78-370 Hwy. 111, Suite 100
La Quinta, CA 92253
760-771-5970
760-771-5982 (fax)
www.livewellclinic.org

Dr. Sonja Fung, N.D., is a board certified family practice naturopathic doctor and one of the medical directors at Live Well Clinic in La Quinta, California. Along with integrative cancer care, Dr. Fung provides intravenous nutritional therapy, prolotherapy, and bioidentical hormone balancing.

Michael Galitzer, M.D.
12381 Wilshire Blvd., Suite 102
Los Angeles, CA 90025
800-392-2623
www.ahealth.com

Robert J. Gilbard, M.D., Medical Director
Ray Hammon, D.C., D.N.B.H.E., N.M.D., Clinic Director
Alternative and Traditional Medical Center
5429 Lakeview Pkwy.
Rowlett, TX 75088
972-463-1744
972-463-8243 (fax)
www.atmctx.com

They've been working with a geneticist and cancer researcher from Greece for over five years now with several hundred cancer cases. Use of a simple peripheral blood test provides them with a wealth of information about an individual's cancer and how to better customize a complete approach to their treatment. They are able to test the chemosensitivity and resistivity of over forty-four chemo drugs, and also an additional fifty-plus nutritional products, which helps them to support each patient individually.

Burton Goldberg
309 Paradise Dr.
Tiburon, CA 94920
415-435-8222
E-mail: burton@burtongoldberg.com

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Steve Gomberg, L.Ac., C.C.N., R.H. (A.H.G.)
Eastern Center for Complementary Medicine
5910 Monterey Rd.
Los Angeles, CA 90042
323-551-5962

www.herbalroom.com

Steve Gomberg is a practitioner of acupuncture, clinical nutrition, and botanical medicine, specializing in the herbal and nutritional management and treatment of cancer and chronic degenerative diseases. A proponent of a multidisciplinary approach to healing, Steve works very closely with both M.D.s and other health care practitioners in a fully integrative way to maximize the potential for successful therapeutic outcomes. In cancer management, his emphasis is on evidence-based botanical medicine and nutritional interventions. He has published in peer-reviewed publications on the use of botanicals in breast cancer management.

Nicholas Gonzalez, M.D.
36A E. 36th St., Suite 204
New York, NY 10016
212-213-3337
212-213-3414 (fax)

www.dr-gonzalez.com

Allen Green, M.D.
Center for Optimum Health
11860 Wilshire Blvd., Suite 200
Los Angeles, CA 90025
310-445-6600
310-445 6601 (fax)

www.allengreenmd.com

Allen Green, M.D., is a board certified family physician with over twenty years of experience practicing integrative medicine. He believes that cancers arise from the immune system's failure to destroy cancer cells before they cause disease; therefore, he emphasizes nutritional and natural therapies for strengthening and balancing immune function. Patients receive various immuno-restorative therapies including intravenous vitamins and minerals, herbs, detoxification programs, and alkalinizing diet plans. Testing for nutritional deficiencies, hormone imbalances, hidden infections, and heavy metal toxicity is provided in the search for the underlying causes of weakened immunity. Patients undergoing conventional treatments are offered therapies to minimize side effects and even enhance treatment benefits.

Payam Hakimi, M.D.
144 S. Beverly Dr., Suite 602
Beverly Hills, CA 90212

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310-247-9997

www.bodyofharmony.com

A board-certified family physician, Dr. Payam Hakimi has had diverse medical training and has combined Western medicine with specialized alternative medical modalities to create an integrative and comprehensive medical practice. He believes health is a dynamic process in which energetic, hormonal, chemical, physical, emotional-mental, and spiritual aspects converge to produce balance and harmony. Dr. Hakimi uses osteopathic treatments, homeopathic medicine, and supplements to help with symptoms of cancer and the side effects of treatments.

Steve Haltiwanger, M.D., C.C.N.

LifeWave

1020 S. Prospect, Suite 200

La Jolla CA 92037

858-459-9876

Mary Hardy, M.D.

Simms/Mann-UCLA Center for Integrative Oncology

200 UCLA Medical Plaza, Suite 502

Los Angeles, CA 90095

310-794-6644

www.simmsmanncenter.ucla.edu

Mary Hardy, M.D., offers counseling and education to answer questions about nutrition, dietary supplements, and complementary medicine before, during, and after conventional cancer treatment. These one-and-a-half-hour private sessions help patients develop strategies to optimize wellness, select appropriate nutritional/dietary supplements/herbs, choose other CAM treatments, and manage conventional treatment side effects. She is well versed in both conventional and complementary treatments to help decrease toxicity from conventional treatment while adding the best of CAM to maximize wellness. This comprehensive assessment takes into consideration your medical history, nutrition, CAM practices, mind-body strategies, spiritual practices, and goals.

