

P R E S T I G E W E L L N E S S I N S T I T U T E

- **Gut dysfunction**
- **Hormonal disturbances**
- **Peak performance**
- **Chronic pain**
- **Sexual dysfunction**
- **Autoimmune disease**
- **Chronic infections**
- **Brain disorders**
- **Cancer**
- **Mental health and Behavior disorders**
- **ADD/ADHD**
- **Menstrual/gynecologic disorders**
- **Injuries**
- **Surgical recovery**
- **Weight management**
- **Lyme, mold, Epstein-Barr**

Whether you need an engine overhaul or just a spark plug change, you can get it at Prestige Wellness Institute



Exhausted From Energized To

Strategies for You, the Caregiver

Ray Andrew, MD
November 8, 2024



Prestige Wellness Institute



Thriving as a Caregiver

- 1. Don't Worry, Be Happy**
- 2. When things aren't going well, see #1**

A handwritten signature in dark green ink, consisting of the letters 'PWA' in a stylized, cursive font.

3 (S: f(x))
 $a = 1, b = c = -2$
 $D = 6$
 $\lim_{x \rightarrow 1} \frac{1}{1(x^2-3)}$
 $y = 0 + (-1) \cdot (x-1) = x+1$
 $f(x) = \lim_{x \rightarrow 0} \dots$
 $A \subset B \subset C \subset D \subset E \subset F$
 $-2x + 3 + 5 - 3 + 1 - 1 - 0 = 15$
 $5x^2 + 3 - 5 = 10 - 5x^2 + 10 - 5x = 5$
 $2 + 6t + 2 \cdot 6t^2 + 4t + t^3 - 3t^2 - 6t = 0$
 $\lim = \sin x + 3 \cdot \cos x$
 $l = 9 \cdot 6 + 3 - 2 = 5 - 2 + 1 - 0$
 $\sin x - \cos x = 1 \cdot 2 - 3$
 $y = x_1 + y_1 \cdot \epsilon = m \cdot c$
 $(a \cdot b)^c = b^c - a + b - b^c$

$f(x) = \begin{cases} 5x+1 & x \geq 1 \\ x^2+1 & x < 1 \end{cases}$
 $\lim_{x \rightarrow 1} x = 1$
 $f(1) = 1^2 - 3 \cdot 1 + 2$
 $f(x) = c - \text{const}$
 $R \cdot x \cdot x^n = 4$
 $R - 1 = R - 5 = 3$
 $\lim = 1 + x \cdot 2 - 3$
 $a - b = c = 4 - 3 = 1$
 $\lim_{x \rightarrow 1} \frac{3x-1}{2} = \frac{2}{2} = 1$
 $\text{const} + 6 \cdot 2 = 8 + 12$
 $12t + 4 = 2t + 4 = 2t$

Diagrams: A cube, a circle with a shaded sector, a triangle with a point D, and a bar chart with four bars of increasing height.





A stylized, handwritten-style signature logo in a dark green color, consisting of the letters 'PWI' in a fluid, cursive script.

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10 Pitfalls of Caregivers

- 1. Failing to Recognize, Ignoring, or Hiding the problem**
- 2. Pride**
- 3. Isolation**
- 4. Guilt**
- 5. Procrastinating assistance**
- 6. Self-neglect**
- 7. Saving the children's inheritance**
- 8. Failing to plan for the future**
- 9. Focusing on what you don't want**
- 10. Dwelling on the past and what you no longer have**



10 Pits of Caregivers

- 1. Bad decisions**
- 2. Regret**
- 3. Suboptimal care for your loved one**
- 4. Sleeplessness**
- 5. Exhaustion**
- 6. Burnout**
- 7. Resentment**
- 8. Depression**
- 9. Ill health**
- 10. Early death**



