



Welcome to the **Traditional Family Medical Center and IHCS** wellness program. At **TFM and IHCS** we have developed a healthy, medically-directed life plan that looks to optimize the five pillars of wellness:

- **Healthy Eating**
- **Healthy Activity**
- **Healthy Sleep**
- **Stress Reduction**
- **Hormone and Physiologic Balance**

We recognize that these pillars work together to support us in our health and wellness. Neglecting care of any one these will eventually result in the destruction of the whole. This program takes an individual look at not only balancing your hormones, but also an intensive look at other labs and functions to enable a better overall view of your health. In looking at specific labs we can determine abnormalities in hormone levels that can indicate particular dysfunction, which can lead to several different disease states and syndromes. From sleep abnormalities, weight gain, energy levels and sexual health, hormones have a significant impact throughout our bodies. **HRT** is for both males and females (of various ages) and **hormone balance** is the key.

How It Works

Hormones can be tested in several different manners. We use serum (blood testing) and saliva. Serum is our initial medium of choice for several reasons, one being that it is generally more cost effective and is covered under most insurance plans. Blood levels are drawn in a **morning, fasting state** allowing for the most accurate read on lab values. We then process the blood in an offsite lab within 3-4 days, and we will set up an individualized consult to review the labs and functional plan created by our licensed practitioners.

Your plan will consist of **prescriptive medications/supplements**, and **dietary plan/supplements** that are necessary for achieving your goals. Weekly, monthly, and quarterly follow up is necessary for the most positive outcomes. Depending on the plan set, we will want to draw labs at a minimum of three month intervals to maximize therapeutic outcomes. These outcomes are dependent on correctly following the plan set by the practitioner and communicating any issues or problems that occur. Communication and dedication to the plan are keys to its success.

Functional Labs and Tests – other labs tests are available as needed

HRT - hormone specific labs (refer to chart 1)

Blood allergy testing - indicates allergies and inflammatory issues in the gut/body

Cholesterol levels - bad and good cholesterol

InBody analysis - testing overall muscle mass, body fat, and intra and extra-cellular water levels

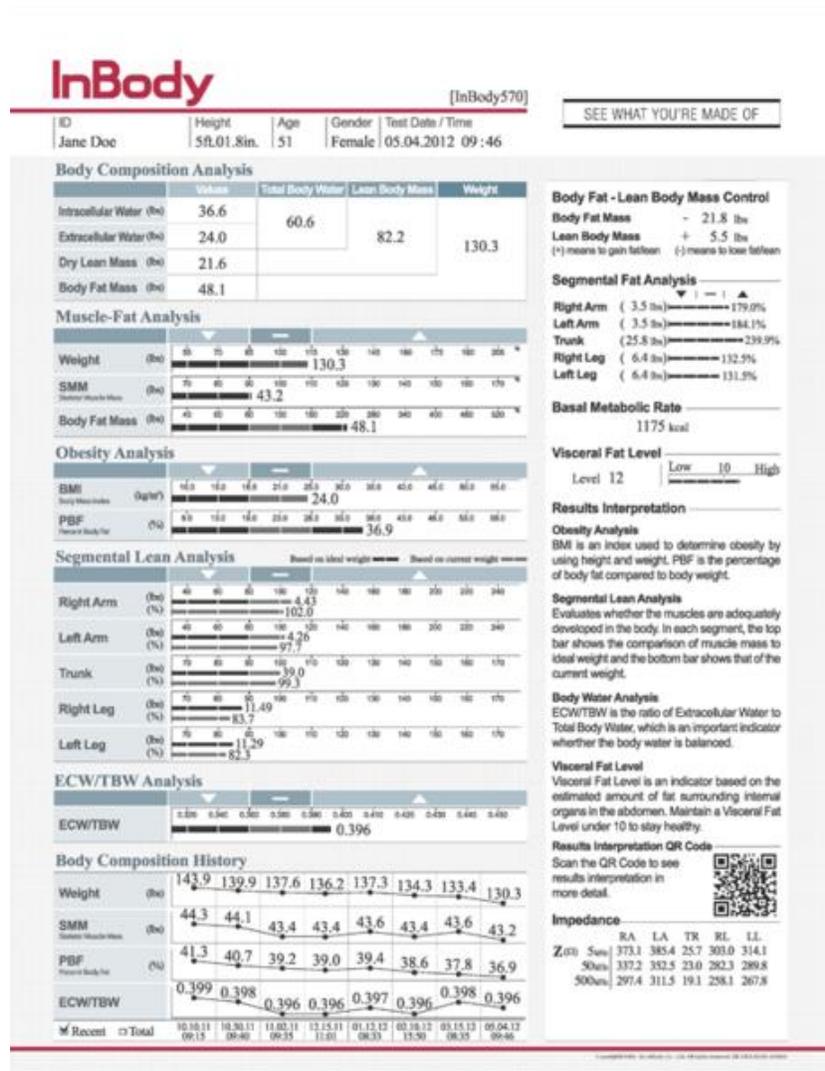
Chart 1 – Hormone Labs (cont’d)

