

3D Body Analyzer in Monterey Park CA

3D Body Analysis Technology

THE RM 3-D NON-INVASIVE FULL BODY SCANNER SYSTEM IS THE FUTURE OF HEALTHCARE.

3-D images of your body organs and systems and fast, precise, scientific measurements of your health and risk factors will give you a better understanding of your health than you've ever had before. The RM 3-D device is a scientifically validated, total body health scanning device allowing your practitioner to quickly and non-invasively assess the health status of all major organs of your body.

As the RM 3-D provides 3D color-coded models of your body, organs and systems, you can:

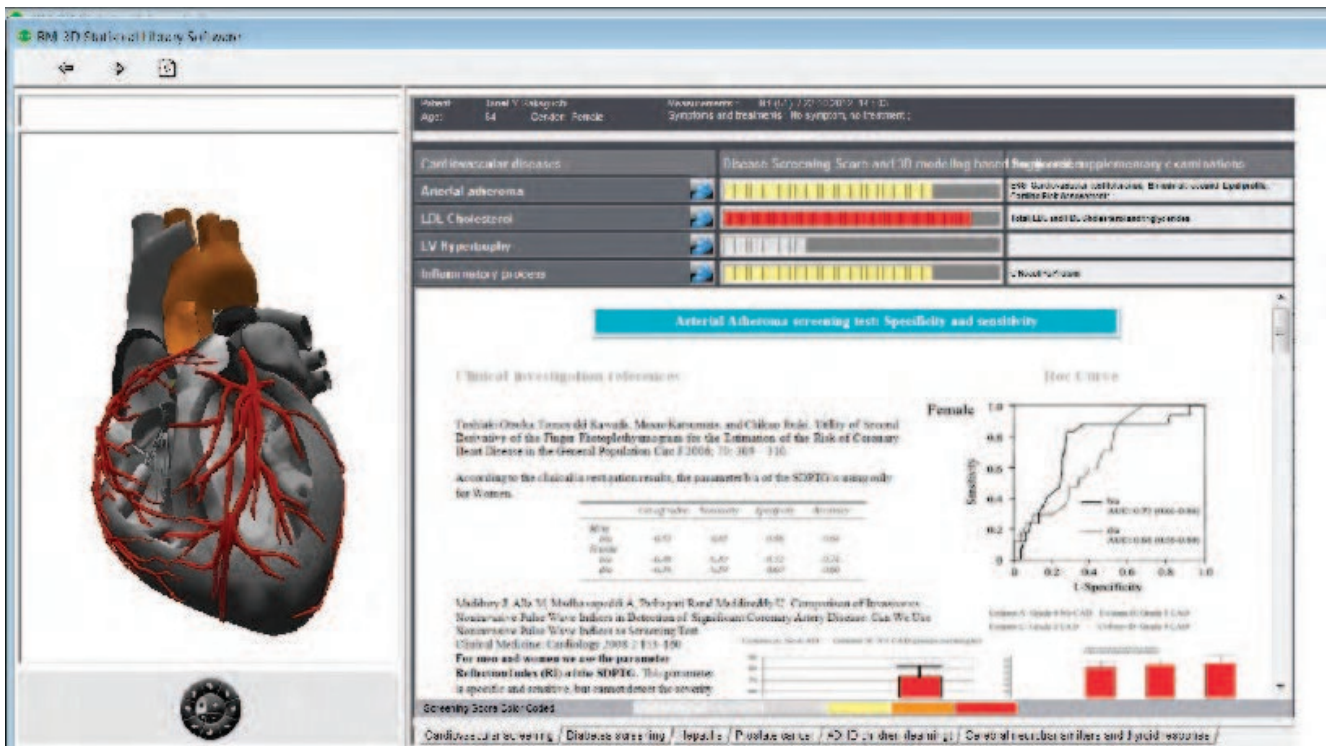
Understand your health issues and symptoms in easy to view graphs and images. You can see for yourself just what areas and organs of your body are in need of attention. Visualize the effect of the treatment or changes to your lifestyle (nutrition, exercise, stress management etc).

