

January 2015

LIVING WATERS MEDICAL SPA AND WELLNESS CENTER



F I G H T for your Health in 2015!

**Happy New
Year
Focus on get-
ting healthy in
2015**

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It's a new year and it's time for a tune up! No matter what your New Year's resolutions are this year, we can all use some work in improving our health. We live in an extremely toxic world which is accelerating our rate of aging, causing autoimmune disease in epidemic numbers, rising rates of cancer, fatigue, chronic viral infections, hormonal imbalance, obesity, diabetes, and allergies, etc. etc. The incidence of autism has skyrocketed ever since the mandatory vaccination program was instituted in our public school system. Have you lost your joy in life, your vigor, your excitement? Do you weigh more than you should? Are you tired all the time? Does your brain feel foggy or slow? Even if you are functioning at a good level, there is a level of maintenance you need to do to sustain your good health, prevent disease, and retard the aging process.

F I G H T

A good acronym to follow is F I G H T for your health. **F is for Food. I is for the immune system. G is for genetics. H is for heavy metals and hormones. T is for toxins.** To be healthy all of these areas need to be addressed. Generally everyone is looking to lose

some of the holiday pounds you just gained. There is no one magical diet, but a person's diet needs to be customized for individual genetics, lifestyle, and level of exercise. In general, a healthy diet will consist of loads of green leafy vegetables eaten raw and lightly cooked, and a variety of color such as blue, red, yellow, orange, etc. The average American consumes 130 lbs of sugar/year (CBS News) High fructose corn syrup, fructose, and corn syrup need to be avoided entirely as well as a reduction in sugar intake. GMO foods should be avoided as well. For many wheat and gluten are causing health problems and a disruption of the immune system. Decreasing or eliminating wheat and gluten generally facilitate greatly in the weight loss process. Go to my website and review the newsletter on wheat for more details.

Weight Loss

We offer a comprehensive weight loss clinic to help address each individual's needs. In addition to dietary instruction and exercise recommendations, we offer genetic testing and a variety of "diet pills" and supplements to assist in the weight loss process. It is extremely tough to shed weight by just cutting back

on calories. This year there are several new options in pharmaceuticals. Make an appointment today for the weight loss clinic and begin your journey to optimal health.

Immune System

The **immune** system is central for achieving and maintaining optimal health. A weakened or imbalanced immune system results in frequent or chronic infections (including yeast, fungus, and viruses), cancer, allergies, and autoimmune disease. The bulk of the immune system resides in the intestinal tract. This is why what we ingest is so important. When our intestines become inflamed due to our diet and toxin ingestion, the immune system is chronically activated in a bad way which causes systemic (whole body) inflammation. ALL diseases now are known to have their roots in chronic inflammation!!!! We develop a “leaky gut” and start to react to the foods that we eat which causes even more inflammation. It becomes a vicious, unending cycle without intervention.

Fatigue
Allergies
Hormonal Imbalance
Vitamin Deficiency
Leaky Gut
Systemic Inflammation
Memory Loss
Hypothyroidism
Heart Disease
Diabetes

Genetics

Genetics is the study of heredity. Genes are basically the cards we are dealt in life. The field of epigenetics is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself. This is a huge focus of my practice. Knowing your genetics helps you to prevent disease by altering your diet, lifestyle, focused nutritional supplementation, and pharmaceutical manipulation as needed. Discovering and treating the methylation cycle has revolutionized my practice and has literally given many people “their life back!” Knowledge is

power. If you haven’t had your yearly comprehensive lab work or any genetic testing done, don’t delay. Everyday your telomeres are shortening and you are getting older and closer to death. Telomeres are the end part of DNA and every time a cell divides they become shorter. Once they reach a critical short length the cell either dies or mutates to become a cancerous cell. The longer your telomeres are the better. Get yours measured today to know your physiologic age, not just your chronological age. Knowing your genes can also help predict which medications will work for you, harm you, or interact with each other.

Heavy Metals & Hormones

Hormonal balancing is critical to optimal health. Please see my Newsletter from November 2014 for more on this. Heavy metal toxicity is a hugely neglected area in health management. Heavy metals affect cell metabolism and hormone function. Did you know that almost every step in our cells’ energy production cycle (glycolysis and Krebs’ cycle) is inhibited by one or more heavy metals? Our vitamins, especially the B vitamins cannot work when heavy metals are blocking them. Lead, mercury, arsenic, aluminum, and cadmium are the biggest offenders. We ALL have them to varying degrees depending on our level of exposure, age, and ability to eliminate (or detoxify) them. They affect all of us and prevent our cells from working normally. No one is immune! So many of our chronic disease have their roots in heavy metal toxicity or are exacerbated by it. If you are suffering from chronic diseases such as heart disease, diabetes, Alzheimer’s disease (to name just a few,) you should consider having your heavy metals checked. Personally, I feel

Detox: The path to life

that everyone should have their heavy metals checked and detoxify on a regular basis. Today we have over 1000 times the amount of lead in our bones than our ancestors did 400 years ago. Babies born today often have 10 times the toxic limit of mercury in their cord blood due to maternal mercury toxicity. Heavy metals impair immune function and set the stage for chronic inflammation and infection. In a veteran's study they found that increased bone lead increased all cause mortality and cardiovascular mortality even with low blood levels. Bone lead levels, not blood levels have been associated with hypertension. In another study from Harvard, they found that men with high bone lead levels were 6 times more likely to die from heart disease. Lead and cadmium have been associated with osteoporosis. Mercury and lead are both neurotoxic and cytotoxic (toxic to nerves and cells) individually, but combined they have a synergistic effect which is much worse. Heavy metals cause free radical formation which damages all of our cells and effects cellular metabolism.