Name	Therapeutic Range and Function
Testosterone	<p>Range: Men: 250 - 950 (Optimal is 850). Women: 25 - 60 (Optimal is 30 - 50).</p> <p>Testosterone plays a significant role in both males and females in numerous ways. From sexual health, emotional well-being, memory, muscle and bone strength, to decrease in body fat, testosterone is crucial for maintaining a healthy life style. A high level of testosterone in females is not healthy, and can lead to negative side effects and dysfunction. Studies were released in late 2015 that contraindicated the belief that testosterone therapy was directly linked to cardiovascular issues.</p>
E₂ - Estradiol	<p>Range: Women: 0 - 433. Postmenopausal women: 50 - 80. Men: 15 - 45.</p> <p>Estrogen has over 400 indications in the body. From cardiovascular and bone health, to sexual function and skin health, estrogen plays a huge role in both males and females. Imbalance whether too high or too low can be very detrimental to your health and well-being. High estrogen can lead to elevated levels of E₁ - Estrone (bad estrogen) which has been linked to estrogen based cancers. Therefore, it is important to manage.</p>
HGH - Growth Hormone	<p>Adequate level: 1 - 3. Anything above that is a benefit.</p> <p>GH's purpose in the body is to stimulate growth, cell reproduction, and cell regeneration to regulate the production of stem cells. These cells are the precursors to all the different types of cells in the body, thus allowing us adequate growth and repair of tissue. Injections of human growth hormone can: increase exercise capacity, increase bone density, increase muscle mass, decrease body fat. From muscle to skin, it is imperative from an anti-aging stand point that we are able to repair correctly. If you want to control the aging process, this is a key ingredient.</p>
Vit D₃	<p>Range: 18 - 95 (Optimal is 60 - 65).</p> <p>Vitamin D refers to a group of fat-soluble secosteroids responsible for enhancing intestinal absorption of calcium, iron, magnesium, phosphate, and zinc. In humans, the most important compounds in this group are vitamin D₃ and vitamin D₂. Cholecalciferol and ergocalciferol can be ingested from the diet and from supplements. Very few foods contain vitamin D; synthesis of vitamin D in the skin is the major natural source of the vitamin. Dermal synthesis of vitamin D from cholesterol is dependent on sun exposure. Vitamin D promotes calcium absorption in the gut and maintains adequate serum calcium and phosphate concentrations to enable normal mineralization of bone and to prevent hypocalcemic tetany. It is also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Vitamin D has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation.</p>
DHEA	<p>Range: 50 – 350 (Optimal is 160).</p> <p>DHEA is a hormone that is a precursor to testosterone in male and females. It serves several purposes in the body such as stress reduction, immune support, tissue repair, decreases allergic reactions, and lowers triglycerides. In females it is one of the best ways to increase testosterone. Unfortunately, men do not have the correct enzyme to adequately convert DHEA into testosterone, however it is still an important component to mens health.</p>
PSA - for Men	<p>Range: .1 - 6.8 (Levels below 1.5 are consider good).</p> <p>Prostate specific antigen (PSA) in men is an indicator of precancerous conditions in the prostate. Higher levels can be an indication of potentials issues that may further examination by a urologist. These levels can obstruct testosterone therapy.</p>
Vit B₁₂	<p>Range: 250 - 950 (Optimal is > 800).</p> <p>B₁₂ is a water soluble vitamin (you excrete what you don't use) responsible for a part in the production of energy in the body. Absorbed in the gut, deficiencies can lead to low energy. Always supplement to optimal level.</p>

InBody - scale and body composition analyzer

The InBody 570 Body Composition Analyzer is the latest technology available on the market for effective, reliable and accurate, non-invasive, body composition measuring. From lean muscle to visceral fat index, this machine allows our clients a personalized view of their body's composition. Patients can use the 570 weekly to allow visualization and tracking of their goals. Here is a sample results sheet and available categories from the 570. This will be reviewed by your practitioner in detail during your consult.

