

Sermorelin Therapy in Monterey Park CA

What is Sermorelin? What can it do?

Sermorelin acetate is 29 chain amino acid peptide analog of Growth Hormone Releasing Hormone (GHRH), which is produced by the pituitary gland and is necessary for normal growth and development. GHRH stimulates the pituitary to increase production of growth hormone. The increased volume of human growth hormone (hGH) produced by the pituitary gland causes an increase in the production of Insulin-Like Growth Factor-1 (IGF-1) by the liver and results in several health benefits such as:

- Increases natural production of Human Growth Hormone HGH
- Enhanced energy & strength
- Improves quality of sleep and helps combat insomnia
- Increases IGF-1 levels
- Enhances wound healing
- Improves Physical and Mental Performance
- Enhances calcium retention and bone density
- Improves Immune Function
- Improves fat burning
- Improves energy and vitality
- Improves skin elasticity
- Aids in connective tissue repair post injury
- Helps to increase feelings of well being
- Combats Stress

Sermorelin facts:

1. Sermorelin patented in 1992 and just released in 2012.
It is a biologically active analog of GHRH made up of

amino acids that comes from the hypothalamus and will stimulate the pituitary to release more GH not suppress is like taking pure HGH will.

2. Measure IGF-1 blood test to see what your HGH is now: healthy is over 200 mg/l, low end of range is 75 mg/l. Optimally it should be btw. 200-250.
3. Most ppl in mid 50's are at 100-130. You will lose 1-2% HGH production every year after the age of 30.
4. Thierry Hertoghe lots of clinical research in past 10 yrs. In 2005 presented data to American Academy of Anti-aging Medicine He reviewed all published studies about IGF-1 treatments using HGH to raise IGF-1: from 1974-2002 and found when he looked at all txs that increase IGF-1: 88% of studies gave benefit and 12% did not show any benefit and **no adverse affects were found.**
5. IGF-1 will assist sex hormones to work better, without it the sex hormones can be given but will not work very well.
6. How do you know if your IGF-1 is decreasing?
 - Increased Truncal obesity and visceral fat (use the Tanita scale to measure this)
 - A shift from fat metabolism to glucose metabolism: Total CH and TG will go up because of this.
 - Elevated Leptin, which will lead to Leptin resistance (you don't feel satiated any more after eating and will have a lot more cravings for foods and drinks), need IGF-1 for Leptin to be absorbed into the body well so the body does not keep making more and more at no avail.
 - Cardiac decompensation (the heart is a muscle and Sermorelin increases muscle production and optimization).
 - Decreased lean body mass
 - Degenerative Joint disease: IGF-1 is one of the only chemicals in our body that repair collagen and cartilage

1. What other factors can decrease IGF-1 other than aging:
 - Oral estrogen replacement therapy, only use creams or injections. Why? Because IGF-1 is made in the liver and estrogen is detoxed thru the liver as well.
 - Excessive dietary CHO: not just sugars: grains, breads, chips, cookies...lowers IGF-1 levels bec of its effect on the liver
 - Insufficient amounts of protein calories
 - Fasting: short term < 48 hours will increase IGF-1 levels and fasting > 48 hours will lower your IGF-1 levels.
 - Hypothyroidism: most ppl in US over 50 have deficient amounts of thyroid hormone being produced.
 - Sex hormone deficiency
 - Sub optimal liver function: will be made worse by drinking EtOH, caffeine and anything the liver has to detox will effect IGF-1 levels.
 - Frequent eating: so eat 1-2 meals a day and do some short term fasting
 - Emotional deprivation
 - sleep deprivation (HGH is made while you are sleeping at about 2 am)
 - Exercise deprivation
1. HGH comes from the pituitary 2x/day 2 am and 2 pm. As we know now it does not do a lot but stimulate the IGF-1 production from the liver, IGF-1 made in liver and is the messenger that does the work.
2. To raise you HGH naturally thru the body:
 - Short term fasting not over 48 hours, eating 1 meal a day
 - Eat more protein 1/35g/kg/day and less CHO,
 - Take L-glutamine, L-lysine and L-arginine every day
 - Do not eat AT/before bed except pure CHO, can eat small amount of CHO like $\frac{1}{2}$ an orange or apple this will increase insulin and then at 2 am help to

increase HGH. Eat no protein at all before bed for at least 2 hours.