Lisa Hirsch, M.D.

Newport Women's Health & Wellness

360 San Miguel, Suite 308

Newport Beach, CA 92660

949-720-0511

949-720-9404 (fax)

www.newportwomenshealthandwellness.com

Dr. Hirsch specializes in natural hormone replacement and balance, based on the latest published research and her twenty-plus years of clinical practice and study. She works in close collaboration with a cutting-edge oncologist to assess individual genetic risk through testing of genetic markers and genetic counseling. Each patient receives individualized nutritional assessments based on testing of

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specific nutritional deficiencies, markers of nutritional imbalances, DNA damage, toxic metal load, and gastrointestinal infections. Dr. Hirsch's goal is to provide preventive health awareness and education that will promote total wellness and longevity and reduce risk of cancer.

Janet Hranicky, Ph.D.
The American Health Institute, Inc.
12381 Wilshire Blvd.
Los Angeles, CA 90025
310-207-3314
800-392-2623
310-207-3342 (fax)
E-mail: jhranicky@health.com
customerservice@health.com
www.hranickypsychoncology.com
www.health.com

The Hranicky Psycho-Oncology Program is a one- to three-week intensive patient program for people with cancer that combines the latest advances both from the field of psychoneuroimmunology and bioenergetic regeneration medicine. It is held throughout the year on specific dates at the Hippocrates Health Institute West at Serra Retreat Center in Malibu, California. The program has been designed to empower people with cancer to use the power of their minds and emotional states to successfully maximize their recovery potential, and is ideal for use in conjunction with both standard medical treatment and alternative therapeutic approaches. Dr. Hranicky also incorporates her exciting clinical research in the fields of psychoneuroimmunology, epigenetics, and cancer into a prevention (antiaging and longevity) model.

Institute for Progressive Medicine
4 Hughes, Suite 175
Irvine, CA 92618
949-600-5100
949-600-5101 (fax)
www.iprogressivemed.com

The Institute for Progressive Medicine combines traditional and alternative approaches. Their staff includes board-certified medical doctors, naturopaths, and registered nurses with many years of experience treating all types of chronic and acute conditions. Unique treatment options include high dose intravenous vitamins, minerals, and antioxidants for a wide variety of medical conditions, including cancer, heart disease, diabetes, neurological conditions, detoxification, infertility, and bacterial and viral infections. IV therapies are also excellent for pre and post operative support. Patients often experience symptoms of lesser duration and intensity when treated with IV therapy. For more information and to read patient success stories, please visit their website.

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Geoffrey Jones, M.D.
Jones Institute for Advanced Medicine
120 Oakbrook Center, Suite 308
Oak Brook, IL 60523
630-734-8888
www.jonesinstituteusa.com

Dr. Jones's program stimulates the body's natural ability to repair. He helps correct hormonal deficiencies (using bioidentical hormones), improves gastrointestinal health, strengthens nutrition through an individualized diet and supplement plan, improves sleep quality, increases the body's ability to handle stress, and strengthens the immune system. Patients notice more energy, greater ability to handle stress, easier weight loss, and a sharper mind.

Aaron E. Katz, M.D.
Columbia University Medical Center
Center for Holistic Urology
New York, NY 10032
212-305-0114

Dr. Katz is founder and director of the Center for Holistic Urology (established 1998) at Columbia University Medical Center (CUMC), where he also serves as vice chairman of urology. The center performs consultations and research and conducts clinical trials that investigate the role of natural therapies within urology. Dr. Katz has an office at CUMC as well as an East Side office in midtown Manhattan for consultations. Medicare and several commercial insurances are accepted.

Carolyn Katzin
866-471-0529
www.carolynkatzin.com
www.cancernutrition.com

Carolyn Katzin is a certified nutrition specialist with over twenty years of experience in clinical nutrition, with an emphasis on optimizing health and wellness. Carolyn provides integrative oncology nutrition counseling to cancer patients and their families at Beverly Hills Cancer Center, Premiere Oncology in Santa Monica, and Eisenhower's Lucy Curci Cancer Center in Rancho Mirage. She has published a nutrition handbook including recipes and specific drug-nutrient interactions, available from her website www.cancernutrition.com as well as other bookstores. She is an internationally acclaimed public speaker on the topic of nutrition and cancer.