Chart 2 – InBody 570 Sample Results and Available Categories



- Weight
- Lean Body Mass
- Total Body Water
- Intracellular Water
- Extracellular Water
- Body Fat Mass
- Skeletal Muscle Mass
- Percent Body Fat
- Body Mass Index
- Segmental Lean Analysis
- ECW/TBW Ratio
- Body Composition History
- Body Fat-LBM Control
- Segmental Fat Analysis
- Basal Metabolic Rate
- Visceral Fat Level
- Impedance

Nutrition 101

Welcome to QC Wellness life diet program. Older diet plans were centered on the idea that weight loss is simply a matter of burning more calories than we consume. While there is some truth to this, in reality the process is much more complex. Many of our patients have noticed that, despite strict calorie counting and rigorous exercise, they are unable to lose weight. This is frustrating and leads many to simply give up. In order for you to understand what foods need to be a stable part of your diet, you need to understand the difference between the types of calories in these three categories and the products and services offered to help you reach your goals:

1. Fats - good and bad
2. Carbohydrates - simple and complex
3. Protein - food base and **supplements**

In the beginning it may be beneficial to measure your food amounts in order to correctly judge the amount of calories that are contained in your meals. These measurements should be done after the food is cooked. Maintaining the correct calorie intake is crucial to weight loss. The goal is to have a lesser calorie intake than output, thus creating a calorie deficit state which will promote fat loss. One of the keys to achieving this is knowing where that calorie level is. Indicators are; **Basal Metabolic Rate (BMR)** or specific **Resting Metabolic Rate (RMR)**, specifying the correct calorie structure in your diet. There are several attachments that will help you know what foods are categorized as and the difference between these 3 categories.

Input (80% of weight loss)

Any calories consumed in the body for purpose of creating energy and storage. These two terms, energy and storage, are vastly different in meaning. In weight loss phase the goal is to create a state that our body wants to utilize fat specifically for energy, and minimize the storage phase. This is achieved by the three following concepts:

1. Maximizing efficiency of absorption and fat utilization. This is achieved by creating a positive environment in the gastrointestinal tract and in the liver. Having the correct PH in the gut is very important to absorption, thus reflux and GI issues can minimize absorption. Same goes in the liver with metabolism. If your liver is not operating at full capability it can inhibit fatty acid synthesis, which in turn can create a negative state for breaking down fats for energy. Two things that are very important to maximizing efficiency are:
 - a. Cleansing the GI and Liver (**7 day and 21 day Detox and Cleanse**) to help create a positive absorption and metabolic state
 - b. Utilizing products such as Lipotropics (**Lipo B shots**) to aid in the breakdown of fats in the liver.
2. Creating the correct calorie structure for input. We do this by understanding the differences in food structures, meal plans, snacks, protein shakes, and correct supplement utilization. A balance of proteins, fats, and carbs in our diet will create different states of consumption and storage of energy. The goal is to teach you how eat correctly, and maintain healthy eating habits. This is crucial in weight loss and a preventive maintenance plan.

Output (20% of weight loss)

Any energy consumed thru daily activity, exercise, and supplement utilization. In our body energy is consumed at rest, during activity, and exercise. We all have a BMR (basal metabolic rate) which reflects an average amount of calories consumed by us on a daily basis. This does not take into account any added output such as exercise. The goal in a weight loss program is to have a higher output than input, with the correct calorie structure. So is exercise important, **YES!!!!!!!!!!** It can create an avenue of calorie consumption that will make it easier to lose fat. Some limiting factors can be hormonal balance, physical limitations and will power. Things that we utilize to help with output are:

