

# 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
- 

## 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...

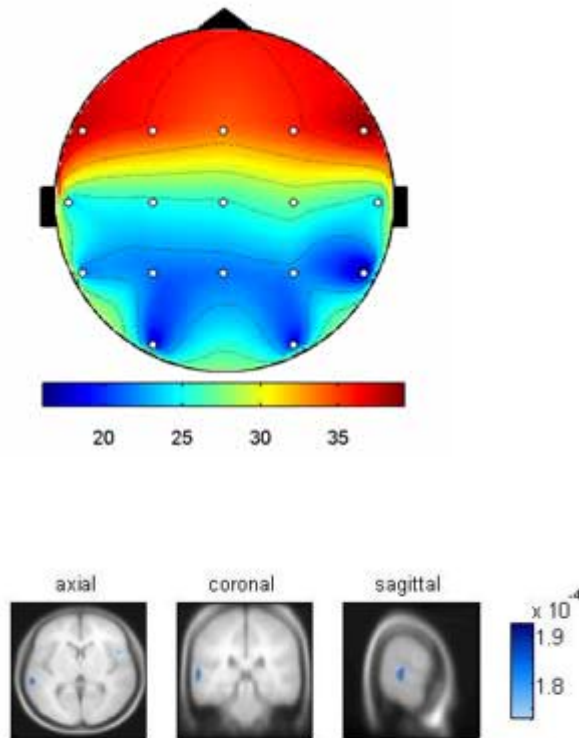
- *Overwhelmed easily with decisions*
- *Getting lost easily*
- *Losing your train of thought*
- *Having difficulty sleeping due to anxiety*

□



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.

---

## [Herbal Medical Center in Monterey Park CA](#)

### **What is Botanical Medicine?**

Botanical Medicine simply means the use of plants and other natural products to improve and maintain health, recover from injury or illness, and deal with chronic health issues. Across the globe and throughout history, humans have been using plants and herbs for healing, treat and prevent medical issues for as long as 5000 years. In some parts of the world today, plants and herbs are still used in medicinal capacities for everything from mosquito bites to alleviation of chronic pain.

### **Who Prescribes Botanical Medicine?**

The use of medicinal plants and herbs is used in many different types of medical practices... Such medical practices may include Traditional Chinese Medicine, Homeopathy,



Ayurvedic Medicine, Naturopathic Medicine as well as Aromatherapy.

Some of today's modern drugs are derived from plants, and as we learn more about the curative and preventative properties of botanicals, we're becoming more open to seeking them out. However, most of today's modern herbal medical center relies on synthetic drugs to treat and prevent disease and other health concerns. That's because of economics: it's almost impossible to patent a plant or an herb, and the money is made when a drug company can develop and patent their very own synthetic drug. There's simply not as much money available for research in the field of Botanical Medicine.

But the doctors at Optimal Health & Wellness draw upon their knowledge of Botanical Medicine as it's been used for thousands of years all over the world. Even though big drug companies aren't researching Botanicals, there are scientists and health practitioners developing a modern body of knowledge and gathering data in this field.

## **The Benefits of Botanical Medicine**

Botanical medicine has far fewer negative side effects than synthetic drugs. Pharmaceutical drugs are also much more expensive. When administered by a knowledgeable, professional health care practitioner, Botanical medicine can be as effective as anything else on the market. It's important to keep in mind that plant-derived medicine can often take longer to have its full effect on the body. Sometimes the plants and herbs have a cumulative effect, taking their own sweet time to product results. But in the end you have the added benefit of a totally natural treatment that has not only healed your body but also perhaps restored balance to your system, thereby preventing future issues.

## How are Herbs for Healing Administered?

Consumption of plants and herbs for medicinal use can take any number of various forms. Sometimes a tea is made...that's called infusion. Here's what you can expect when you are prescribed Botanical Medicine:

- **Infusion** (tea). This is simply steeping the herb or plant in hot water.
- **Oil Infusion**. This is like making tea, only using oil instead of water.
- **Tincture**. Again, like tea only this time alcohol is used: steep the botanical in vodka, for example and strain. Vanilla extract is a tincture.
- **Decoction**. This is used mainly for extracting medicine from roots or bark. The root/bark/seed is boiled and the water is used for medicine.
- **Capsules**. These are common and popular, because of their ease of use.
- **Ointment**. Mix the plant or herb in oil or petroleum jelly, then boil it, cool it and it's ready for application to the affected area of the body.
- **Poultice**. Like an ointment but no oil/petroleum jelly is used...just pure plant/herb and water, then cooled and applied as a paste to the affected area of the body.