Foundations
of Health
for
Caregivers



Tools

Remove
what doesn't belong

Give the body what it needs

Lifestyle

Healthy Mindset

Foundations
of Health
for
Caregivers



Tools

Remove
what doesn't belong

Give the body what it needs

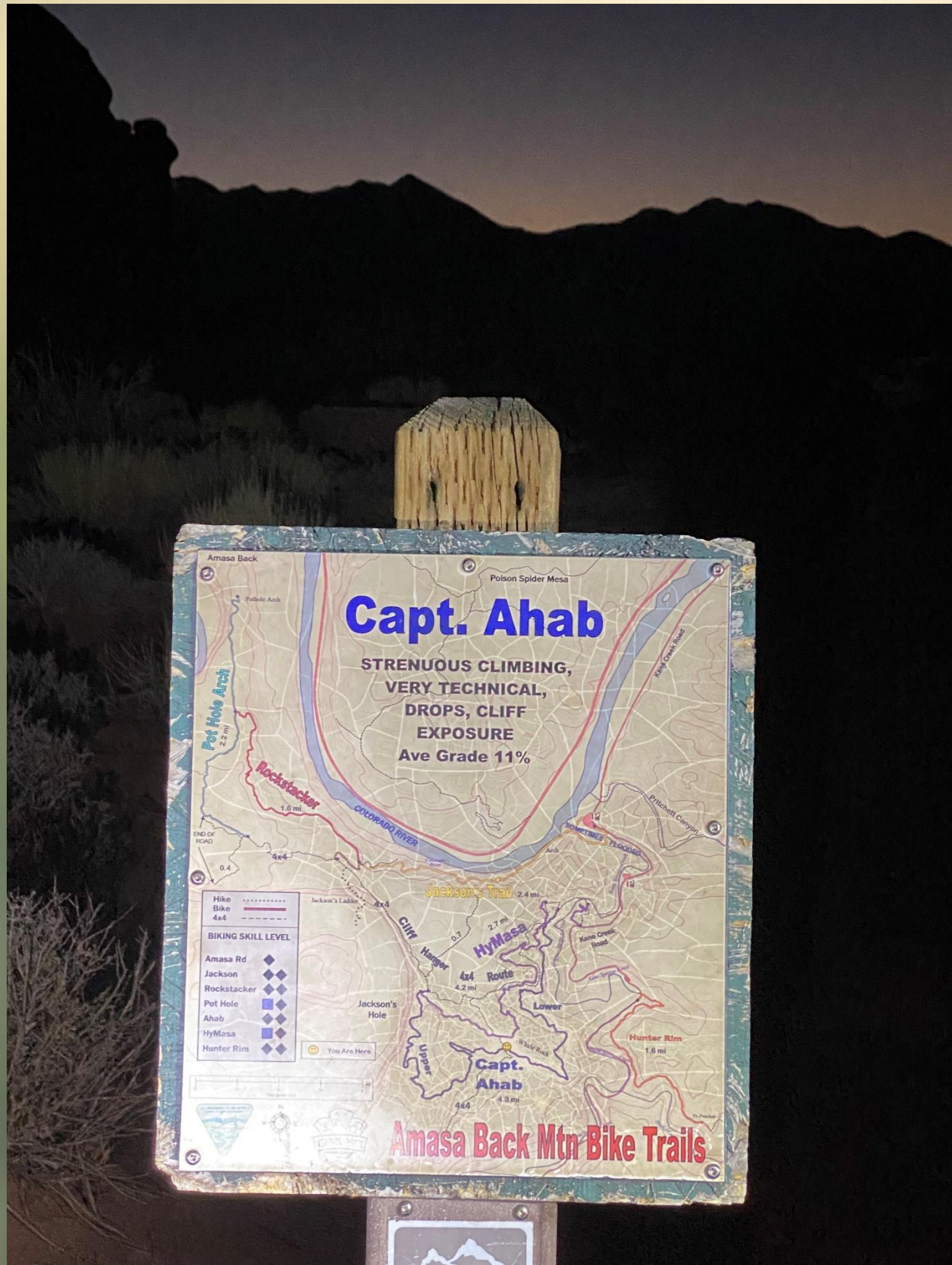
Lifestyle

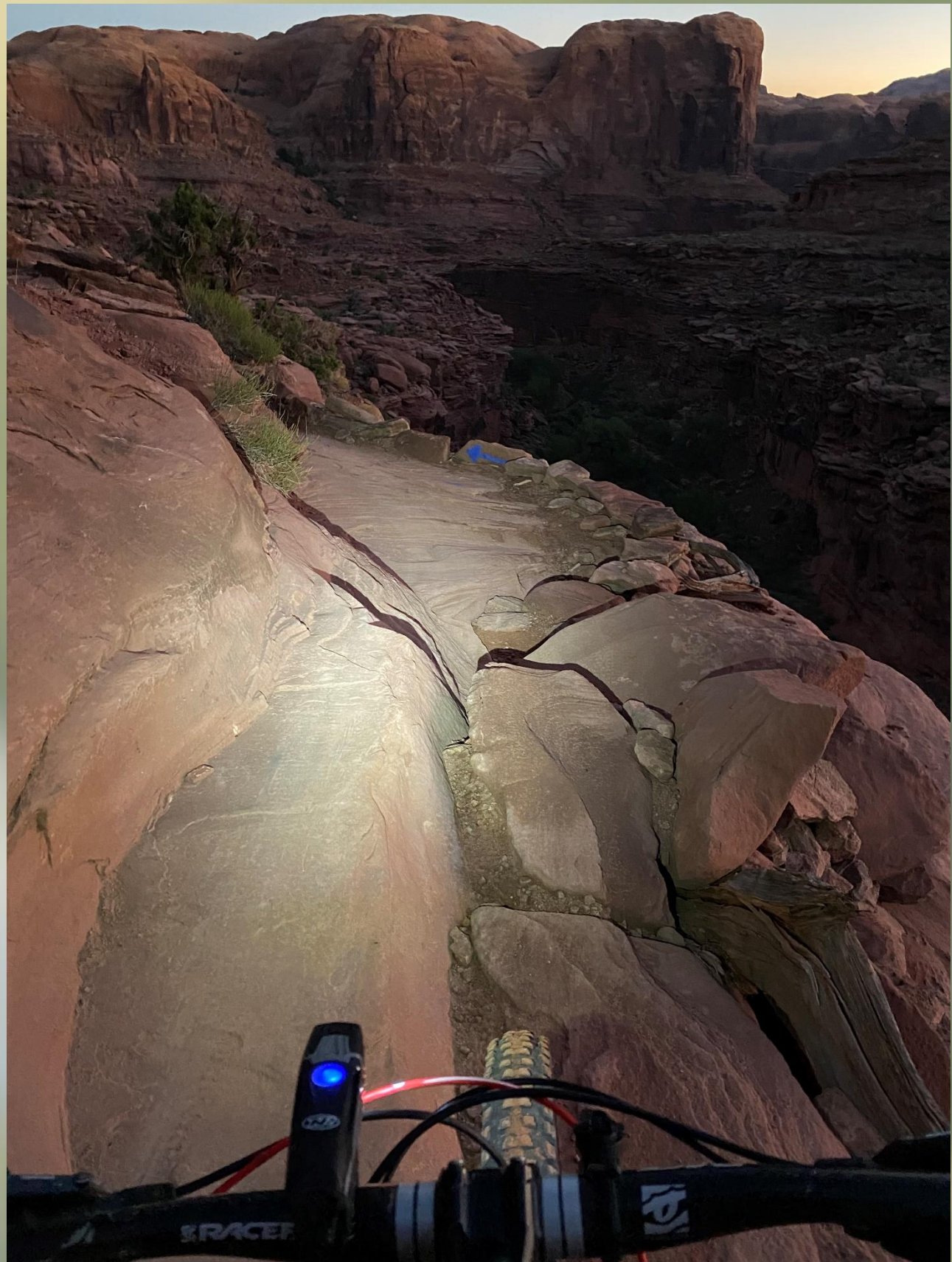
Healthy Mindset

Healthy Mindset

- **Focus on what you want**, not what you don't want
- **Guilt** → **Irrational decisions**
- **Focus on Loss** → **Depression**
- **Think about/prepare for your future** without your loved one
- **Affirmation Statements** → **Your desired reality**
- **Forgiveness** → **Peace**
- **Gratitude** → **Abundance**
- **Purpose** → **Drive, Energy, Longevity**