The RM 3-D provides your health practitioner with specific measurements of your physiology, bio-chemistry and body functions. With this device, we can:

- Assess how well your organs and glands are functioning
- Study your cellular activity and health
- Evaluate your circulation and microcirculation
- Assess your biochemistry for imbalances
- Measure fat mass and muscle mass
- Check hormone levels
- Assess blood flow and neurotransmitter levels in the

brain

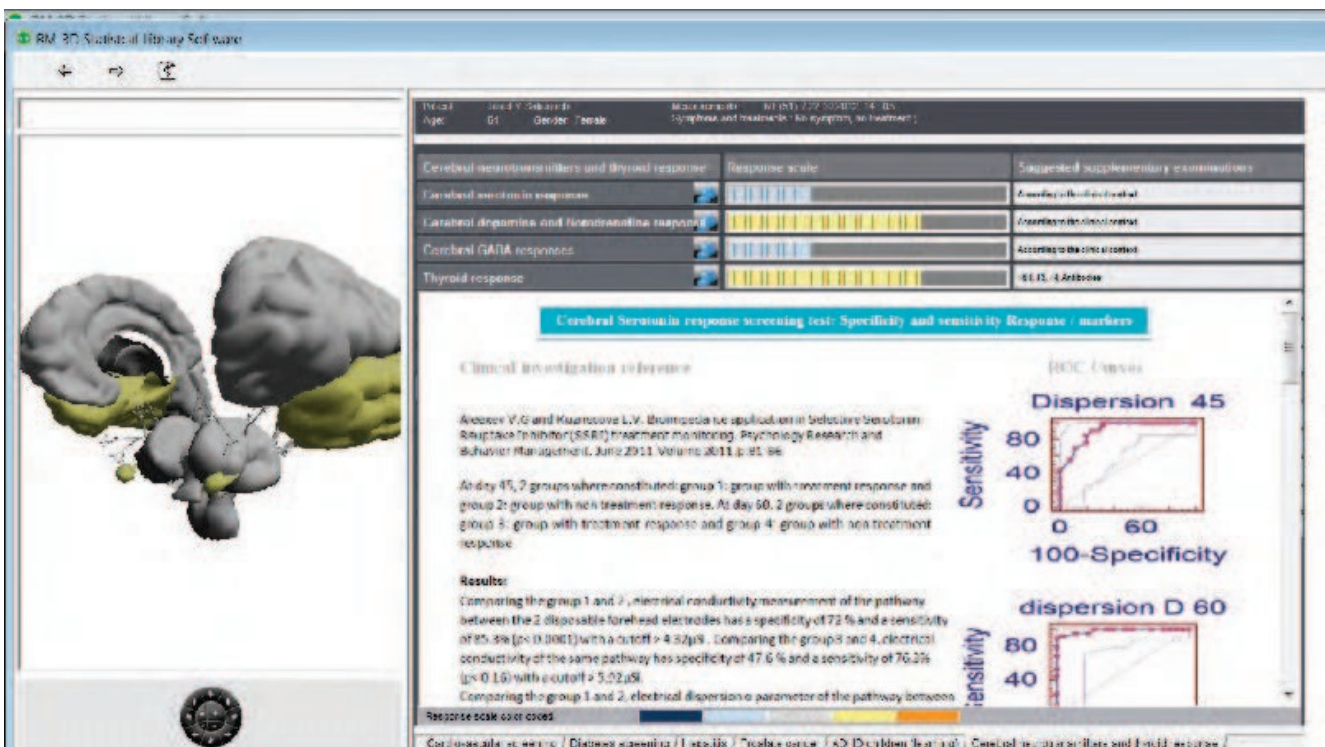
- Identify possible toxin and drug effects
- Check your hydration and oxygen levels
- Assess your cardiovascular health
- Pinpoint areas that warrant further observation or treatment



With this detailed information, your health practitioner can plan and address the most efficient, effective way to optimal health and wellbeing. In the meantime we can monitor your progress during and after treatment. The RM 3-D provides an analysis all of your body's systems including:

- Respiratory System
- Digestive System
- Immune System
- Cardiovascular System
- Brain and Nervous System
- Hormones
- Neuromuscular system
- Bladder and Kidney Function
- General metabolic functions
- Thyroid

- Insulin, Leptin, arterial pH,
- Body composition i.e., fat, muscle, fluid distribution, etc.