---

[Homeopathic Doctor in  
Monterey Park CA](#)

# **What is homeopathic medicine?**

Homeopathy is a 200-year-old system of medicine used successfully by tens of millions worldwide, and the second most utilized complementary health discipline in the world (according to the World Health Organization 2005). It has a laudable 200-year clinical record. There are literally hundreds of high quality basic science, pre-clinical and clinical studies showing it works. After carefully monitoring homeopathic treatment in Switzerland and also taking an extensive overview of all scientific studies of homeopathy, a government panel of medical experts and researchers concluded that “taking internal and external validity criteria into account, effectiveness of homeopathy can be supported by clinical evidence and professional and adequate application be regarded as safe.”

## **Overview of Homeopathy**

Over thirty million people in Europe alone already benefit from homeopathic treatment. In India, over 100 million benefit. Homeopathy could help you too. Homeopathy is a gentle, holistic system of healing, suitable for everyone, young and old. Homeopathy focuses on you as an individual, concentrating on treating your specific physical and emotional symptoms, to give long lasting benefits. Homeopathic treatment works with your body's own healing powers to bring health and well being. Patients are treated as individuals, not as a collection of disease labels. Homeopathy treats all your symptoms – mental, emotional and physical. Homeopathic remedies are gentle, subtle and powerful.

## **Definition & Origins of Homeopathy**

Homeopathy or homoeopathy is a system of alternative medicine. The term derives from the Greek *hómoios* (similar) and *páthos* (suffering). The underlying concept of homeopathy is “like

cures like” and is based on “the principle of similars”, which asserts that substances known to cause particular symptoms can also, in low and specially prepared doses, help to cure diseases that cause similar symptoms. Some principles of homeopathy have been utilized in various forms in various medical systems for thousands of years in many diverse cultures, but they were first methodically set out by a German physician, Samuel Hahnemann (1755–1843), who observed that a medicine sometimes evoked symptoms similar to those of the illness for which it was prescribed. He subsequently found a way of “potentizing” these substances which reduced the side effects whilst increasing their healing powers. He not only practiced this dramatically effective new medical and alternative approach, he also in a very scholarly way wrote about it.

In homeopathic theory, written about in a book called the *Organon* by Samuel Hahnemann, every person and living creature is said to have a “vital force”, which promotes healing and maintains good health (the term “vital force” is akin to qi in traditional Chinese medicine). In Hahnemann’s and homeopaths’ approach, the symptoms of a disease reflect efforts of the vital force to counter infection, or to resist damage from environmental toxins or from various stresses.

Homeopathic treatment attempts to strengthen this “vital force” with the help of remedies, which are extremely small doses of drugs diluted and vigorously shaken (“succussed”) in water or ethanol and dispensed in pills or liquid form. They are chosen for their ability (in large doses) to provoke the very symptoms that the remedy is intended to heal (and thereby for their presumed ability to stimulate natural healing). Homeopaths believe that this “vital force” is akin to what physiologists would call the body’s “defense systems”.

Homeopathy is practiced by some medical doctors, as well as by other health professionals in virtually every country in the world. In addition to those homeopathic remedies prescribed in

the professions practicing homeopathy, remedies are used by consumers all over the world for self-treatment of common self-limiting ailments and injuries.

“Classical homeopathy” or “Hahnemannian homeopathy” refers to the original principles of this medical system in which a single remedy is chosen according to the physical, emotional, and mental symptoms that the sick individual is experiencing rather than only the diagnosis of a disease. “Commercial” or “user-friendly” homeopathy refers to the use of a mixture of remedies in a single formula containing individual ingredients that are generally chosen by the manufacturer for treating specific ailments.

## **The Professional Homeopath**

There are no universal standards for homeopathic education, so licensing and regulation varies from country to country and from state to state within the U.S. In some countries, all (or virtually all) professionals that use homeopathic treatments are MDs (such as France, Spain, Argentina, Colombia). Some countries have exclusively homeopathic medical schools (India, Pakistan, Mexico etc.), some have naturopathic medicine colleges in which students are taught homeopathy as part of their curriculum (Germany has its “heilpraktica”/health practitioners; the U.S., Canada, and Australia have naturopathic medicine schools that include homeopathy), and some countries certify “professional homeopaths” who have attended homeopathic schools and who then pass independent examinations that grant certification as homeopaths.