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Affirmation Statements

3 keys to effective affirmation statements

- **Personal** ("I" "My" "Me")
- **Positive** ("I eat things that are good for me" or "I nourish my body with everything I put in it")
- **Present tense** (not "I will..." but "I do" or "I am")



Affirmation Statements

Repeat aloud your statement(s) when you first wake up and again right before going to bed. This instructs your subconscious mind to work on this while you are doing other things during the day, as well as while you are sleeping at night. Repeating the phrase during the daytime is helpful as well, as long as it doesn't take the place of the morning and night recitations.



Affirmation Statement Examples

- **I attract happy/nurturing friends.**
- **I say something nice about _____ each day.**
- **I make people feel good about themselves.**
- **I am grateful.**
- **I am getting calmer, happier, and healthier every day.**
- **I nourish my body with everything I put in it.**

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Forgiveness

Forgive. Often. Yourself and everyone you can think of. Every time you think of something you or someone did that was harmful. Say it out loud if possible. Be specific about what you are forgiving yourself or the other person for. Put the past behind you and let it go. Forgive yourself and others not because you and they are worthy of it, but because you love yourself. Make today the start of a new life.



Forgiveness Exercise

"I forgive ____ for ____, AND, I forgive myself for ____

[allowing _ to control my emotions]

[carrying the burden]

[carrying the resentment],

and I let it go."



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Gratitude

Increases IgA antibodies

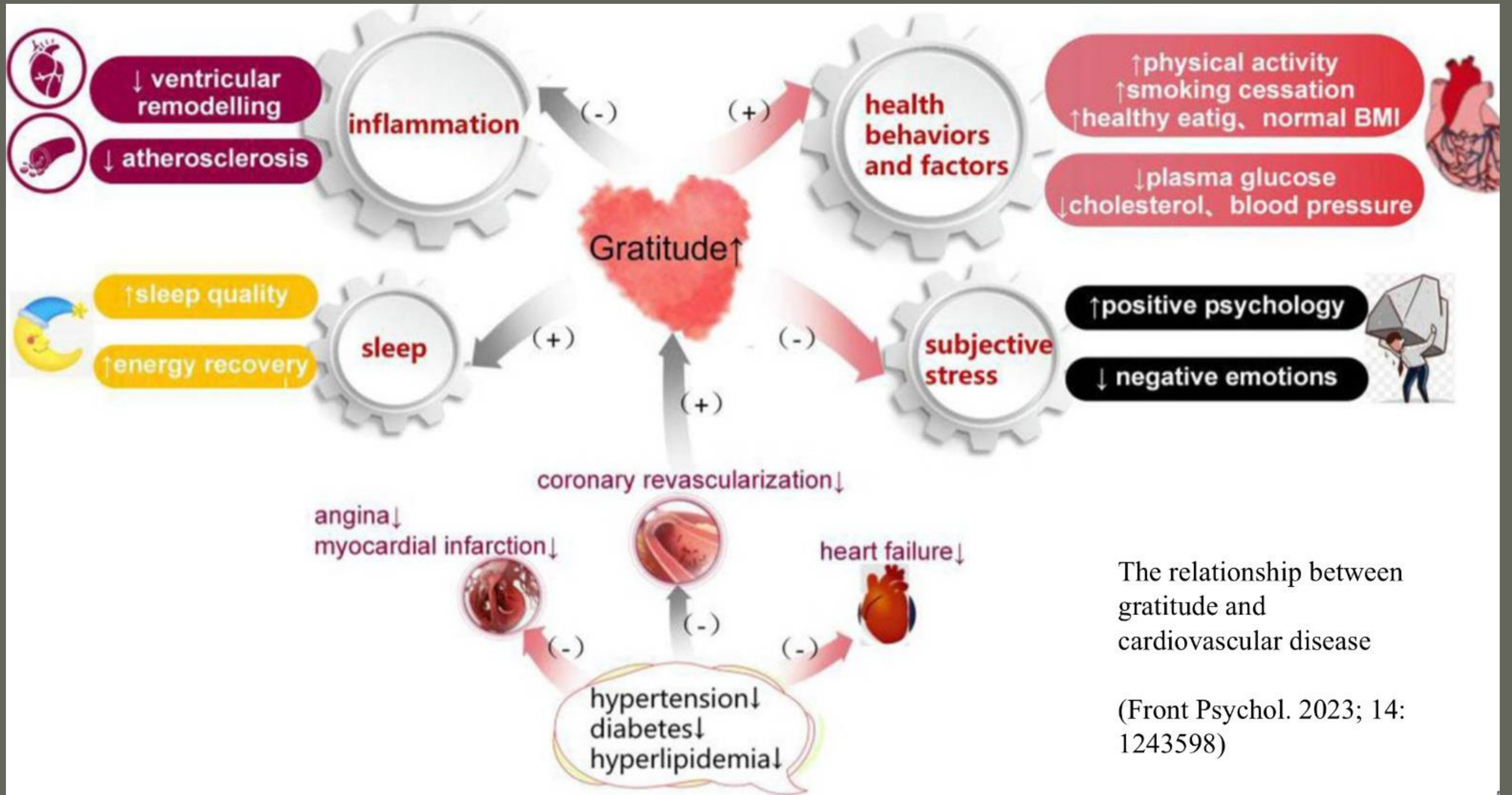
Decreases elevated cortisol

Increases feel-good neurotransmitters

Decreases elevated Blood Pressure and Blood Sugar

Increases lifespan





The relationship between gratitude and cardiovascular disease

(Front Psychol. 2023; 14: 1243598)