HOW THE RM 3-D WORKS

A direct current of 1.28V is applied between six electrodes placed symmetrically on the forehead, hands, and feet of the study subject. This allows the device to electronically record data from 22 segments of the body, and transmit that information into charts, graphs and 3D images. The non-invasive test takes less than 10 minutes to perform.

“These statements have not been evaluated by The Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

[Health Diagnostic Laboratory](#)

in Monterey Park CA



Get to know Innovative Diagnostics Laboratory

Innovative Diagnostics Laboratory (“IDL”) is a national clinical reference lab specializing in personalized blood-based testing to find, understand, and treat cancer.

Approximately 40% of the US population will be diagnosed with cancer in their lifetime. IDL provides physicians and their patients at risk of cancer with easy to understand personalized clinical intelligence to improve shared decision making and health outcomes. Today, advanced cancer tests are primarily being marketed to medical specialists including pathologists and oncologists after the patient has been diagnosed with cancer. Often these tests are only available at the leading medical academic medical centers. IDL believes optimal care for those at increased risk for cancer starts with the primary care physician and their patient prior to cancer diagnosis and regardless of where they live.

ColonSentry®: an easy test for an early warning

The key to beating colorectal cancer is knowing your risks.

Colorectal cancer is the second biggest cancer killer in the United States among cancers that affect both men and women, claiming more than 50,000 lives per year. 1,2

CRC is a highly preventable cancer when caught early,3 yet

screening lags behind other cancers.⁴

With early detection and appropriate treatment, this is a cancer battle you can win.

EarlyCDT®-Lung

EarlyCDT®-Lung is a simple blood test that aids physicians in risk assessment and the early detection of lung cancer in high-risk, asymptomatic patients. Elevation of any one of the 7 autoantibodies above a predetermined cut-off suggests that a tumor might be present.¹

The Prostate Health Index (PHI) ®

This test is 3 times better than standard PSA testing for detecting prostate cancer.

This score provides a personalized assessment of prostate cancer risk to help you and your doctor determine with more confidence than ever before whether biopsy is the right choice for you.

For more information on these tests please visit <http://www.myinnovativelab.com/>

Corus CAD Tests in Monterey Park CA

Your blood doesn't tell your healthcare provider that you get tired walking the dog. Or that you've had heartburn for the last two weeks. But it can tell whether or not a significant narrowing or blockage in your heart arteries is what's causing your symptoms.

Why Corus CAD?

Corus® CAD brings a unique perspective to your healthcare provider's diagnosis.

When you visit your healthcare provider regarding [chest discomfort](#) or other symptoms that may be a sign of a narrowing or blockage in your heart arteries, there are several ways that the healthcare provider can diagnose what's happening in your body. He or she can look at X-rays of your chest, test your response to exercise, and even perform surgical—also called invasive—procedures to look at your heart. However, Corus CAD offers a new way to assess whether you are suffering from obstructive* coronary artery disease ([CAD](#)) that is safe (no radiation exposure), convenient (can be performed at your first office visit), and may help determine whether an invasive approach is necessary.

What is Corus CAD?

Corus CAD provides information about what's happening in your body right now.

Corus CAD is:

- A blood test that measures the activity of specific [genes](#) in your blood that changes when there is a significant narrowing or blockage in your heart arteries, and can help your healthcare provider understand what may be causing your symptoms
- The first sex-specific test for CAD that takes into account the key biological differences between men and women in its assessment
- A test that has been well studied and validated in two large clinical studies in the U.S. called PREDICT^{1,2} and COMPASS^{3,4}
- A test that provides your physician with a score indicating the likelihood that you have a significant

narrowing or blockage in your heart arteries

- Simple to administer, safe and convenient, requiring only a routine blood draw procedure

Who is Corus CAD for?

