

By John C. Pittman, MD, and Mark N. Mead, MS

# Longevity Medicine: Taking Rejuvenation to a Deeper Level



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**“We believe that . . . an integrative approach, the longevity medicine approach, will someday be shown to slow down—and even reverse—the aging process.”**

Most people think of rejuvenation in terms of natural ways to enhance outer appearance, often using medical or cosmetic procedures to reduce the visible signs of aging. But true rejuvenation applies to the whole body—both inside and outside—enabling us to have healthy skin and enjoy lasting vitality, strength, and energy even as our chronological age advances. This approach is what we refer to as longevity medicine.

Most of the cells in your body reproduce many, many times during your lifespan. A primary goal of longevity medicine is to ensure that each new generation of cells is as fit and robust as its ancestors. We accomplish this goal, first and foremost, by fine-tuning the nutritional support for specific types of cells that comprise the different organ systems. Armed with the right nutritional tools—

that is, superfoods, vitamins, minerals, amino acids, and herbs—you can revitalize brain cells, restore bone and muscle mass, reduce the chances of heart disease and cancer, improve blood sugar control, elevate mood, and establish a leaner, lighter physique. Lifestyle changes in the areas of exercise and relaxation will further reinforce the benefits of the nutritional approach.

Cellular rejuvenation strategies can be especially valuable to people who face a diagnosis of chronic disease, such as cancer, diabetes, heart disease, and degenerative neurological diseases such as Parkinson’s and Alzheimer’s. For example, many cancer patients who undergo surgery, radiotherapy, or chemotherapy come out feeling extremely fatigued, stressed, depressed, and in pain. A recent study found that one in three cancer patients abandon chemotherapy prematurely because of the debilitating physical and psychological side effects. At the Carolina Center, we find that cancer patients who use targeted nutrition to support healthy cell metabolism,

especially when combined with a therapeutic exercise program, are much better able to overcome cancer-related fatigue and experience much less pain, diarrhea, nausea, and other unpleasant side effects of conventional treatment. Moreover, their overall quality of life is markedly better, and research has shown that improved quality of life is linked with better survival as well.

## ADDRESSING DIVERSITY

We at the Carolina Center believe that the most effective health care is aimed at comprehensively addressing the unique and diverse needs of each individual. In addition to targeted nutrition and herbal therapy, we use natural hormone support, toxic metal removal, and other biologically based strategies that will help restore and enhance cellular vitality, thereby increasing your body’s ability to overcome chronic illness and promote enduring health. What follows are some examples of strategies that can bolster your body’s vitality at the cellular level:

### MITOCHONDRIAL REGENERATION:

Numerous studies have linked chronic degenerative diseases with a problem known as mitochondrial dysfunction. The mitochondria function as tiny energy factories inside your body cells. They are often referred to as “cellular power plants” because they metabolize food-derived fuels to generate energy. When they don’t function well, we feel tired more often, and the aging process accelerates. Fortunately, it is possible to protect and regenerate the mitochondria with the help of specific nutrients such as acetyl-L-carnitine and alpha lipoic acid. Many studies suggest that this approach can confer a therapeutic benefit to people who suffer from cancer, Parkinson’s, Alzheimer’s, and other chronic diseases, as well as age-related cognitive decline.

### COLON HYDROTHERAPY:

Colon hydrotherapy (CHT) is a gentle purified water washing of the large intestine. The client lies on a massage table and with a colon hydrotherapy machine, the Hydrosan, water is run very slowly into the colon. When slight pressure builds up in the colon, the water is released. As the water is flowing out through an illuminated glass viewing tube, the abdominal area is thoroughly massaged. This process is repeated during the hour-long treatment. The physical goals of each CHT session are to hydrate the system, remove waste, enhance intestinal health (and better elimination), rehabilitate the nerves, muscles, glands, circulatory and immune systems that form the components of the digestive system, and to reposition the intestines. Among the many medical situations that may improve with CHT are arthritis, lupus, MS, cancer, chronic fatigue, fibromyalgia, headaches, Candida, influenza, and other infections.

**TOXIC METAL REMOVAL:** Toxic metals such as mercury, lead, cadmium, and arsenic are ubiquitous in the modern environment, and most people have accumulated substantial amounts of these poisons in

their bodies. In chelation therapy, your body is infused intravenously with a medication that binds to metals in your tissues. Alternatively, you are given an oral or suppository medication that enters the body and binds to the metals. The resulting chelator-metal complex then leaves the body through the urine or stool.

The duration of chelation therapy varies from one patient to the next. Ideally, the procedure is done on a regular basis until all the heavy metals have been removed. We also use various kinds of nutritional support to ensure that essential minerals are not depleted and that oxidative stress (excessive free radical damage) is minimized during the treatment. We have observed that people with neurological and immune system problems often show marked improvement in their symptoms when heavy metals are removed. Substantial reductions in chronic fatigue, malaise, headaches and sleep problem have also been reported. Recent research indicates that recovery from Autism Spectrum Disorders and Lyme disease is also accelerated with toxic metal removal.

## TAILORING THERAPIES TO THE INDIVIDUAL

At the Carolina Center for Integrative Medicine, we place strong emphasis on individual tailoring of complementary and alternative therapies, and combining these with conventional treatments as needed. We embrace a carefully selected blend of healing tools that includes intravenous nutritional therapies, nutritional and herbal medicines, colon hydrotherapy, toxic metal removal, hyperbaric therapy, hormone replacement, longevity medicine, and mind-body strategies. As part of our approach to longevity medicine, we emphasize detoxification regimens that help clear the body of wastes that otherwise hamper healing and rejuvenation. By removing toxic factors and repairing the damage done by daily stress, lack of exercise, nutritional deficiencies, and environmental toxins, we are able to give the body a “metabolic tune-up.” The result is that our patients consistently report living healthier, happier, and more productive lives. We believe that such an integrative approach, the longevity medicine approach, will someday be shown to slow down—and even reverse—the aging process. *h&h*

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**For more information on this integrative approach to autism, ADHS, and other Autism Spectrum Disorders, contact:**  
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