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- **Purpose** → **Drive, Energy, Longevity**



The most important determinants of health in “older”^{*} adults

1. Having purpose in life

2. Having meaningful connections with others

3. Lifelong learning

4. Participation in community organizations or activities

^{*} Age 50 and above

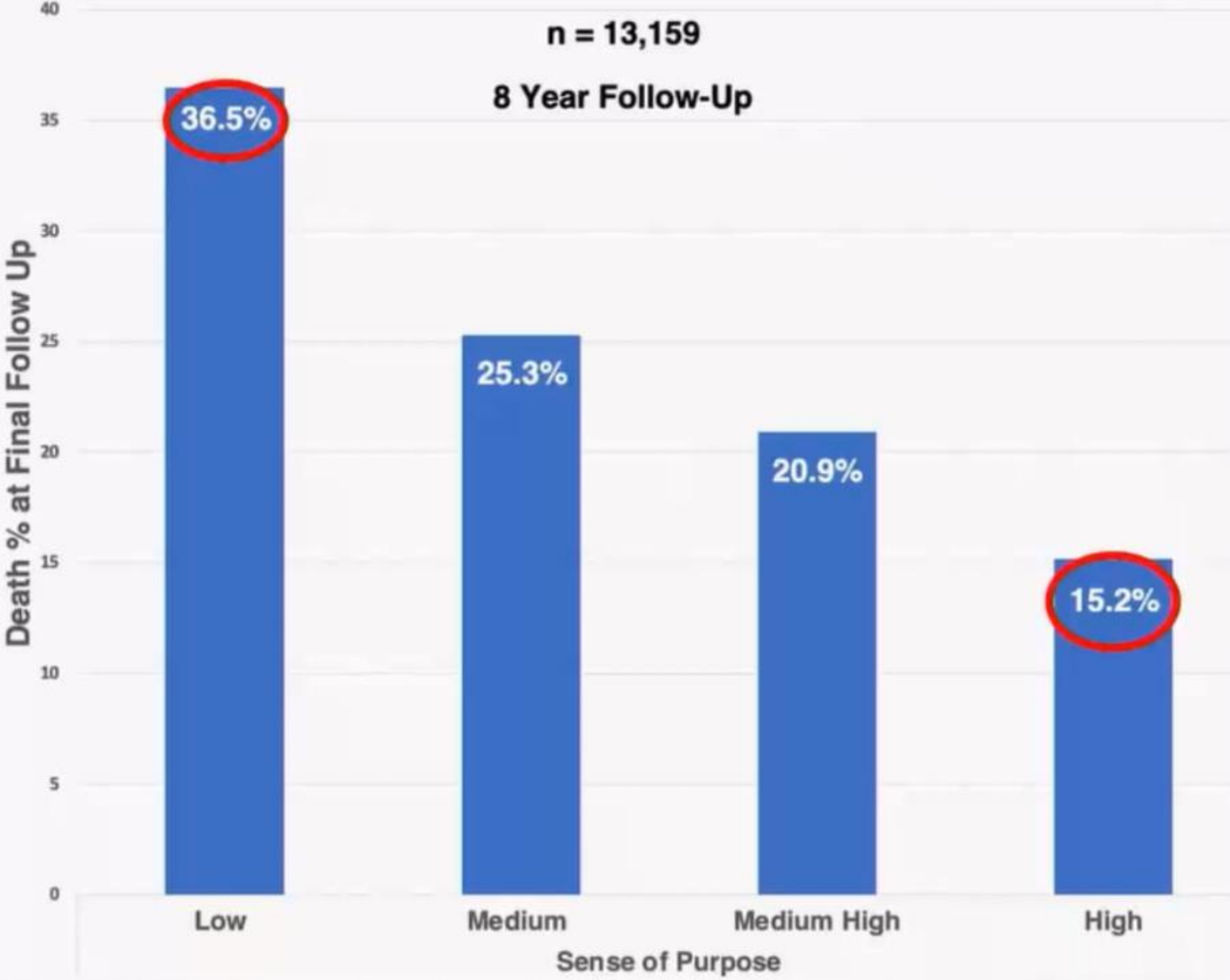
McKinsey Health Institute


Prestige Wellness Institute

Higher Sense of Purpose Predicts Lower Risk of Mortality

n = 13,159

8 Year Follow-Up



Adapted from Shiba et al 2022

Purpose

**(Don't bury your purpose
with your loved one)**



Foundations
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Caregivers



Tools

Remove
what doesn't belong

Give the body what it needs

Lifestyle

Healthy Mindset

Healthy Lifestyle

- **Eat real food**
- **Rest**
- **Move**
- **Manage your stress**
- **Pray/Meditate**
- **Sex (when possible and appropriate)**



Healthy Lifestyle

- **Eat real food**



Healthy Diet Basics

Humans are the only species smart enough to be able to manufacture their own food and dumb enough to eat it.



“People are fed by the food industry, which pays no attention to health,



and are treated by the health industry which pays no attention to food.”