- Make sure you have enough thyroid hormones working, if not take some,
 - DHEA is important or IGF-1 to work correctly so test it too and take it if low
 - Testosterone, has to be normal for IGF-1 to correctly
 - Correct Est/progesterone ratio
 - Safe regular exercise
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Bio-Identical Hormone Replacement Therapy

Understanding Bio-identical Hormone Replacement Therapy

As we age, the body tends to produce less than optimal amounts of the hormones we would like. Sometimes there are external factors such as stress, poor nutrition, lack of sleep, or toxins that can affect the balance of our hormones. At Optimal Health & Wellness, our doctors can prescribe bio-identical hormone replacement therapy as well as address the underlying factors causing the changes to help you achieve your youthful balance.

From a physiological perspective, bio-identical hormones derived from natural plant sources are identical to those that the body produces for itself, in the right proportions. When we are “replacing” the body’s hormones, we feel it makes more sense to use entities which the body recognizes as its own, rather than hormones from horses, imbalanced versions or

overly potent synthetic versions. The hormones we use are mainly Estradiol, Estriol, (E2, E3, respectively), progesterone, testosterone, and DHEA.

Advantages for Women

- Improvement in Menopausal Symptoms
- Improved Skin Texture
- Reduction in Hot Flashes & Night Sweats
- Improved Mood & Wellbeing
- Improved Sleep & Energy
- Improved Focus & Concentration
- Improved Libido
- Reduction in Pain with Sexual Intercourse
- May Help With Weight Management

Advantages for Men

- Improved Libido & Sex Drive
- May Help with Erectile Dysfunction
- Improved Mood & Wellbeing
- Improved Sleep & Energy
- Improved Focus & Concentration
- Improved Muscle Mass & Tone

Other Advantages

- Prevention of Heart Disease, High Blood Pressure & High Cholesterol
- Increases in Bone Density and Prevention of Osteoporosis
- Prevention of Dementia & Alzheimer's Disease

To comprehensively address your condition please contact us for more information.

Anti Aging Clinics in Monterey Park Pasadena CA

Overview of Anti-Aging Medicine

As we get older, our body and mind might not work as well as it used to. In most cases it isn't due to just "old age." At Optimal Health & Wellness we can help you get to the cause of most of the "symptoms of aging" such as fatigue, memory loss, depression, weakness, pain, and many more! Even if you don't have any symptoms we can help to optimize the aging process so you can live a healthy fulfilled life.

▪ **Bio-Identical Hormone Replacement Therapy**

Hormones play a vast role in regulating many systems of our body. With aging, various hormonal shifts occur and cause physical, mental and emotional changes. Additionally, many of these hormones begin to decrease, causing symptoms of menopause and andropause. At Optimal Health & Wellness, we offer a therapy called Bio-Identical Hormone Replacement to help bring back balance and vitality into your life. Below are some advantages of Bio-Identical Hormone Replacement in both women and men.

Advantages for Women

- Improvement in Menopausal Symptoms
- Improved Skin Texture
- Reduction in Hot Flashes & Night Sweats
- Improved Mood & Wellbeing
- Improved Sleep & Energy

- Improved Focus & Concentration
- Improved Libido
- Reduction in Pain with Sexual Intercourse
- May Help With Weight Management

Advantages for Men

- Improved Libido & Sex Drive
- May Help with Erectile Dysfunction
- Improved Mood & Wellbeing
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Other Advantages

- Prevention of Heart Disease, High Blood Pressure & High Cholesterol
- Increases in Bone Density and Prevention of Osteoporosis
- Prevention of Dementia & Alzheimer's Disease

For more information [click here](#).

▪ **Sermorelin Injections**

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- Combats Stress

For more information [click here](#).

▪ **Peptide Therapy**

Peptides are short chains of amino acids usually less than 50, linked together to provide coding of information to turn on various cellular processes. The peptides can be used to enhance the immune system, stimulate growth hormone, enhance muscle, connective tissue, or bone growth, enhance metabolism, stimulate libido, and many other functions. Our doctors can help determine which peptide therapies would be most beneficial for your condition.

