

TABLE OF CONTENTS

1. A New Paradigm for Solving the Socioeconomic Implications of an Aging Population	1
<i>An open letter from Ronald M. Klatz, M.D., D.O.</i>	
2. Welcome and Opening Remarks	5
<i>Robert Goldman, M.D., D.O., Ph.D. and Ronald Klatz, M.D., D.O.</i>	
3. The Scientific Basis for Developing a Personal Anti-Aging Program	9
<i>Hans J. Kugler, Ph.D.</i>	
4. The Effect of Nutrition on Brain Function, Intelligence, Academic Performance, Hyperactivity and Crime: A Series of Randomized Controlled Trials	23
<i>Stephen J. Schoenthaler, Ph.D., and Ian Bier, Ph.D.</i>	
5. Update on Anti-Aging Therapy with HRT, Testosterone, Estrogen, HGH and DHEA	31
<i>Alan P. Mintz, M.D.</i>	
6. Establishing Your Own Anti-Aging Clinical Practice: Economics and Realities of a New Medical Specialty	41
<i>Vincent C. Giampapa, M.D.</i>	
7. Rational Basis of Nutritional Therapies for Degenerative Disorders of Aging	56
<i>Aftab J. Ahmed, M.D.</i>	
8. Treatment of Topical Aging	63
<i>Don Owen, Ph.D.</i>	
9. Retaining and Increasing Competence in Later Life: The Role of Physical Activity	67
<i>Wojtek Chodzko-Zajko, Ph.D.</i>	
10. Biomarker Testing of Aging and Human Performance	75
<i>Philip Santiago, D.C.</i>	
11. Anti-Aging Dentistry: An Overview of How Dentistry Relates to Longevity and Quality of Life	81
<i>Ira Shapira, D.D.C.</i>	
12. Clinical Utilization of Positron Emission Tomography (PET) Scanning in the Anti-Aging Practice	90
<i>Eric Braverman, M.D.</i>	
13. The Role of Methylation and Homocysteine in Aging and Age-Related Illnesses	95
<i>Paul Frankel, Ph.D.</i>	

14. The Aging Heart and Insulin Resistance: Office-Based Approach to Prevent the Degenerative Changes of Aging on the Heart and Blood Vessels	102
<i>Fred Vagnini, M.D.</i>	
15. New Insights Into Mechanisms of Aging and Anti-Aging Nutrition	110
<i>Luke R. Bucci, Ph.D.</i>	
16. Aging as a Nutritional Deficiency Syndrome: Diet, Nutrition and Accelerated Aging	118
<i>Paul Yanick, Jr., Ph.D.</i>	
17. Medical Ethics—Assisted Suicide, Organ Harvesting and Cloning	126
<i>Vernon Howard, Ph.D., and Ronald Klatz, D.O., M.D.</i>	
18. Human Cryosuspension	133
<i>Frederick R. Chamberlain III</i>	
19. Advances in Metabolic Stimulants for Diet and Weight Loss	136
<i>Denise E. Bruner, M.D.</i>	
20. Phosphatidylserine As a Signal for Elimination of Apoptotic Cells	144
<i>Robert Schlegel, Ph.D.</i>	
21. Glutathione: The Body’s Own Anti-Aging Protectant	151
<i>Theodore Hersh, M.D.</i>	
22. Rheotherapy Blood Filtration: A Pioneering Treatment of Age-Related Macular Degeneration	156
<i>Richard C. Davis, Jr., M.D.</i>	
23. Testosterone: A Critical Link Between Health and Age-Related Decline, Disease and Disability	164
<i>Eugene Shippen, M.D.</i>	
24. The Coenzyme Q10 Phenomenon	174
<i>Stephen Sinatra, M.D.</i>	
25. Brain Aging and Repair: Methods of Maximizing Mental Performance	185
<i>Robert Goldman, D.O., M.D., Ph.D.</i>	
26. DHEA, Melatonin and Hormone Replacement Updates	191
<i>William Regelson, M.D.</i>	
27. Shark Cartilage and Anti-Angiogenesis: Latest FDA Trial Results	197
<i>I. William Lane, Ph.D.</i>	
28. Reversing DNA Damage and Oxidative Stress With Multiphasic-Biorhythmic Nutritional Complexes	202
<i>Gregory F. Sullivan, Ph.D.</i>	
29. The Effect of Reduced Glutathione and Anthocyanins in Redox Modulation and Cancer	209
<i>Jeremy Appleton, N.D.</i>	