Corus CAD is intended for patients who:

- Complain of symptoms that may indicate signs of narrowed or blocked arteries in the heart (e.g., shortness of breath, heartburn, chest tightness, unexplained fatigue)
- Have not been diagnosed with a heart attack, or had a previous invasive procedure to open a blocked artery
- Are NOT diabetic
- Are not currently taking steroids, immunosuppressive agents or chemotherapeutic agents
- Please talk with your healthcare provider to find out if Corus CAD is right for you.

For more information please visit <http://www.cardiodx.com/>

True Health Diagnostics



Early Detection Of Diseases

Advanced testing provides the early detection you need to steer clear of very preventable chronic conditions like diabetes, strokes, and heart attacks.

- New testing biotechnologies uncover “hidden” warning signs
- Patient-friendly report shows color-coded results

- Interpretive comments explain what it all means to you

True Health Diagnostic testing examines proven risk indicators that other laboratory testing does not.

Disease Risk Indicators

Cardiovascular disease (CVD)

Cardiovascular disease (CVD) encompasses a number of conditions affecting the heart; however, the most common type—and the leading cause of the death in the U.S.—is coronary artery disease (CAD). CAD occurs when plaque, made up of fat, cholesterol, calcium, and other substances in the bloodstream, builds up in your coronary arteries. This buildup restricts the flow of blood to your heart. But, if the plaque ruptures, as a result of inflammation or other factors, it can also cause a blood clot that completely obstructs the passage of blood. Depending on where the obstruction occurs—in the arteries that feed the heart or the brain—blood clots can trigger a heart attack.

Diabetes mellitus

Diabetes mellitus (or diabetes) is a chronic metabolic condition in which your body is unable to properly process food for energy and growth. When you eat, your body breaks down food into a special sugar called glucose, which fuels the cells in your body. But critical to this process is insulin, a hormone made by the pancreas that allows your cells to take in glucose and use it for energy. If you have diabetes, your body doesn't make enough insulin or doesn't effectively use the insulin it does make. This deficiency or resistance to insulin causes glucose to build up in your bloodstream and can lead to heart disease, blindness, kidney failure, and lower-extremity amputations.

Metabolic syndrome

Metabolic syndrome isn't a disease. Instead, it's a group of conditions –increased blood pressure, high blood sugar, excess belly fat, and abnormal cholesterol levels–that, in combination, can increase your risk for heart disease, stroke, and diabetes. With aggressive lifestyle changes, you can minimize these risk factors and prevent or delay the serious health issues they can cause.

Non-alcoholic steatohepatitis – Fatty Liver Disease (NASH)

Non-alcoholic steatohepatitis (NASH) is an inflammation of the liver, caused by fat buildup there. Over time, inflammation may lead to scarring and hardening of the liver, or cirrhosis. While many people have liver fat, only in some cases does this fat lead to liver damage. NASH is not a result of alcohol abuse and often has no obvious symptoms.

Test Components

Traditional Lipid Profile

This basic group of tests to determine risk for cardiovascular and related diseases is a good start but should always be combined with advanced testing to unveil a more accurate picture of total health.

Lipoprotein Particles

Lipoprotein particle size/number and Apolipoprotein concentrations reveal levels of good and bad cholesterol particles, which provide a far better predictor of risk than traditional lipid profiles alone.

Inflammation

Inflammatory processes are independent predictors of risk. Testing reveals the level of inflammation of blood vessels that may lead to plaque rupture, ultimately resulting in a heart attack or stroke.

Heart Function

Advanced tests strain or other damage to the heart muscle, which can lead to more appropriate treatment for preventing heart attacks.

Genetics

Genetic markers predict risk for heart attacks and strokes, plus sensitivity to commonly prescribed medications.

Metabolic

Metabolic markers can lead to early detection of diabetes and cardiovascular disease, which may reduce or eliminate a patient's need for insulin.

HS-Omega-3 Index

A Fatty Acid Profile is a potent indicator of the nutrients in a patient's diet that can improve cardiovascular health.

Hormones

A hormone panel can detect deficiency or excess of hormones which can affect many different functions of the body from energy levels to metabolic function.

Tumor Markers

Tumor markers can show early detection for common cancers such as breast, blood, ovarian, prostate, or liver cancers.