Shiva Lalezar, M.D., D.O.
Health and Vitality Center
11600 Wilshire Blvd., Suite 120
Los Angeles, CA 90025

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310-477-1166

310-477-9911 (fax)

www.healthandvitalitycenter.com

Dr. Shiva Lalezar is a holistic physician who supports her patients with nutrients to boost their immune system and reduce their risk of cancer by detoxification in conjunction with other therapies. Dr. Lalezar uses high dose vitamin C infusion protocols and a variety of other nutrients to optimize health. Special dietary counseling is provided with a focus on alkalizing the blood and balancing body function. A multitude of techniques are used to reduce side effects of chemotherapy and enhance the outcome as well as improve patients' quality of life.

Howard Liebowitz, M.D. FACEP (antiaging, BHRT, integrative medicine)

Director, Liebowitz Longevity Medicine

900 Wilshire Blvd Suite 450

Santa Monica, CA 90401

310 393-2333

310 393-8899 (Fax)

www.mybalancedhormones.com

www.hormonesdoneright.com

www.liebowitzlongevity.com

E-mail: info@drhowardliebowitz.com

Dr. Liebowitz believes that inflammation is the fundamental cause of virtually all disease, especially cancer. His approach to illness concentrates on modalities that reduce or eliminate inflammation in the body. By integrating nutritional support, the use of nutraceuticals, natural bioidentical hormone balancing, detoxification, and the mind-body connection, he decreases inflammation. As a result, the overburdened immune system is allowed to recover, helping to protect against cancer reoccurrence. With a balanced, healthful diet free of high glycemic-index foods and toxic substances, along with the power of the mind, the natural healing energy of the body can be enlisted to return to optimum health and life.

Anja Lindblad, N.D.

1756 Lacassie Ave., Suite 102

Walnut Creek, CA 94596

925-939-0300

925-939-3181 (fax)

E-mail: manager@dranja.com

www.dranja.com

As a licensed naturopathic doctor, Dr. Anja Lindblad works with cancer patients alongside their oncologists as an adjunctive care specialist. Using the principles found in naturopathic medicine, she addresses each cancer patient as a unique individual, not as their diagnosis. Analysis of a patient's case typically includes a variety of tests, including nutrient, hormonal, and pathology testing. Therapies

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used in treatment may include diet and lifestyle changes, botanical medicines, and nutritional supplements, as well as other therapeutics deemed necessary for each individual case.

Rand McClain, D.O.
2701 Ocean Park Blvd., Suite 101
Santa Monica, CA 90405
310-452-3206
310-452-5134 (fax)
15022 Mulberry Dr., Suite B
Whittier, CA 90604
562-906-9700
562-906-9705 (fax)
E-mail: drrandmcclain@drrandmcclain.com
www.focusonlifequality.com

Cancer may arise from a multifaceted breakdown in the body's protective mechanisms. Dr. McClain recommends health optimization through the use of nutrition designed specifically for the individual. Movement (exercise) is an essential component of the definition of life itself and of any of his protocols. He provides hormonal replacement with bioidentical hormones for men and women in a form and quantity optimized for each individual's goals, while reducing cancer risk by optimizing their metabolism in the body.

Andreas Moritz
Ener-Chi Wellness Center
9 Night Hawk Way
Landrum, SC 29356
864-895-6285
864-895-2422 (fax)
www.ener-chi.com

Ralph Moss, Ph.D.
814-466-6514
www.ralphmoss.com

Nourishing Wellness Medical Center
819 N. Harbor Dr., Suite 310
Redondo Beach, CA 90277
310-373-7830
310-373-7840 (fax)
www.nourishingwellness.com

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Dr. Nicole Ortiz, N.D., received her doctoral degree in naturopathic medicine with honors in research from the National College of Natural Medicine. She is one of the medical directors at Live Well Clinic in La Quinta, California, providing comprehensive and compassionate care in women's health from puberty through fertility, menopause, and beyond. Dr. Ortiz trained under the nation's leading naturopathic doctors in the areas of women's health, integrative cancer care, graceful aging, and regenerative medicine. She received additional training in prolotherapy, IV nutritional therapy, bioidentical hormone replacement, nasospecific technique, and personal fitness.

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Dr. Paoletti specializes in women's general health, with a special interest in bioidentical hormone replacement. She communicates with other experts in the fields of women's hormones, oncology, and immunology, and uses the information to formulate and individualize the treatment that she dispenses. Dr. Paoletti places an emphasis on regular and complete screening for colon, breast, thyroid, and all gynecological cancers with each major visit. She screens for nutritional, digestive, and immunological deficiencies and, among other things, provides risk assessments for all of the major health risks that women face as well as recent information about their behavioral and nutritional prevention.