Chelation

Chelation therapy is the use of a drug or nutrient to bind to the heavy metals and remove it from the body. Certain foods are natural chelators such as chlorella, cilantro, vitamin C, and garlic. Drugs such as EDTA and DMPS have been proven effective for the removal of lead, mercury, aluminum, cadmium, and arsenic along with other heavy metals. EDTA chelation has been shown to retard the progression of diabetic neuropathy in patients with high normal lead levels. It has also shown a 40% reduction in cardiovascular events in diabetics! We offer heavy metal testing and chelation therapy with multiple agents. Our patients report a wealth of benefits. I believe that chela-

tion therapy is an essential tool in disease treatment, disease prevention, and in anti-aging.

Toxins

Heavy metals are only part of the array of toxins we are assaulted with today. The Environmental Working Group studies have shown that: 134 chemicals cause cancer, 151 chemicals cause birth defects, 154 chemical are hormone disrupters, 186 chemicals contribute to infertility, 130 chemicals cause immune system toxicity, and 158 chemicals are neurotoxins. The CDC has determined that the following chemicals are found in all or most people tested: flame retardants (PBED's), bisphenol A (BPA's found in most plastics), perflourinated chemicals (PFOA's used for non-stick coatings on cookware), acrylamide (generated when carbohydrates are cooked at high temperatures, mercury (found in fish, amalgam fillings, and vaccines), MTBE (gasoline additive that has contaminated our water supplies). These toxins are not only making us sick causing disruptions in our immune, nervous, and endocrine systems, but they are making us fat. They affect our ability to balance sugar and metabolize cholesterol which, in the long term, causes insulin resistance which causes further weight gain. The average newborn has 287 chemicals in the cord blood, 217 which are neurotoxic. We are starting life off behind the 8 ball so to speak!

All of these toxic heavy metals and chemicals are causing oxidative stress on our bodies. We need to combat them with better nutrition including nutritional supplements, exercise, and a detoxification program. Chelation is best for the heavy metals, but colon cleansing, fasting, exercise, and sauna therapy are methods to help reduce the chemicals in our bodies. We offer far infrared sauna therapy which penetrates deeply in our

bodies and speeds up the kidney's and liver's ability to eliminate toxins. The perspiration released also contains toxins. Sauna therapy also speeds up our metabolic rate and helps us to burn fat. This is essential as many of these chemicals are stored in our fat. Liposuction is another means to immediately remove large quantities of toxic fat. Patients report an increased ability to lose weight after liposuction which may be due to a reduction in the body's total burden of toxic chemi-

cals.

This may all sound depressing, but at least there is something we can do about it. We can be healthy even in today's environment. It just requires some effort and commitment. Please take advantage of all we have to offer at Living Waters and begin your journey into a lifestyle of wellness!

New Year's Specials

(Valid through Feb 28, 2015)

- ◆ **New Weight Loss Patients receive one lipo weight loss shot for free**
- ◆ **Refer a patient to weight loss clinic and receive free lipo shot**
- ◆ **Buy 10 Chelations and receive 11th vitamin/mineral IV for free**
 - ◆ **\$200 for unlimited sauna use for 1 month**
- ◆ **Buy 20 chelations and receive unlimited sauna use for 2 months**
- ◆ **Buy Liposuction and receive 50% off another spa service**
- ◆ **Refer a client for liposuction and receive 50% off another spa service**
- ◆ **Buy a sclerotherapy and receive 50% off another spa service excluding botox**



John 4: 13-14 Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.

www.viglionemd.com

It is our goal to fully individualize treatment for all of our patients. I do not believe in the "one size fits all" philosophy of medicine. Each person is unique with his/her own genetics and environmental exposure. My goal is to find the root cause of each illness and address it with nutritional therapy, and detoxification to allow the body to heal itself. I do use drug therapy when needed. It is my goal to help each of my patients restore their health and to delay and reverse to some extent the aging process.

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Board Certified in Internal Medicine and in Anti-aging and Regenerative Medicine

Did you know? Dr. Viglione is one of 700 board certified in anti-aging medicine? She is one of the first sixteen who were fellowship certified in Stem Cell Medicine after completing the first ever stem cell fellowship in the World!

Weight Loss

Dietary and Fitness Counseling

-Appetite Suppressants

-HCG diet

-Weight Loss Shots

-Hormonal Testing

-Vitamin/Herbal

Supplements

Far Infrared Sauna Therapy

Cosmetic Services

Botox

Injectable Fillers

Liposuction and Non Surgical Liposuction/Body Sculpting

PRP Facials

Fotorejuvenation

Sclerotherapy

Permanent Hair Removal

Microdermabrasion