For more information please visit <http://www.truehealthdiag.com/>

[Singulex in Monterey Park CA](#)

Singulex: heart disease and wellness monitoring services for a healthier you!

Singulex advanced clinical laboratory tests are used to assess your health risks, providing earlier detection and monitoring of disease over time. For example, your physician can assess your heart disease risk prior to the occurrence of an event, such as a heart attack, as well as evaluate your risk for worsening heart disease.

The comprehensive test reports help your physician effectively manage chronic disease and monitor disease progression—so your treatment is customized to your risks and needs.

Cardiopathology Tests

The cardiopathology tests measure the health of your heart. These tests can tell you if your heart is being overly stressed or stretched.

Vascular Inflammation Tests

Inflammation is the body's natural response to injury or infection. Low levels of inflammation over time may be a sign that your blood vessels are under attack, and this can contribute to diseases such as heart disease, cancer, diabetes, and arthritis.

Dyslipidemia Tests

The dyslipidemia tests look beyond just your cholesterol and identifies the quantity (amount) and quality (size) of your cholesterol particles.

Cardiometabolic Tests

The cardiometabolic tests are used to assess your risk for developing diabetes and heart disease in the future.

For more information on understanding the test results please visit

<http://www.singulex.com/understand-health-risks-and-test-results>

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 it 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.

[Brain Health Evaluator in Monterey Park CA](#)

What is a Brain Health Evaluator?

The Brain Health Evaluator is an FDA registered, fully integrated brain peak performance and injury assessment and rehabilitation system designed for a wide range of uses. The system allows doctors to quickly measure the brain and then safely modulate certain regions using any number of scalp sensors and patterns to remedy troubling symptoms.

Do you ever ask yourself these questions...

- *How healthy is my brain?*
- *How come I seem to forget things sometimes?*
- *Am I forgetting things more than I used to?*

Or do you experience these situations...

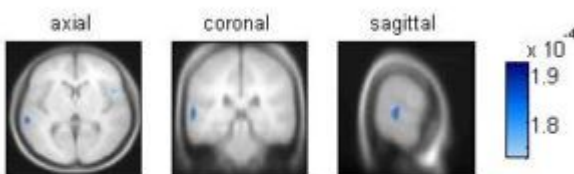
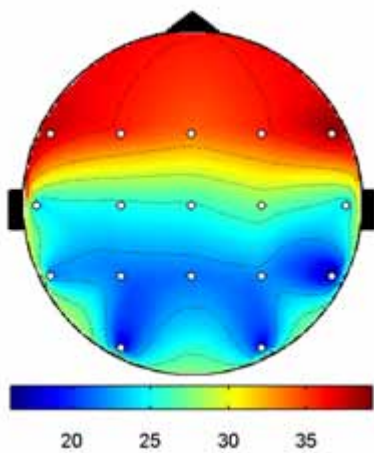
- *Overwhelmed easily with decisions*
- *Getting lost easily*

- *Losing your train of thought*
- *Having difficulty sleeping due to anxiety*

□



In about an hour, we can evaluate your brain activity and function, while determining potential dysfunction. The test is highly advanced and non-invasive. Patients will wear a cap with leads that connects to a computer. They will perform a series of simple tasks while the computer records the data. Then the data will be sent to a neurologist for evaluation. Once we get the report we will go over with you individualized natural treatment options. Many of our treatments are non-medication based.



Indications for Brain Health Testing

- Dementia
- Anxiety
- Stress
- Insomnia or sleep difficulty
- Other adjustment reaction with disturbance of emotions
- Personality Change due to conditions classified elsewhere
- Alzheimer's Disease
- Senile Degeneration of Brain
- Dementia with Lewy Bodies
- Mild Cognitive Impairment
- Generalized convulsive epilepsy with Intractable epilepsy
- Malaise and Fatigue
- Memory Loss
- Bipolar disorder, unspecified
- Bipolar ii
- Concussion
- Brain trauma
- Post traumatic stress disorder (PTSD)
- Peak performance

The test may be covered by some PPO insurances.

Please call us to find out more information at 626-551-5155.