---

# Rapid Release Technique in Monterey Park CA

## **What is Rapid Release Therapy?**

Rapid Release Therapy is targeted high speed vibration that focuses on the relief of soft tissue related conditions affecting muscles, nerves, tendon, ligaments, and fascia.

The patent pending high frequency vibration therapy frees critical structures like muscles and nerves from scar tissue binding, resulting in immediate pain relief and restoration of range of motion in short 2-5 minute session. 2 to 5 treatment sessions are recommended protocols for most conditions for lasting results.

The RRT is the only high school, short stroke (2.5 mm) vibration therapy device available as opposed to the low speed hammering devices most practitioners are used to. The short stroke along with the high speed oscillations per second allows the RRT to be used anywhere on the body, even over bony prominences such as the shoulder, elbow, hip, knee, ankle, wrist, and face ( forehead and jaw ) for lasting results.

Beyond the treatment of soft tissue related conditions, and because of the deep penetration of the compression waves generated by the RRT, athlete's at all levels, professional, Olympic, college and high school are using the RRT for both pre-competition warm ups and post competition enhanced muscle recovery. Soft tissue disorders are usually a result of overuse, injury or surgery.

## **Here is a Partial List of Conditions Caused by Scarring of Soft Tissue**

- Carpal tunnel syndrome
- Tendonosis
- Muscle spasms
- Trapped nerves
- Range of motion
- Contractures
- Neuromas
- Adhesions
- Back pain
- Shoulder pain
- Ankle pain
- Headaches
- Knee problems
- Tennis elbow
- Temporomandibular joint disorder

---

**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
- Insomnia
- Mental problems such as confusion, slow thinking, anxiety/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.

**We offer LDA and LDI types of treatments for**

**treating and eliminating allergies.**

## **LDA – Low-Dose Allergy treatment**

LDA (short for low-dose allergy therapy, or ultra low dose enzyme activated immunotherapy) is a method of immunotherapy that actively “switches off” immune cells that are erroneously causing patients to be ill by misidentifying normal substances in the body to be allergens. LDA is used to treat all types of allergy, sensitivity and intolerance to inhalants (pollens, dust, mites, danders, etc.), foods and chemicals.

LDA immunotherapy is extremely low dose and administered infrequently, only every two months at first, and later less often. Treatment is required only every two months initially for a period of approximately 12 months. After that time, the treatment interval may generally be extended to three months or longer. Most adults with significant problems require 16 of 18 treatments at these intervals of two months or less often, at which time treatment often may be discontinued.

LDA is different than compared with conventional allergy escalating dose immunotherapy, conventional treatments are generally administered twice weekly for the first four to six months of treatment. Once the very high maintenance dose is reached, the treatment interval may be extended to once every two weeks or even monthly, but rarely less often without return of symptoms. Conventional escalating dose immunotherapy cannot usually be stopped without the return of some or significant symptoms within 3 to 12 months of cessation. LDA treatments are more effective than conventional allergy treatment because frequency of treatment is much less, and much safer without risks of anaphylaxis or return of allergies.

LDA has been successfully used to treat such conditions as:

- Seasonal and perennial hay fever

- Allergies
- Asthma
- Recurrent sinus/ear infections
- Migraines
- All types of food allergy
- Food sensitivities
- Eczema
- Psoriasis
- Fibromyalgia
- Chronic fatigue syndrome
- All autoimmune diseases
- Chemical sensitivity
- Digestive issues
- Anxiety/depression
- Insomnia
- Autism
- many other problems

## **LDI – Low-Dose Immunotherapy**

LDI (short for low-dose immunotherapy) which is an expanded application of LDA (low-dose allergy therapy), treatment made available to practitioners in the US by W. A. Shrader, MD, for the resolution of allergies and select autoimmune disorders. LDI works by helping the immune system restore proper balance by reducing inflammation caused by pathogens (bacteria, viruses, parasites, etc.) LDI has been shown to provide dramatic relief of symptoms and improvement in health for patients with a wide range of chronic illnesses, including Lyme disease, chronic fatigue syndrome, fibromyalgia, Hashimoto's, multiple sclerosis, Crohn's disease, ulcerative colitis, interstitial cystitis and lupus.