HEALTHY DIET: WHAT I PUT IN MY BODY MATTERS

Every food I put in my body should have three properties:

1. It should make my friendly gut bugs happy
2. It should keep my blood sugar and insulin levels stable
3. It should be nutrient-dense: Vegetables, lean proteins, and healthy fat

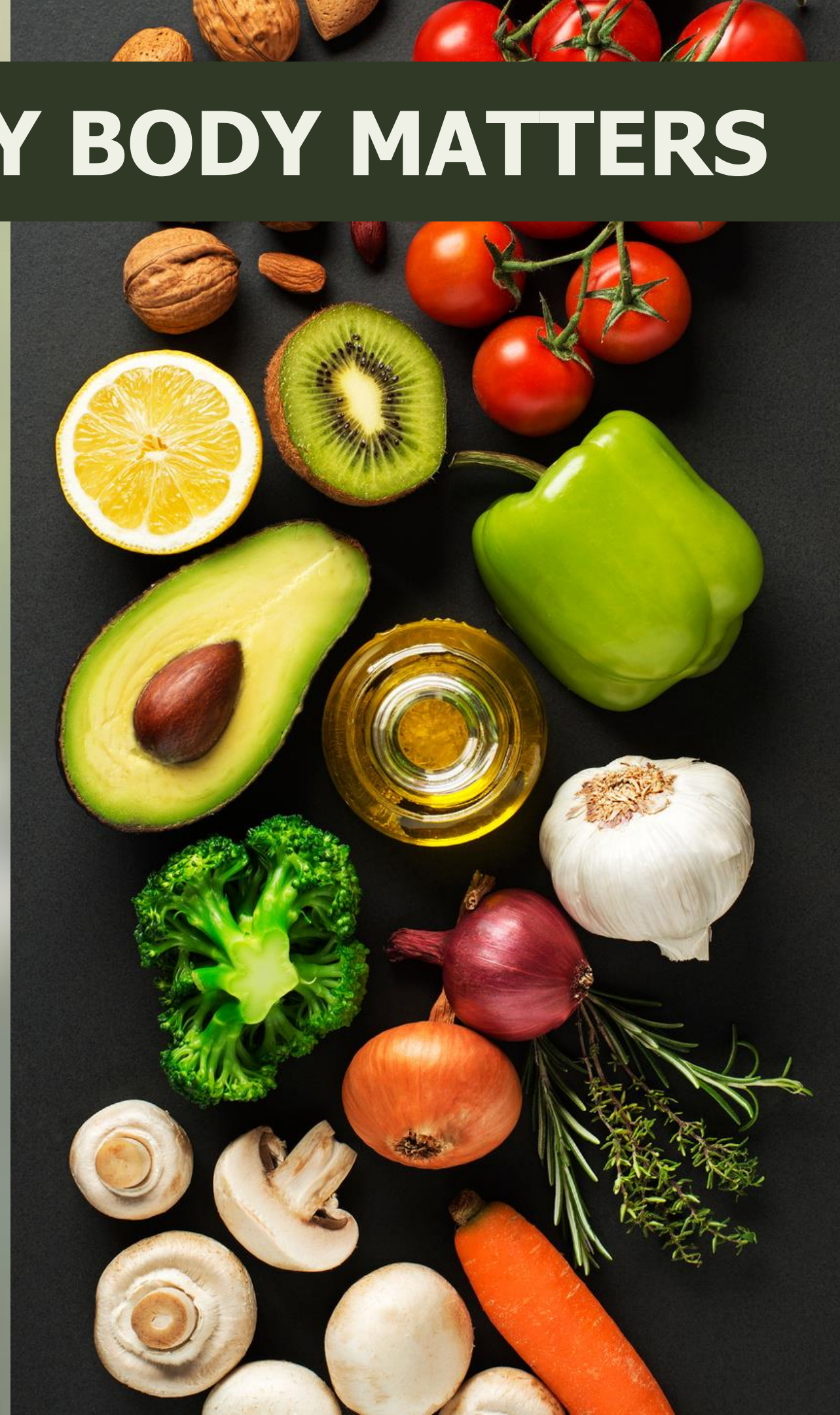
Whenever I'm hungry, ask myself, "Where is my vegetable, my protein, and my healthy fat?"

After that, I won't be hungry to snack on junk food.

I am not a garbage can. Don't put that in my mouth.

When I'm tempted to eat poison that tastes good, I can ask myself:

"Am I feeding my body, or feeding my cancer?"



Healthy Diet Basics

- **Avoid refined sugar and processed foods**
- **Eat a variety of fruits and vegetables, and change it up (e.g. seasons, hormesis)**
- **Replace vegetable and seed oils (palm, soybean, canola, corn, cottonseed, peanut, safflower oil, sunflower oil, grapeseed oil, rice bran oil) with olive oil, avocado oil, grass-fed butter or ghee, duck fat, lard, coconut oil, beef tallow**
- **Eat organic/non-GMO as much as you can**
- **Eat as close as possible to your body weight in protein daily**
- **Free-range, antibiotic-free animals**
- **Don't be afraid of fat**
- **Fast at least monthly**



Healthy Lifestyle

- **Eat real food**
- **Rest**



Not Enough Sleep

- High Blood Pressure
- Diabetes
- Weight Gain
- Fatigue
- Impaired Immunity
- Cognitive Impairment
- Hormone Imbalances
- Depression
- Anxiety
- Heart Attack
- Stroke
- Cancer
- Pain
- Daytime Sleepiness



Healthy (unmedicated) Sleep

- Increased Productivity
- Strong Immune Response
- Repair/Regeneration
- Improved Interpersonal Communications
- Reduced diabetes risk
- Long-Term Memory
- Longevity
- Weight Loss
- Energy
- Happy Mood
- Stress Relief



