



H. E. A. R. T. PHYSIOLOGIC BALANCE AND AGING Through Hormone Endocrine Anti-Aging Replacement Therapy

Learn how integrating cutting edge therapies with your current medical program can make you LOOK, ACT, FEEL and BE 10 - 15 YEARS YOUNGER.

I have seen a pattern in older people over my many years of practice – bent over, frail, forgetful, and suffering from age-related illness that for many seems an unavoidable fate. This type of thinking is illogical and unacceptable to me and I would hope and encourage for you as well. Is survival truly enough? Is adding years to your life more important than adding life to your years? For me, it is the quality of life I lead that impacts me more than the longevity I survive and so I strive to break my family tradition of early demise and death.

MISCONCEPTIONS AND A RAY OF HOPE:

I believe (along with others) that the saddest and most deceptive bit of information taught to us starting in our thirties, is that arthritis, cognitive dysfunction, memory decline, physical pains, emotional swings, energy and muscle losses are “NORMAL”. Are we supposed to fall prey to Osteoporosis, Heart Disease, Alzheimer’s and Cancer? And, are we to be comfortable with and accepting of the fact that no one lives forever and more importantly, that no one lives healthy and happily ever after? As a doctor and a patient I find this kind

of apathy frustrating yet I am excited to say that there is a rainbow amongst these clouds of preconceived doom and your pot of gold (your renewed health and youth) awaits you.

Aging Begins in our Minds:

Our beliefs about the onset of old age have evolved as life expectancy has lengthened. Several studies have shown that the body is designed to live well over a century yet so few of us find it “natural” or even possible to live beyond eighty or ninety. Everyday we hear of people living beyond a century, in fact, in recent national news, a 106-year-old female was advertising for a suitable male partner to court her in her first marriage!

Stats: In 1950 there were 2,500 centenarians (people over the age of 100). The extended prediction is that by year 2050 there will be an estimated 33 million in the 65 to 74-year-old age group, 31 million in the 75-84-year-old age group, 16 million in the 85 to 99-year-old age group, and 2.5 million in the 100 plus age group.

We Age as a Result of a Decline in Hormone Levels Not Visa-Versa:

Although it is true that with the development of technology our high stress, toxin-filled environment and diet prematurely age us, I think, no believe, no scratch that, **I know** our individual processes of aging carries a greater element of choice than we are willing to assume and take

responsibility for. There are many powerful ways to slow down the aging process such as: lifestyle changes to include enzyme-rich food, exercise, clean air, meditation, stress management, loving relationships, sleep, creativity and **H.E.A.R.T.** Hormones are the keys to our health. It is important to note for the thorough understanding of **H.E.A.R.T.** (Hormone-Endocrine-Anti-Aging Replacement Therapy), it is the **balance** as well as the absolute levels of these hormones that determines our fate. We now have the capability and technology to live a healthier, younger and more fruitful life than we are currently experiencing regardless of our age or health problems. I encourage you to take the first step and take charge of your health and begin to live the way that you were programmed to. That is, living a healthy life free of illness and disease until your ninth or tenth decade and maybe even longer. Then and only then, smoothly,

respectably and painlessly fall into the hands of fate before you reach eternity.

Hormones Aren’t Just for Women:

It is not only women who go through hormonal shifts i.e. menopause. Men with the proverbial “midlife crisis” actually are going through the female equivalent of menopause known as **ANDROPAUSE** (also sometimes referred to as **MAN-O-PAUSE**). By correcting these imbalances/deficiencies with **BIO-IDENTICAL HORMONES** one reaps great benefits in terms of quality of life.

To learn more about self-preservation and how you too can live a longer, more gratifying and healthier life, go to **www.hormonemd.org** for a more in-depth look at what H.E.A.R.T. is all about. Become an informed consumer and then make your appointment with Dr. Bartiss. Start living your life to the fullest!

Take Home Message:

Don't give in to the erroneous facts that your aches and pains and failing health are part of normal aging. It certainly can be, but doesn't have to be unless you let it. Don't accept the brainwashed preconceived theory of "YOUTH IS WASTED ON THE YOUNG". Get up and treat your mind, body and soul with new and invigorating life.

BE WELL and BE YOUNG- not only at heart, but also through H.E.A.R.T.

Good luck on your new journey through life filled with optimism, health, love, youth and happiness.

*Yours in Health,
Mark James Bartiss, MD*



Mark James Bartiss, M.D.

A Doctor That Specializes In You!

A Different Approach To Your Medical Needs

Dr. Bartiss is a medical writer, lecturer and author and has keen interest in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.

For those interested in inquiring about lectures for your group/organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: www.icambartissmd.com

Institute For Complementary & Alternative Medicine

Mark James Bartiss, MD

Welcomes you to his Alternative Medical practice, specializing in the following:



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- Fibromyalgia
- Anti-Aging Medicine
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