Most autoimmune diseases are triggered by an initial infection. As the immune system fights the infection, it may begin to confuse the body's own proteins with proteins made by foreign invaders such as bacteria and viruses. Even after the

pathogens have been eliminated, the immune system remains activated, and an autoimmune reaction triggered by the pathogens has been launched.

LDI combines specific antigens (bacteria, toxins, or other foreign substances that induce an immune response in the body) which can be administered by intradermal injection or by sublingual dosing. The effect is calming the abnormally activated immune system and in turn reducing the negative effects of an improper overactive immune system. Each dose of LDI is customized to the patient based on the symptoms and the health condition they are in. Some patients can experience immediate symptom relief within days, and can last for several weeks.

Low-dose immunotherapy has proven to be a safe and effective treatment for many chronic illnesses that previously had no effective treatment options, or which were often treated with harmful prescription medications. Some of the chronic illnesses that have seen improvement with LDI therapy include:

- Lyme Disease
- Fibromyalgia
- Anxiety/Depression
- Insomnia
- Chronic Fatigue Syndrome
- Multiple Sclerosis
- Candida related illnesses
- Autoimmune Arthritis (Rheumatoid, Reactive)
- Crohn's Disease
- Ulcerative Colitis
- Endometriosis
- Sarcoidosis
- Myositis
- Psoriasis (some forms)
- Autism
- Sarcoidosis
- Interstitial cystitis

- Unknown Allergies
- and other inflammatory types of diseases

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

---

## 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
- 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

For more information [click here](#).

### ▪ **Sermorelin Injections**

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

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 again. 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.

---

## [Healthy Weight Loss in Monterey Park CA](#)

### **Healthy Weight Loss with HCG**

If you have tried dieting and exercises, pills and drinks, and still have trouble losing weight, the problem may lie deeper within. The HCG weight loss program is a healthy medically supervised weight loss protocol that helps people lose pounds as well as inches. HCG stands for Human Chorionic Gonadotrophin which is a dynamic hormone released by the placenta during pregnancy. It has multiple functions to help both the mother and the growing fetus. In males or non-pregnant females it can help with the utilization of “abnormal” fat reserves and thus promote weight loss and re-sculpting of those “problem areas.”

### **How HCG Works**

When the hypothalamus is stimulated by HCG the body is able to release the abnormal fat and allows the body to rid itself of

large amounts of this type of fat quickly. The HCG Weight Loss Program provides a combination of a low calorie/carbohydrate diet (LCD) and the precise amount of HCG it needs to stimulate the hypothalamus. When a person successfully completes the HCG Weight Loss Program the hypothalamus is able to reset and function properly. Dr. Simeon discovered that the hypothalamus gets overloaded with more excess fuel that it can process due to the standard American diet overloaded with refined foods, sugar and hydrogenated oils.

The program consists of a small amount of HCG given orally or injected daily along with following a strict very low calorie/carb (VLCD). During that period, your body will go into a fat burning, or ketotic, state which will shrink your fat stores from “problem areas” such as the abdomen or thighs. Your body will then use the calories from the fat to sustain you giving you the ability to adhere to the VLCD. Most dieters report losing about 1-2 pounds a day. The typical weight lost in a 30 day period is between 15-40 pounds. If the desired weight is not reached, another round can be completed after a 6 week resting period.



## **How HCG was discovered for weight loss?**

In the 1950's a British doctor practicing in Rome, Dr. AT Simeons, found that young hypogonadal boys treated with HCG lost their excess weight by eating a lot less and without the accompanying hunger pangs. Inspired by this possible diet aide, he conducted a study on his overweight and obese

patients using HCG along with a very low calorie diet in which he found that his patients were able to lose significant weight in a short period of time without cravings or the angry and hungry “hangry” feeling. HCG is then used as a selective fat mobilizer and an appetite suppressant.

## **From Jump Start to Long Term – Maintaining the Weight Loss by Incorporating Naturopathic Medicine**

The HCG diet, along with naturopathic stress management, diet modification, and detoxification of toxins and pesticides, is a potentially powerful tool for people struggling with weight loss. Incorporating a stress management routine can also decrease the abdominal “pooch” created by chronic elevations of cortisol (stress hormone) in your body. Gentle detoxification before start of the HCG diet can minimize side effects of the pesticides and toxins being released from the fat stores. Don’t be a victim of the diet rebound. Using the HCG diet in addition to a complete naturopathic stress reduction and detoxification program can be used as a jump start for effective, lasting weight loss and optimal health.