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Folic Acid Lowers Risk for Summer Heat Cardiac Events

Posted on June 5, 2015

Now that you're older, you may be having a hard time tolerating summer heat, especially when the humidity is high. A new study shows that supplementing with a certain vitamin may be what you need to feel better in summer heat. Folic Acid Helps Older People Tolerate Summer Heat When you were a kid you [...]

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Science's Promising New Hope Against Skin Aging

Posted on May 26, 2015

If you're over 50, you may be seeing more skin aging than you want to. You look into expensive creams and treatments that, although they may help, don't really offer a lasting effect. But take heart. In about 2 years, a brand product to fight skin aging could be available commercially. Let me tell you [...]

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Heart Disease Risk Soars After 2 Weeks of This...

Posted on May 8, 2015

Treating yourself to that daily soft drink as a pick me up at work, or to power your gym workout or home chores sounds pretty harmless, right? Well, I've got some surprising news for you. Researchers at the University of California Davis have found a surprising connection between sugary soft drinks and heart disease. Let [...]

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4 Common Mental Health Issues That Go Undiagnosed

Posted on May 5, 2015

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May is finally here and sunny days are occurring more often. But, many people don't enjoy sunny days due to a mental health issue. Many of these issues go undiagnosed as they can become mistaken for other natural aging issues. With May being mental health month, it's a good time to assess your own mental [...]

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These 3 Healthy Habits Fight Mental Decline

Posted on May 1, 2015

One of the biggest fears my patients have about getting older is losing their mental sharpness. But, the truth is, mental decline is not a "given" of getting older. Rather, it's a consequence, or the end result, of not safeguarding your overall health. That's why I'd like to tell you about 3 simple ways you [...]

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6 Things You Do Every Day That Age Your Skin Fast

Posted on April 28, 2015

Many of my patients ask me what they can do to help regain a more youthful look to their skin. They want to know if there's any new special creams, or procedures, to fight dryness, sagging and wrinkling. They're actually shocked when I tell them about the common things they might be doing to age [...]

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Got Muscle Knots? New Procedure Releases Them

Posted on April 24, 2015

Spring is here and you're eager to get back to exercising outside. Whether its running, bicycling, shooting hoops in your driveway, or just talking long walks, your muscles and bones will benefit. Muscle tightness, though, can derail your best exercise efforts and sideline you if you're not careful. But, now there's a new procedure that [...]

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Your SmartPhone Could Change This Part of Your Brain

Posted on April 21, 2015

If you're like me, you spend a LOT of time on your SmartPhone. But you and I aren't unique. Look around you. Everywhere you go, you'll see almost everyone on their SmartPhone. They're either texting someone, talking to someone, using an APP, or looking up something or other. We've become addicted to our SmartPhones and [...]

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Diet Soda and Your Belly: The Dangerous Link

Posted on April 16, 2015

You go to the gym several days a week trying to get rid of that unsightly belly fat that seems to have taken up permanent residence on your lap. After a good workout, you pass by the soda machines and grab a diet soda on the way out the door. You're thirsty and you want [...]

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Age-Proof Your Skin with this Natural Anti-Aging Extract

Posted on April 14, 2015

In your quest to stay younger looking, you may have spent a lot of time and money on anti-aging products that didn't deliver much. But there's one simple plant extract that you've likely overlooked. And, unlike all those other expensive synthetic products, this natural nutrient is research proven to slow down cellular aging. This Powerful [...]

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Prevent Alzheimer's and Stroke with The MIND

Posted on April 9, 2015

A few decades ago, cardiology researchers created the DASH diet to control high blood pressure. I've frequently prescribed it to my patients as it's very successful at lowering blood pressure. Lower blood pressure protects your heart, as well as your brain, as high blood pressure can lead to stroke. Then, researchers started studying the healthy [...]

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4 Power Seeds That Fight Diseases of Aging

Posted on April 7, 2015

Today's complex techno-world is full of man-made processed foods, synthetic medicines, and artificial replicas of just about everything. Yet, there are 4 of Nature's superpower foods that you can still turn to for good health, especially as you get older. Here's what they are... Super Seeds: 4 of Nature's Best Anti-Aging, Health Boosting Foods It's [...]

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