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Dr. Emmey Ripoll is board-certified in urology/holistic medicine with a fellowship in urologic oncology. She has a diverse practice, specializing in oncology and antiaging medicine using both Western and complementary approaches. She believes each person can find the health within, and utilizes a range of therapies to discover this optimal state: hormone replacement, IV treatments, acupuncture, herbs, homeopathy, and nutritional and lifestyle modification.

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The Collaborative Medicine Center provides expert physiological and psychological support for cancer patients going through chemotherapy, radiation therapy, and surgery. They utilize nutrition, mind-body medicine, and Chinese medicine to support each patient individually and work closely with them and their oncologists to get the best outcomes possible.

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Their approach to cancer patients is built upon customized, individualized care utilizing state-of-the-art testing and treatment. Most patients they treat are receiving conventional therapy. They offer hope, reassurance, and a full array of immune-enhancing therapies and highly specialized labs to guide individualized treatment, including intravenous vitamin C to achieve optimal blood levels, natural immune cell stimulants supported by university-based clinical trials, nutritional consultation, tailored supplements based upon individual testing, bioidentical hormone replacement therapy in specific cases, heavy metal testing and chelation therapy, acupuncture for energy and immune health, and deep tissue bodywork.

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Dr. Robin L. Smith is chief executive officer of NeoStem, Inc. (AMEX:NBS), an adult stem cell collection processing and long-term storage company focused on enabling people to donate and store their own stem cells when they are young and healthy for their personal use in times of future medical need. Additionally the company is focused on advancing stem cell-based therapies. Dr. Smith also serves on the board of trustees of the NYU Medical Center and is chairman of the board of directors for the NYU Hospital for Joint Diseases and the Stem for Life Foundation.

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In her integrative approach to medicine, Dr. Jennifer Sudarsky helps patients achieve optimal overall health by addressing primary care needs as well as more specialized issues like immune strengthening and hormone balancing. She also collaborates with patients who wish to explore alternative therapies, including nutritional supplementation and intravenous vitamins and herbal remedies. A graceful and intuitive healer, Dr. Sudarsky has her own history of autoimmune dysfunction which has given her a broader understanding of patients' needs when struggling with these concerns. A member of the clinical faculty at UCLA, Dr. Sudarsky is also a diplomat of both the American Board of Family Medicine and the American Board of Holistic Medicine.

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Olivia Franks, N.D.
Lauren Russel, N.D.
Wendy Ellis, N.D.

Christa Hinchcliffe, N.D. (thermography, BHRT for women, hormone balancing for younger women—not menopausal, headaches, thyroid balancing, osteoporosis, malabsorption, toxic metal detoxification, digestive issues, food sensitivity—including gluten sensitivity, fatigue, and many other health concerns for women, ADD/ADHD, children, young adults with various health issues, and male patients)

Davis Lamson, N.D. (hepatitis C, liver disorders, autoimmune disorders, cancer support therapies, food sensitivities, especially gluten, gut reconditioning, chelation for toxic heavy metals, therapies for arterial calcification).

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Karlis Ullis, M.D., is a board-certified physician and was a UCLA faculty member for thirty years. Dr. Ullis carefully balances hormones along with metabolic factors, specific diets, nutrients, deep tissue therapies (Rolfing, Heller, Neuromuscular-NMT), and exercise programs for specific conditions, including health recovery after cancer and further cancer risk reduction. Dr. Ullis's programs include metabolic rate studies, anabolic lifestyle protocols to prevent muscle loss (sarcopenia) and regain muscle and bone strength, and optimal health and vitality to achieve reduced biological aging. Dr. Ullis also treats men who have been cured of prostate cancer with testosterone, if indicated.

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Cynthia M. Watson, M.D., is board certified in family medicine and has a thriving integrative medicine practice in Santa Monica, California, handling all areas of primary care. Dr. Watson is known for incorporating conventional medicine with herbal medicine, homeopathy, and nutrition. In her medical practice she

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specializes in women's health, bioidentical hormones, antiaging medicine, and intravenous vitamin therapy. Dr. Watson works with various detoxification programs tailored to each patient's individual needs, including chemicals, mold, and heavy metals. She also has assisted many patients in recovering from cancer and the side effects of chemotherapy and radiation with nutritional therapy.

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Since 1979, the Whitaker Wellness Institute has treated more than 45,000 patients with diabetes, heart disease, cancer, and other serious conditions. The clinic's six physicians, scores of health care professionals, and numerous therapeutic modalities make it one of the country's largest and most comprehensive complementary medicine clinics. Therapies offered for the treatment of cancer include Dr. Stanislaw Burzynski's treatment protocols, IV vitamin C, low-dose naltrexone, hyperbaric oxygen therapy, and targeted nutritional supplementation.

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