Improving Your Sleep

- **Expose yourself to natural sunlight during the daytime.**
- **Dim the lighting in your environment for 2 hours prior to bedtime.**
- **Avoid screens for 2 hours prior to bedtime. If you must look at a phone, tablet, or television, wear blue light-blocking glasses or at least use a setting that reduces the device's blue light emission.**
- **Cool your bedroom to 65-68 degrees.**



Improving Your Sleep

- **Attach a timer to your wi-fi router so that wi-fi turns off at bedtime and comes back on when it's time for you to get up.**
- **Turn all phones on "airplane mode" at bedtime. You can still use your phone as your alarm clock. If you need to be able to take calls during the night, move your phone outside your bedroom or as far from your body as possible.**



Improving Your Sleep

- **Make the bed your headquarters for two activities: sleep, and sex. Reading, watching TV, listening to music, scrolling social media, and getting work done are common activities that contribute to insomnia and should be done in another room.**
- **Wake up at the same time each day, including weekends.**
- **Avoid eating within 3 hours of bedtime.**



Improving Your Sleep

- **Avoid caffeine, even in the morning.**
- **Exercise in the afternoon or evening, not within 3-4 hours of bedtime.**
- **Eliminate noise from the bedroom.**
- **Any light in the room blocks the production of melatonin, which is important both for keeping you asleep and stimulating repair of damaged tissues during sleep. Cover up appliance and charger lights. If you need a nightlight, make sure it is red.**



Improving Your Sleep

- **Move your alarm clock away from the bed so you don't look at it every time you wake up.**

- **Leave the bedroom if you can't fall asleep; return when more tired.**

Meanwhile, don't do anything productive that tells your brain to give you this time every night.

- **Limit fluid intake near bedtime.**

- **Take a hot bath before bedtime.**



Improving Your Sleep

- **Dedicate a few minutes to review the day's events in another room before going to bed so you don't have to solve all your problems while you sleep.**
- **Avoid third-shift work if possible.**
- **Eliminate tobacco, especially near bedtime and during night awakenings.**
- **Avoid stimulants near bedtime, including OTC decongestants, arguments, watching the news, engaging with social media.**



Improving Your Sleep

- **Alcohol, Nyquil, diphenhydramine (Benadryl), and prescription “knock-out” drugs can often help people fall asleep but do not stimulate healthy restorative sleep brain waves. If you cannot sleep without one of these, you may have become physically dependent on them. Find a doctor who can help you get off them.**
- **Use a phone app that offers guided meditation to enhance sleep.**



Improving Your Sleep

- **Be mindful that certain antidepressants cause sleepiness in some people and insomnia in others. If you are taking one at bedtime and have insomnia, consider trying it in the morning instead.**
- **Treat the cause!**



Treat the Cause of Your Insomnia

- **Poor sleep hygiene**
- **Bathroom trips**
 - **Prostate enlargement**
 - **Bladder dysfunction**
 - **Genitourinary atrophy**
- **Shift work**
- **Sleep apnea**



Treat the Cause of Your Insomnia

- **Hormone imbalances**

- **Melatonin**
- **Cortisol**
- **Testosterone**
- **Progesterone**
- **Estradiol**
- **Thyroid**

- **Anxiety/sympathetic overdrive**

- **Depression**
- **EMF toxicity (wi-fi, cellphones)**
- **Alcohol**
- **Stimulants**
- **Microorganisms**
- **Vitamin/Mineral deficiencies**



Insomnia: Additional Tools

- **Peptide therapy**
- **Ondamed® pulsed electromagnetic field therapy**
- **Cognitive behavioral therapy for insomnia**
- **IASIS® microcurrent neurofeedback**
- **EVOX® Perception-reframing therapy**
- **Phosphatidylserine**
- **Adaptogenic herbs**
- **Glycine**
- **Calming herbs**
- **Formula NES**