**Allergy Specialist in
Monterey Park CA**

Taking Advantage of Allergy Testing and Treatment

An allergy is an overreaction of the immune system to an inappropriate stimulus, such as dust, pollen, grass, pet dander, mold, food, etc. The immune system believes it is being invaded by a parasite rather than a harmless allergen in the environment, and therefore, it rallies its defenses to fight off the enemy.

Allergy Symptoms

The list of symptoms caused by allergies is longer than you might think. Primary signs of allergies include:

- Runny or congested nose
- Sneezing
- Watery and itchy eyes
- Asthma
- Frequent ear infections
- Sinus headaches
- Nasal polyps
- Conjunctivitis (eye irritation)
- Muscle/joint pain
- Skin rashes and eczema
- Mental problems such as confusion, slow thinking, depression and forgetfulness
- Respiratory effects including endless colds, chronic cough, recurrent bronchitis

Allergy Triggers

There are many items in the environment that could cause your allergies. They fall into four general categories:

- Animal dander – from dogs, cats and cockroaches
- Mold and mildew
- Dust mites

- Pollen – from trees, grass and weeds

In addition, certain **food** causes allergies and others cause your body to react to some of the environmental allergens listed above.

Testing for Allergies

There are many different allergy testing options offered at Optimal Health & Wellness. We offer the traditional scratch and blood test for pollen, grass, trees, and dust that is offered by most allergy doctors. We also offer food allergy and food sensitivity testing via blood and/or blood spot testing. These types of testing is generally more detailed about the reactivity of types of food patients are exposed to. We also offer advanced allergy testing for chemicals and other agents depending on the patient's needs.

Treatment for Allergies

Treating allergies takes a comprehensive approach to help reducing the symptoms and preventing them from coming back. Our allergy specialist can take a look at the patients overall toxic burden, whether it is the air we breathe, the food we eat, things we drink, and even emotions we experience. The body can sometimes only take so much before it develops allergy symptoms. By helping the body detox from these factors, we can help to reduce the total body burden of allergens. We also have to look at potential nutritional deficiencies which could cause the immune system to not tolerate the allergens as well. There are various supplements and herbs which can help the body tolerate allergies without causing side effects.

Immunotherapy is the closest thing to an allergy therapy cure. It's a process that desensitizes your body to allergens by introducing them to your body, via serum, in small doses. As treatment progresses, the amount of these allergens (also

known as antigens) in the serum increases so your immune system learns to tolerate and then ignore them, making you a much happier person during allergy season!

Acupuncture is effective at reducing allergy symptoms. Several tiny needles are inserted near your sinuses and the effects are almost instantaneous sinus relief which can last several hours to several days.

For more information about allergies causes, symptoms, and treatments, please ask staff at Optimal Health & Wellness.

[Advanced Lab Diagnostic Screening in Monterey Park CA](#)

What is Advanced Diagnostics?

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. Please click on the links below to find more information.

[Singulex Labs](#)

Singulex advanced clinical laboratory tests are used to assess your health risks, providing earlier detection and monitoring of disease over time. Singulex provides lab testing assessing inflammation and damage to the heart, arteries, and metabolic system.

[True Health Diagnostic Laboratory](#)

THD lab. testing examines proven risk indicators that other laboratory testing does not. THD testing can be used to assess inflammation, genetic deficiencies, nutritional deficiencies, hormones, diabetes, tumor markers, and liver issues.

[Corus CAD](#)

A simple blood test that provides your physician with a score indicating the likelihood that you have a significant narrowing or blockage in your heart arteries.

[Innovative Diagnostics](#)

Innovative Diagnostics can be used for early detection of cancers with testing for colon cancer, lung cancer, and prostate cancer.

[3D Body Analyzer](#)

A comprehensive scan that provides 3-D images of your body organs and systems and fast, precise, scientific measurements of your health and risk factors. The test is non-invasive and very quick to complete.

[Brain Health Evaluator](#)

The Brain Health Evaluator is an FDA registered, fully integrated brain peak performance and injury assessment and rehabilitation system designed for a wide range of uses. It can be used to evaluate the brain function if you have symptoms of memory loss, fatigue, insomnia, and more.