ANTI-AGING

Are you feeling tired, Run-down? Are you having trouble getting out of bed in the morning? Are you losing that snap and drive that you used to have? Is weight starting to accumulate in your mid-line? Are your muscles starting to feel weaker? Is sexual activity unsatisfactory sexual? Are you starting to ache all over?

Many of these symptoms where previously attributed to old age. People where told to expect and live with these symptoms , well now YOU DON”T HAVE TO! It turns out that age itself is a disease process like hypertension or diabetes, and there are specific ways that you can reverse or halt some of the declines in function.

Many of the symptoms that we attribute to age are no more than a decline in the levels of the bodies’ natural hormones. Hormone replacement has gotten some bad press, mostly by failed attempt to replace hormones with unnatural replacements. Dr Adamcik uses hormone identical to those produced by the body. There has been extensive literature documenting the safety of these so-called “bio-identical hormones”

Your evaluation will include a complete medical history and exam, dietary and exercise history, and comprehensive blood work including hormonal and metabolic testing. This will include a metabolic rate test.

Based on the results, Dr Adamcik will make specific recommendations to optimize your health and youthfulness to include, diet and exercise, vitamins, hormonal and metabolic prescriptions. You will have the option of participating in a weight loss program specifically designed for your metabolism if you desire. Periodically your medical, hormonal, and metabolic condition will be monitored and your treatments will be adjusted based on your response to therapy and blood levels. Results are amazing and life changing!