Healthy Lifestyle

- **Eat real food**
- **Rest**
- **Move**

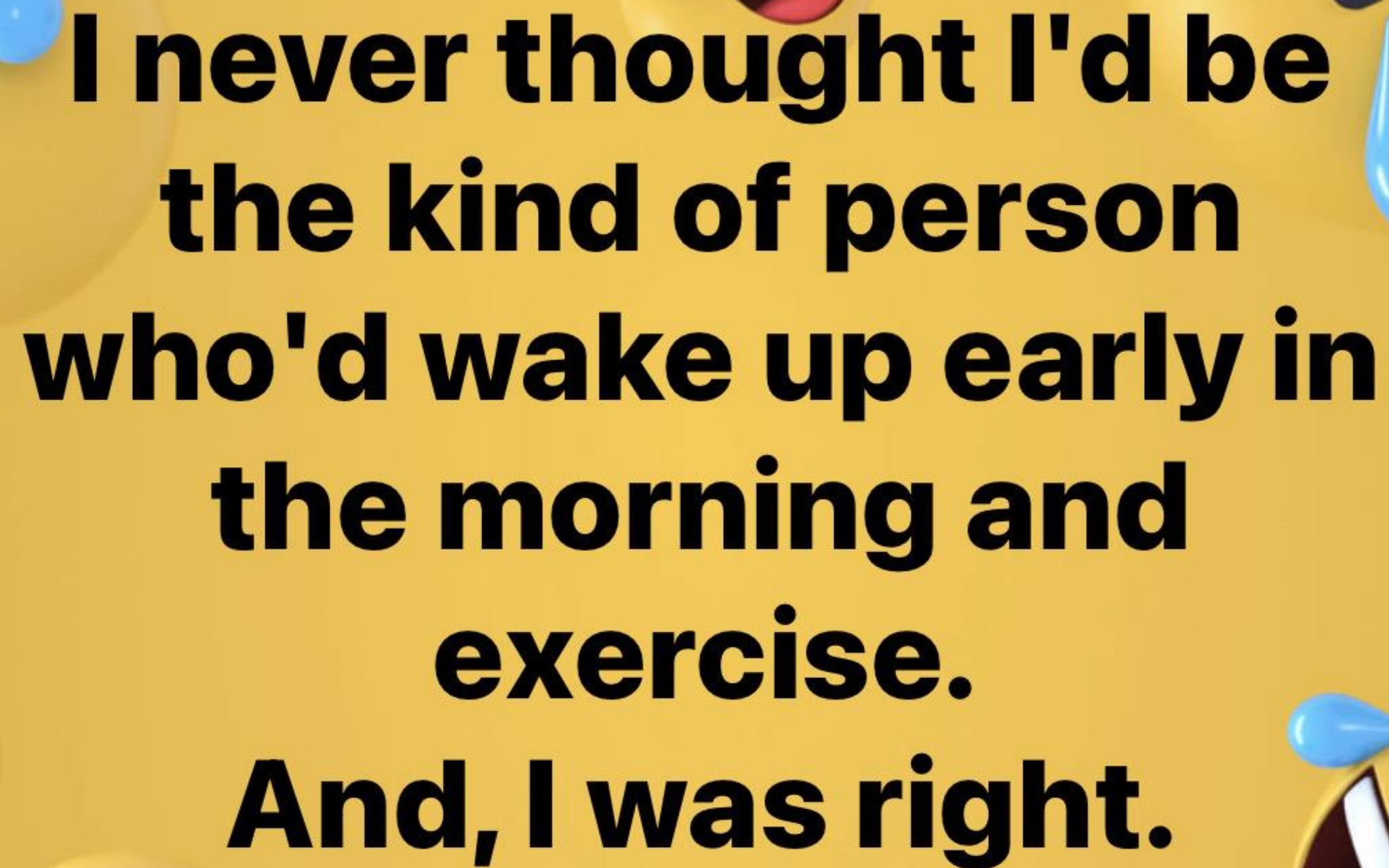


Move

**“I LOVE to exercise”
said no sane person ever...**



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**I never thought I'd be
the kind of person
who'd wake up early in
the morning and
exercise.
And, I was right.**



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A stylized, handwritten-style signature logo in a light green color, consisting of the letters 'PWI'.

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Move

People over age 60 who participate in weekly balance and resistance training experience a 34% reduction in falls.

Nicola J. Fairhall et al., “Exercise for preventing falls in older people living in the community,” Cochrane Database of Systematic Reviews, Jan 2019, Volume 1, Number 1.



Move

LEG POWER PREDICTS BRAIN POWER



“Leg Power Predicts Both Cognitive Aging and Global Brain Structure”

(Steves et al, Gerontology, 2015)

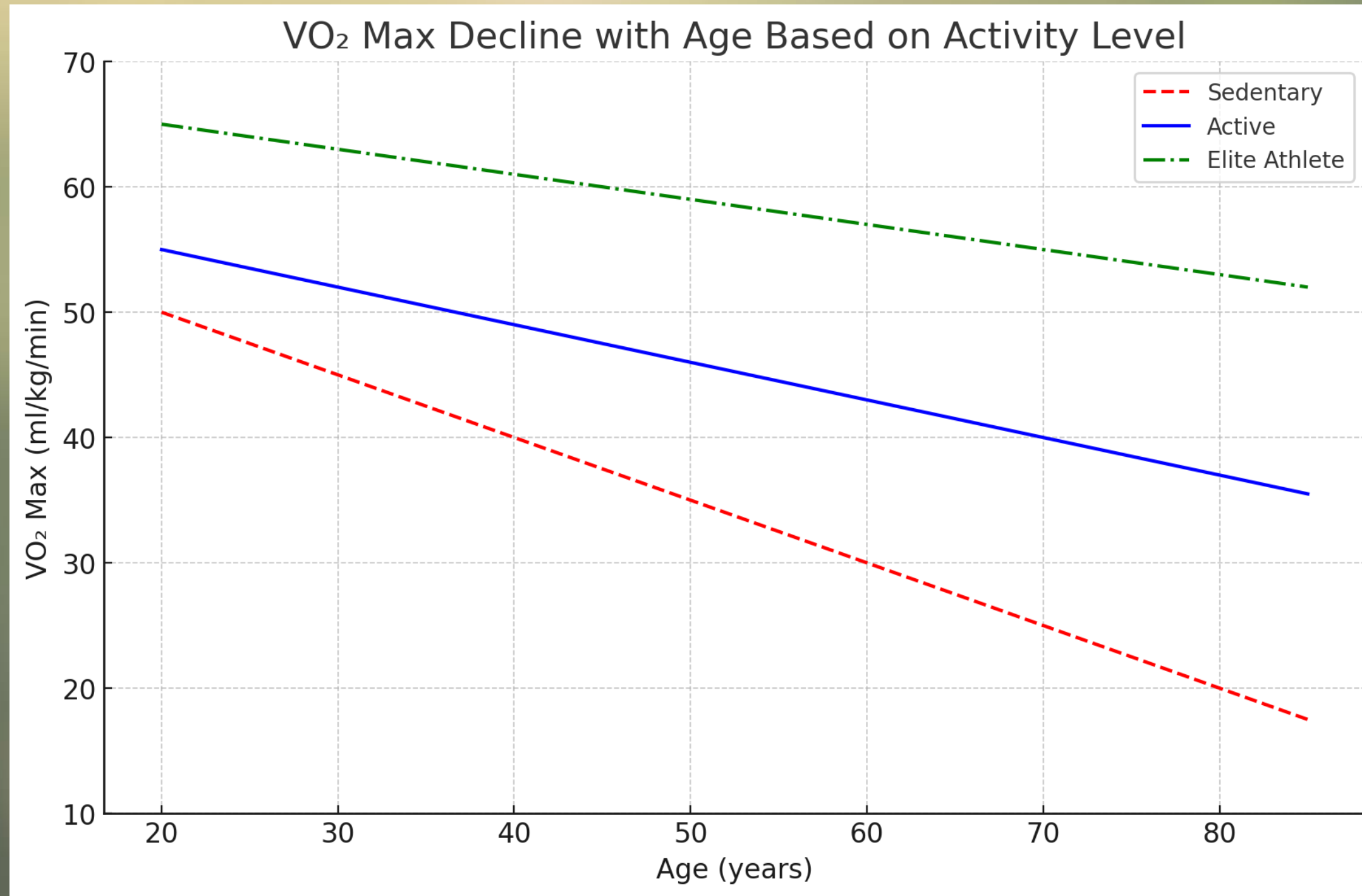
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Move