1. **Lipotropic** - these consist of medications that help the liver break fat down easier for energy. Examples are **LIPO B** shots and **supplements** containing these products.
2. **Thermogenics and Appetite suppressants** - drugs and **supplements** that will increase the body caloric burning capability and/or suppress your appetite. Examples are **Adipex, Didrex, B₁₂ injections**, and **supplements** that contain a variety of thermogenics such as caffeine.
3. **Hormone Balance** - this is crucial in your body's ability to correctly burn and store calories. When we are in a state of imbalance, our body tends to store visceral fat (abdominal and hip) very easily and is very reluctant to give it up. Thus deficiencies and excessive levels of certain hormones promote this state. **Hormone balance** is key to reaching your weight loss goals.
4. **Exercise** - one of the most crucial components to successful weight loss and maintenance. The goal is a minimum of 20 minutes/3 times a week at moderate activity level. As the level of activity increases, so does the ability to lose fat. Obviously different activity creates different output. The higher intensity and longer duration can have better benefits, but there is a point of diminishing return.

Food Structures

There are 3 different types of food structures that are relevant for diet/maintenance plans. Understanding and properly utilizing these structures in a diet plan can lead to great success. The goal is to create a plan that you can stay with, thus creating a maintenance structure of dieting that becomes a way of life. Does this mean we never eat anything bad, or drink any alcohol? **NO!!!!!!!!!!** But everything in moderation. Create a healthier way of life that will promote healthier living.

Fats

Simply put there are 2 different types of fats: bad fats (saturated, trans and triglycerides) and good fats (mono and poly saturated and medium chain triglycerides (MCT)). We need a balance of both in our diets. Good and bad fats also play a large role in the health of your blood vessels. One of the most crucial things about LDL cholesterol (bad cholesterol) is that it is the precursor for making our hormones. **VERY IMPORTANT!** They are also crucial in many other processes in our bodies.

Carbohydrates

Carbohydrates are organic compounds that represent a viable non-essential energy source for consumption. There are 3 main types of carbs in food: starches, sugars and fiber. Each category serve a specific purpose, and some are better for us than others. The distinction between a complex carb and a simple carb is very confusing. Some complex carbs, such as starches, are not considered a healthy carb. We really want to look at a carb's ability to not only absorb but to affect insulin levels. Low glycemic carbs tend to absorb slower and more effectively, thus not causing the spikes in blood sugar and insulin. Knowing the difference in these carbs is crucial to successful weight loss.

Proteins

Proteins are known as the building blocks of the body. These compounds represent our ability to repair our bodies from a cellular to the external level. The main structure in proteins is called amino acids. Amino acids are found in animal sources such as meats, milk, fish, and eggs. They are also found in plant sources such as soy, beans, legumes, nut butters, and some grains (such as wheat germ and quinoa). You do not need to eat animal products to get all the protein you need in your diet.

There are several different sources of protein available on the market today. From premixed proteins, vegan protein powders, whey protein powders, to branch chain amino acids (BCAA). Is there a difference? Definitely! Protein's ability to dissolve and absorb are directly dependent to the dissolution rate and refinement of the protein powder itself. If it doesn't absorb you don't get the nutrients, so be leery of cheap protein powders. Try and choose the well refined proteins that are low in carbs and sugars.

Food Index – Examples

<u>Protein Sources</u>	<u>Fats (Good)</u>	<u>Fibrinous Carbs</u>	<u>Complex Carbs</u>
Chicken Turkey	Avocados	Broccoli	Brown Rice
Fish Salmon/Tuna/Tilapia	Almonds	Asparagus	Sweet Potato
Deer(lean) Tenderloin/Sirloin	Cashews/Pistachios	Kale or Spinach	Jasmine Rice
Nuts/Grains/Tofu Soy/Milk	Oils (cold pressed) Avocado/Olive/Walnut	Blueberry/Raspberry Blackberry	Quinoa or Kamut

Example of Structured Meal Plan

(This is just an example. RMR will help determine how to structure this specifically)