▪ **Vitamin IV Therapies and Injections**

In a perfect world, we would get all of the vitamins and nutrients that we needed by exposure to the world around us and through the foods that we eat. The unfortunate thing is, many of us may be suffering from vitamin deficiencies and we have no idea that it is occurring. Vitamin injections and IV therapies are the fastest way

to restore these deficiencies by bypassing the digestive system and going directly into the bloodstream. Having adequate stores of vitamins and minerals is key to keeping your body at optimal health.

For more information [click here](#).

- **Advanced Diagnostic Testing**

At Optimal Health & Wellness we have access and provide advanced diagnostic screening tests from blood tests to body and brain scanning. These tools are very helpful in allowing us to reach the underlying cause of your disease and also providing an individualized treatment approach. Many of these tests can be covered with your PPO insurance.

For more information [click here](#).

- **Regenerative Joint Treatment**

The key to living long is motion. With healthy joints, one can continue to be active and able to move around. Joint pain can affect the quality of life and lead to increased aging. At Optimal Health & Wellness we have advanced therapies to help regenerate your joints and help eliminate the source of pain, so you can live optimally.

For more information [click here](#).

- **PRP Facial Therapy**

Our body undergoes quite a transformation throughout our lifetime. As we get older, it begins to show the signs of aging in the wrinkles and lines that are on our face.

In addition, we may see other problems with our skin during that time, such as sagging, which takes place when the skin begins to lose its elasticity. Even the color of our skin may begin to change with age spots and hyper pigmentation. Although this is considered to be a natural process, it is one that you do not need to take lying down. Our doctors at Optimal Health & Wellness can help you with some medical skincare and beauty treatments that will have you looking and feeling younger.

For more information [click here](#).

[Ozone Therapy in Monterey Park and Pasadena CA](#)

What is Ozone Therapy?

Ozone therapy is the use of medical grade ozone, a highly reactive form of pure oxygen, to create a curative response in the body. The body has the potential to renew and regenerate itself. When it becomes sick it is because this potential has been blocked. The reactive properties of ozone stimulate the body to remove many of these impediments thus allowing the body to do what it does best – heal itself.

- It activates the immune system in infectious diseases.
- It improves the cellular utilization of oxygen that reduces ischemia in cardiovascular diseases, and in many of the infirmities of aging.
- It causes the release of growth factors that stimulate

damaged joints and degenerative discs to regenerate.

- It can dramatically reduce or even eliminate many cases of chronic pain through its action on pain receptors.
- Published papers have demonstrated its healing effects on interstitial cystitis, chronic hepatitis, herpes infections, dental infections, diabetes, vascular conditions, and macular degeneration.

We use Ozone Therapy in Different Administrations

We offer ozone direct injections into painful or damaged joints to stimulate regenerative processes. This process can be combined with prolotherapy in a procedure commonly known as Prolozone.

Blood ozonation (autohemotherapy), i.e. a certain amount of venous blood is withdrawn by venipuncture, ozonated and returned by injection into muscle or vein, to help purify the blood of toxins, destroy pathogens, and increase oxygenation of organs and tissues.

Direct intravenous ozone, a direct injection of ozone into the vein which is a rapid administration similar to the blood ozonation.

Locally surrounding ozone over damaged tissue to promote wound healing.

Rectal insufflation – rectal administration of ozone which allows ozone to enter the body without access of a vein. The colon has a large amount of blood vessels, so when ozone is administered rectally, it allows ozone to enter the blood stream through the local blood vessels.

Ozonated Olive Oil – Olive oil is used as a carrier for the ozone which allows the ozone to be used topically and orally. It allows the ozone to be used for a variety of conditions

including skin infections, wound healing, acne, scar healing, eczema, psoriasis, and more.

Women's Health

What We Do

At Optimal Health & Wellness, we can blend Eastern versus western modalities and treatments for full health in women's care. Whether you are looking for a detailed hormone panel or an annual exam, we can offer a thorough review of your health with an integrative approach.

