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Featured Story: Introduction to Wellness Visits at ASC

Our new Anti-Aging Provider is available to help you develop an overall Wellness Program. An Anti-Aging Wellness Program is designed to help you live a life that prevents disease and chronic health problems. Conventional medical providers function in the “sick focused” system, diagnosing disease and treating with medications. An Anti-Aging Wellness Provider functions in the “well focused” system, looking at lifestyle and genetics to help patients modify disease risk factors and support healthy aging. Understanding how to achieve optimal wellness requires an understanding of hormones, genetics, the gut and how diet and

lifestyle can impact our body systems. At ASC our Board Certified Wellness Provider will complete a comprehensive history and physical exam, obtain targeted advanced labs, and take the time to work with your individual needs to help you meet your health goals.



Health Tip:

Find balance between strenuous

Activities and calming activities

To help maintain balanced hormones,

Improve mood and maintain

A healthy weight.

DON'T LET AGE CHANGE YOU, CHANGE THE WAY YOU AGE





BHRT: Meaning and Benefits

by [Gina Ditta-Donahue FNP-C, ABAHP](#) on September 9

Bioidentical Hormone Replacement Therapy (BHRT) is focused on using naturally derived hormones that fit the body's lock and key system. Conventional Hormone Replacement Therapy often uses biosimilar hormones rather than bioidentical. This means that these hormones, on paper, are similar to the structure of our natural hormones so they may bind to the receptors, but they bind incompletely. Additionally, they bind to other receptors than just the intended receptor. For example, Progestin binds to both progesterone and estrogen receptors. Therefore, there are many unwanted side effects from biosimilar hormone therapy, including increased risk of blood clots and strokes.

When symptoms of hormone imbalance are present, it is necessary to examine diet, lifestyle, hormone levels, nutritional lab values and genetics prior to determining a course of action. I have worked with both men and women who suffered from hormone imbalance symptoms, but with the right diet and supplements they were able to achieve balance without hormone replacement. The goal of BHRT is to balance hormones -- this does not always mean a prescription for hormones. As an Anti-Aging Provider, it is my goal to provide a more comprehensive approach to balancing hormones.

Hormones are chemical messengers that carry signals to the cells in our body. Estrogen is important for both men and women and is responsible for regulating over 400 different functions in the body including sleep, mood, energy, bone density, cholesterol, blood vessel size, blood flow, insulin sensitivity, cognitive reasoning and creativity. Progesterone helps increase scalp hair, regulate fluid in cells, improve sleep and libido, is a natural calming agent, increase mood, decrease anxiety and balance the effects of both estrogen and testosterone. Testosterone can increase and maintain muscle mass, improve a sense of well-being, help maintain bone density, increase sexual interest, regulate cholesterol, maintain elasticity of the skin and act as a natural anti-depressant. Other important hormones that need to be considered include insulin, melatonin, cortisol, thyroid hormones and the pro-hormone Vitamin D.

Hormones affect all our body systems, therefore a comprehensive approach to hormone balance is necessary to promote optimal health and well-being. Ultimately, it is my goal to help guide you and offer you the support you need to make the necessary adjustments to be your personal best.

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September is Sexual Health Month!!

Enjoying intimate moments in life helps maintain our close relationships and reinforces positive self-esteem. If you are finding that your intimate experiences are less than pleasurable, come in for a free consultation and see if there is a treatment option that is right for you!

Anti-Inflammatory Recipe

by **Gina Ditta-Donahue**



Eating an anti-inflammatory diet is a great way to help decrease chronic systemic inflammation, which research is demonstrating could be the root cause of many chronic diseases.



Sweet Potato and Green Lentil Stew

Ingredients:

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| Organic Sweet Potatoes - 2 medium | Cardamom Pods - 2 Pods |
| Organic Green Lentils- 1 ½ Cups | Fresh Ground Nutmeg or ½ tsp ground spice |
| Onion - 1 medium to large | Dash Cinnamon (to taste) |
| Garlic - 3 Cloves | Dash Red Pepper Flakes (to taste) |
| Organic Vegetable Broth - 1 Box | Organic Spinach and Arugula mix - 1 Cup |

In a medium pot saute chopped onion and garlic on medium low until golden brown. Peel and dice sweet potatoes and add to pot. Add all vegetable broth. Rinse and sort lentils and add to pot. Add cardamom pods, red pepper, cinnamon and grated nutmeg. Bring to boil and simmer covered for 20 min or until lentils are soft but not mushy. Remove from pot and stir in spinach and arugula. Enjoy!