30. NK Immunorestitution of Cancer Patients by MGN-3, A Modified Arabinoxylan Rice Bran (Study of 32 Patients Followed for up to 4 Years)	217
<i>Mamdooh Ghoneum, Ph.D., and Jimmy Brown, M.D.</i>	
31. New Theories on the Origins of Breast Cancer and Prostate Cancer: Hormonal and Nutritional Strategies for Prevention	227
<i>David Zava, Ph.D.</i>	
32. The Soy Revolution: A Nutritional and Biopharmacological Approach to Cancer Prevention	235
<i>Stephen Holt, M.D.</i>	
33. Hormones, Osteoporosis and Cancer: Calculating Risks	242
<i>Jan Barton Hamilton, Ph.D.</i>	
34. The Hyperthermia Effect on Cancer Remission	251
<i>Lawrence R. Stoew, Ph.D.</i>	
35. IP-6: A Natural Anti-Cancer Agent	257
<i>Abulkalam Shamsuddin, M.D., Ph.D.</i>	
36. Standardized Extract of <i>Grifola Frondosa</i> (D-Fraction): Immune-Enhancing and Anti-Cancer Effects	263
<i>Sherry Lieberman, Ph.D.</i>	
37. All-Natural Therapies Show Promise in Treating Breast, Brain and Skin Cancer: Preliminary Results, Phase II Clinical Trials Using Clinical Grade Shark Cartilage	268
<i>William Lane, Ph.D.</i>	
38. Cancer Screening and Prevention for the Office-Based Physician	272
<i>Alan Broughton, M.D.</i>	
39. Cancer and Stress	279
<i>Sheldon Choist, M.D.</i>	
40. Why There Is an Epidemic of Cancer and How We Can Prevent, Treat and Reverse it	284
<i>Burton Goldberg</i>	
41. Advances in Imaging Diagnosis of Cancer	289
<i>Robert Tien, M.D., M.P.H.</i>	
42. The Need for a Systematic Approach to Organ Recovery	295
<i>Kelvin Brockbank, Ph.D.</i>	
43. Accelerated Aging of the Brain With Chronic Exposure to Heavy Metals	303
<i>David Quig, Ph.D.</i>	

44. Cranial Electrotherapy Stimulation for the Treatment of Anxiety, Depression, Insomnia, Pain and More: Theory and Practice	310
<i>Daniel Kirsch, Ph.D.</i>	
45. Olympic Level Rehabilitation and Rejuvenation of Arthritis and Muscular Skeletal Injury	317
<i>Philip T. Santiago, D.C.</i>	
46. The Role of AD7C in Alzheimer's Disease	324
<i>Michael Munzar, M.D.</i>	
47. Potentially Harmful Ingredients in Household Products	327
<i>Thomas Mower, Ph.D.</i>	
48. The Use of Anti-Arthritic Agent Cetyl Myristoleate in Anti-Aging Medicine	332
<i>Charles C. Cochran, D.C.</i>	
49. Pre-Clinical Risk Factor Evaluation	337
<i>Robert Bradford, D.Sc.</i>	
50. Uncovering Elemental and Amino Acid Disorders Related to Fatigue	344
<i>Jon Pangborn, Ph.D.</i>	
51. Methylsulfonylmethane (MSM) Treatment of Many Problems of Aging	351
<i>Ronald Lawrence, M.D., Ph.D.</i>	
52. Reversing Adult-Onset Diabetes	358
<i>Edward Lichten, M.D.</i>	
53. Alzheimer's and Neurodegenerative Diseases of the Brain: Effective Treatment and Advanced Diagnostic Methods	367
<i>Dharma Singh Khalsa, M.D.</i>	
54. The Impending Potential for Human Cloning	375
<i>Richard G. Seed, Ph.D.</i>	
55. Anti-Aging Technology and Its Impact on Society	378
<i>Thomas Allen, D.O.</i>	