

STAYING YOUNG IT'S EASIER THAN YOU THINK!

by ARLEA FREEMAN

Staying fit, healthy and, most importantly, young has become a way of life. We exercise regularly (or at least we try), we take a variety of vitamins and supplements and we have a wealth of nutritional information at our fingertips. Anti-aging clinics are sprouting up everywhere, promising a more youthful appearance almost instantly.

But when it comes to Father Time, we are powerless. No matter how many vitamins you take or how many calories you burn on the treadmill, you still can't stop the body from aging. As humans, we are part of the universal lifecycle: we are born, we reproduce, we get old and then, finally we die. We are genetically programmed to get out of the way and make way for the next generation. We all take preventative measures to slow the appearance of aging on the outside, but not on the inside. But what if you could stop the aging process from the inside out?

That is where Dr. Gary London comes in. Dr. London's anti-aging practice deals with a medically sound approach that makes you younger from the inside out. The secret? Hormone Optimization.

Hormones are the driving force behind our youthfulness, energy and strength. As we get older, our hormone levels start to taper off. Even as young as 35, they begin to drop below their optimum levels and are responsible for the physical decline that aging brings. To save you from that fate, Dr London restores your hormones to youthful levels, literally stopping the aging process in its tracks or even reversing the affects.

The five essential hormones required for a man's well being are Testosterone, DHEA, Thyroid, Pregnenolone and HGH. Women need all of these, plus Estrogen and Progesterone. Hormone supplementation can be administered in a variety of forms, including pills, topical creams, skin patches, sublingual tablets and injections.

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Dr. Gary London

For men and women, hormone supplementation has been shown to increase lean muscle mass, decrease body fat, increase bone strength, improve libido and increase strength and endurance.

The best part is how easy it is. Unlike the usual exercise and diet programs, this approach requires very little from you. With minimal effort on your part, he will help you build muscle, reduce fat, improve skin texture, sleep better and have more energy. Improved sex drive and performance are other major

benefits of youthful hormone levels.

You can't stop the years from adding up, but you can hold back the changes that we all associate with getting old. With Dr. London's help and hormone optimization, you can actually "Put Old on Hold," living younger and healthier for longer than you could have ever imagined.

Dr. London has been in the private practice of medicine in California for over 40 years. A recognized expert in hormone restoration, he now limits his practice exclusively to helping patients delay or reverse the negative effects of aging.

After graduating from UCLA, Dr. London received his M.D. degree from New York University School of Medicine and postgraduate training from USC. He has written a book on the benefits of hormone restoration.

To learn more about his program or to find out if this therapy is appropriate for you, contact Dr. London at 310-270-4500 or drgarylondon@msn.com.