The Services That Are Offered Include

- Pap smears
- STD testing including HIV
- Breast exam
- Full hormone panel
- Nutritional advice for women

Conditions Treated Include

- Fibrocystic breast tissue
- Estrogen dominance
- PMS and irregular periods
- Breast cancer
- All STDs
- Ovarian cysts or fibroids
- Polycystic ovarian disease
- Infertility issues (acupuncture is very useful)

Many women today suffer from hormonal imbalances, most

commonly estrogen dominance. This can cause unwanted symptoms including painful menses, infertility, mood swings and even breast cancer.

As HPV now affects 50% of the population, it is important to have cervical exams every 3 years per CDC guidelines. HPV is the main cause of cervical cancer and is very preventable if diagnosed early and monitored.

At our integrative clinic, we can successfully treat many women's health issues with conventional and/or naturopathic medicine. Come see us today for a full exam.

[PRP Facial Treatment](#)

Medical Skincare Evaluation

Our body undergoes quite a transformation throughout our lifetime. As we get older, it begins to show the signs of aging in the wrinkles and lines that are on our face. In addition, we may see other problems with our skin during that time, such as sagging, which takes place when the skin begins to lose its elasticity. Even the color of our skin may begin to change with age spots and hyper pigmentation. Although this is considered to be a natural process, it is one that you do not need to take lying down. Our doctors at Optimal Health & Wellness can help you with some medical skincare and beauty treatments that will have you looking and feeling younger.

It is important for you to understand some of the science behind aging, as it will allow you to see why you may be experiencing some of your difficulties. The body holds on to

key nutrients but it does so less effectively as you get older. In addition, we may be losing chemicals in the body, such as collagen which help the skin to retain moisture and serve other key functions in the body. Even exposure to the elements and to toxins in the world around us can have an effect that will be noticeable as we get older. Our hormones can become imbalanced when we undergo stress, affecting our thyroid hormones, cortisol, and sex hormones such as testosterone, estrogen progesterone.

Our consultation will evaluate potential nutritional deficiencies, hormone imbalances, lifestyle and environmental exposures. We may recommend lab testing and other diagnostic tests to evaluate your condition to make optimal recommendations. Our treatment options include bio-identical hormone replacement therapy, Vitamin IV therapy of vitamin C and glutathione for skin whitening, nutritional therapies, PRP Facial Treatment, stem cell therapy and customized skincare regimens.

PRP Facial Rejuvenation Treatment

What is platelet rich plasma (PRP)?

Your blood contains life-giving fundamental protein growth factors, one of which are platelets. Platelets are the first responders in the healing process when your body is injured, they signal all the body's growth factors to begin regeneration. Optimal Health & Wellness utilizes a leading edge patented technology that concentrates platelets into biological nutrient-rich Platelet-Rich Plasma (PRP) and applies it to your face, which activates the stem cells to

rejuvenate your natural beauty throughout your skin from within. Since it is your own blood, there is virtually no risk of allergic reactions.

What are the benefits of PRP?

The benefits of your own PRP are endless; tissue repair, hair growth, cell growth and collagen, just to name a few. When used on skin topically, with our unique procedures, PRP can tighten and increase skin firmness, erase wrinkles and fine lines, minimize pores, perfect complexion and strengthen skin quality. Thus, giving you the result of a natural facelift, without the risk and complications of surgery.

How does PRP Facial Treatment work?

Blood is drawn from you, similar to having a lab test. Your blood is then placed into a centrifuge and spun at a fast speed to separate the platelets from the rest of the blood, which activates the Platelet-Rich Plasma (PRP). PRP is then infused with a secret blend of vitamins and amino acids. It is then placed into specific areas of your face by a combination of injection along with a micro needling procedure. After the medical procedure, your skin will be younger, firmer and healthier day by day, as PRP activates your maximum anti-aging potential. Optimal Health & Wellness is one of the select few Medical Clinics in the United States experienced and qualified to offer PRP Facial Rejuvenation Therapy.

What Makes Our PRP Facial Treatment Unique?

We combine the benefits of PRP with [ozone](#) to activate the growth factors and stimulate additional release of oxygen to the skin. Our ozone/PRP combination enhances the normal healing benefits of the treatment further.