Breakfast – Protein Shake or High Protein /Low Carb Meal

Snack- high protein-nuts or protein bar

Meal – high protein/vegetable/complex carb

Snack- low glycemic fruit/veggie or protein bar

Meal – high protein/veggie

Shake – high protein/low carb Milk – Fairlife or Almond Milk

Diagnosis and Specific Supplements

Dysfunction	Supplements / Directions	Purpose
HPA Axis Dysfunction - previous termed as Adrenal Fatigue. High and Low cortisol will create dysfunction.	Adrenapro 2 caps in AM Dhea 1-2 caps in AM Pregnenolone 2 caps at bedtime Vita B Plex 2 caps in AM Phosphatidyl Serine 2 caps in AM Adrenogen - 1 tab daily Adrenal Cortex – 1 cap daily	Detress adrenal system Stress, cognition, test production Sleep, stress, brain function Energy production Destress, foggy brain Adrenal gland extract Adrenal gland extract
Sleep	Restore Pm – 1 scoop at bed Deep Blue - 1-2 caps at bed Melatonin - 1-2 df at bedtime L-theanine - 1-2 df at bedtime Mag Plex -1-4 caps at bedtime Somatamax - 1 scoop at bed	Sleep and recovery, Nitric Oxide Sleep Sleep Sleep, Stress reduction, anxiety Sleep, electrolytes, muscle tension and recovery Sleep
Thyroid Dysfunction	Eco-thyroid - 1 cap daily Thyromedica - 2 caps twice daily Thyroxodine - 3-5 drops daily	Natural replacement for thyroid Boost thyroid production and conversion Improve thyroid production
Gut Dysbiosis – leaky gut, reflux, IBS, IBD, Auto Immune, GERD	Gut Restore - 1 cap twice daily Gut-Brain - 1 cap twice daily Pro flora Max - 1cap twice daily Tri-Flora – 1 cap twice daily Theraprp - 1 scoop daily Immuno G PRP- 1 scoop daily Glutamed and L-Glutamine -1-2 scoop daily Rebiosis - 3 caps daily BPC 157 caps - peptide	Pre/Pro biotic with Enzymes Pre/Pro biotic Pre/Pro biotic Pre/Pro biotic Colostrum with extra protein Immune modulation/allergies repair the gut Colostrum - Immune modulation/allergies repair the gut Heal the gut and muscle repair Gut dysregulation Healing and decrease inflammation

<p>Vascular/Kidney /Liver inflammation</p>	<p>SunFiber – 1 scoop daily</p> <p>Liver defend - 2 caps daily</p> <p>NAC - 1-2 caps daily</p> <p>RenoCaps 2 caps daily</p>	<p>Better digestion, constipation</p> <p>Decrease liver enzymes and inflammation.</p> <p>Liver detox and NO- booster</p> <p>Renal dysfunction and inflammation.</p>
<p>Low HGH levels</p> <ul style="list-style-type: none"> - Increase healing, recovery and repair - Better sleep - Increase glycogen, and glucose utilization 	<p>Sermorilin</p> <p>Ipamorilin</p> <p>CJC 1295</p> <p>Used in combination, injections in fat tissue (subq) 1-3 times daily</p> <p>Must refrigerate after mixing!</p>	<p>Increase healing, recovery and repair</p> <p>Better sleep</p> <p>Increase glycogen, and glucose utilization</p> <p>Increase correct growth</p>
<p>Inflammation</p>	<p>Collagen Complex 3 caps 1-2 times daily</p> <p>Stop Inflammation</p> <p>Curcucalm 2-3 caps daily</p> <p>Curcumin Liquid – 1 tsp daily</p> <p>CBD Oil</p>	<p>Joint functuion, decrease inflammation, increase collagen</p> <p>Joint functuion, decrease inflammation</p> <p>Inflammation</p> <p>inflammation</p> <p>Anxiety, inflammation</p>
<p>Allergies/Immune system</p>	<p>Seasonal Shield - 4 caps daily</p>	<p>Allergies, elevated eosinophils and basophils, immune system</p>
<p>Anti-Oxidants and Energy</p>	<p>Liposomal Glutathione</p> <ul style="list-style-type: none"> - 1 tsp daily <p>Quercitin – 1 cap daily</p> <p>NMN – 2 caps daily</p> <p>With resveratrol</p> <p>Brocccolinate</p>	<p>Energy regulation and NO-production in vascular system</p> <p>Anti-oxidant heart health</p> <p>Precursor to NAD+ / Energy</p> <p>Strong anti-oxidant and no-</p>