“Multiple studies demonstrate that exercise alone can deliver between three and five years of extended life and between five and ten years of improved quality of life. Cardio training, strength/resistance training, and high-intensity exercise all appear to be independently valuable and important.”



VO2 Max and Aging



Run 10 mph on flat ground

Jog 6 mph uphill (10% grade)

Carry 75-pound object upstairs

Jog 6 mph on flat ground
Briskly climb stairs

Walk 3 mph uphill (10% grade)

Walk 3 mph up slight incline (5% grade)

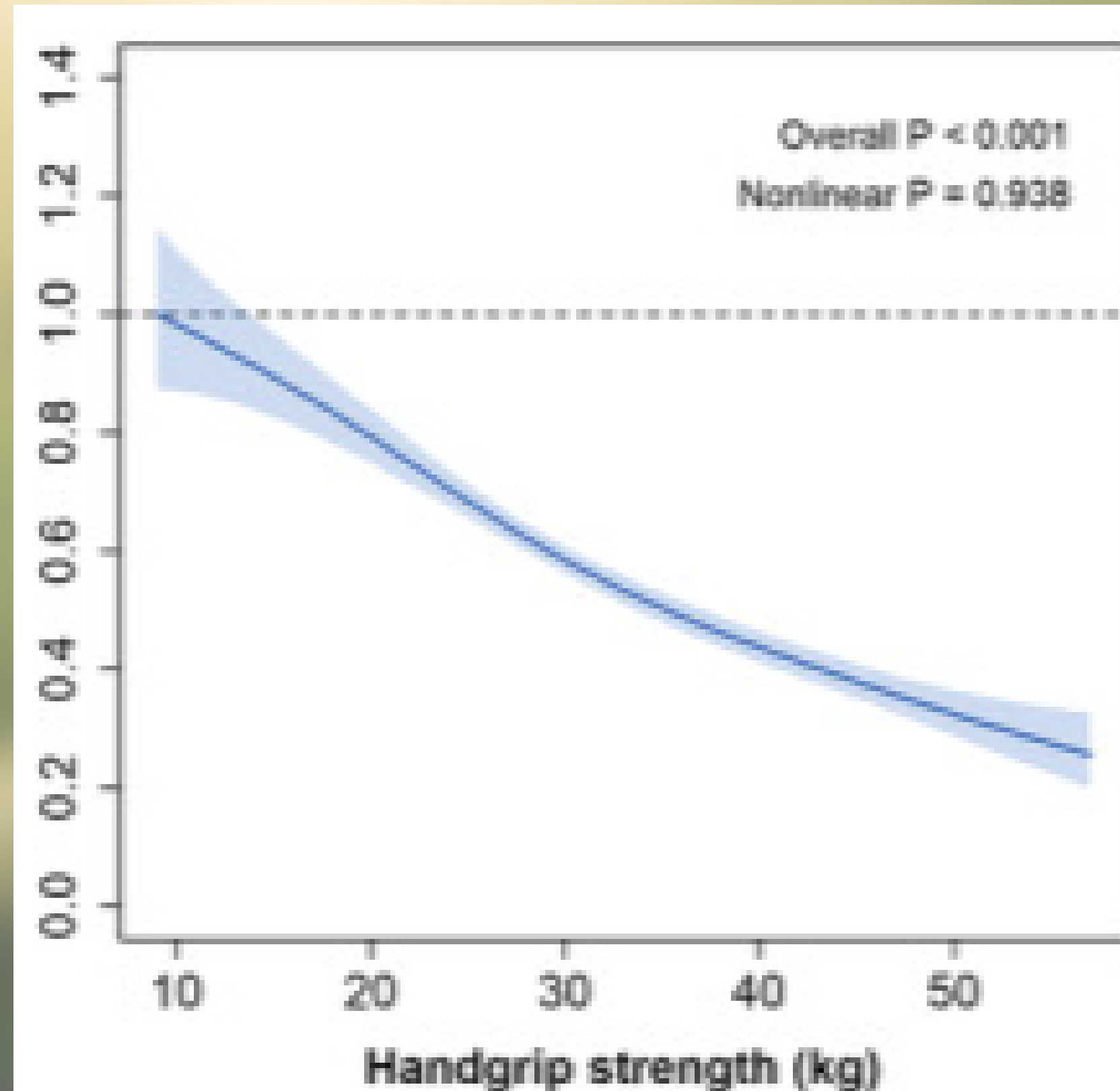
Walk 3 mph on flat ground

Walk 1 mph on flat ground

VO₂ Max and aging graph based on the information from Jayson Gifford's research at Brigham Young University and the ACSM guidelines, 2020

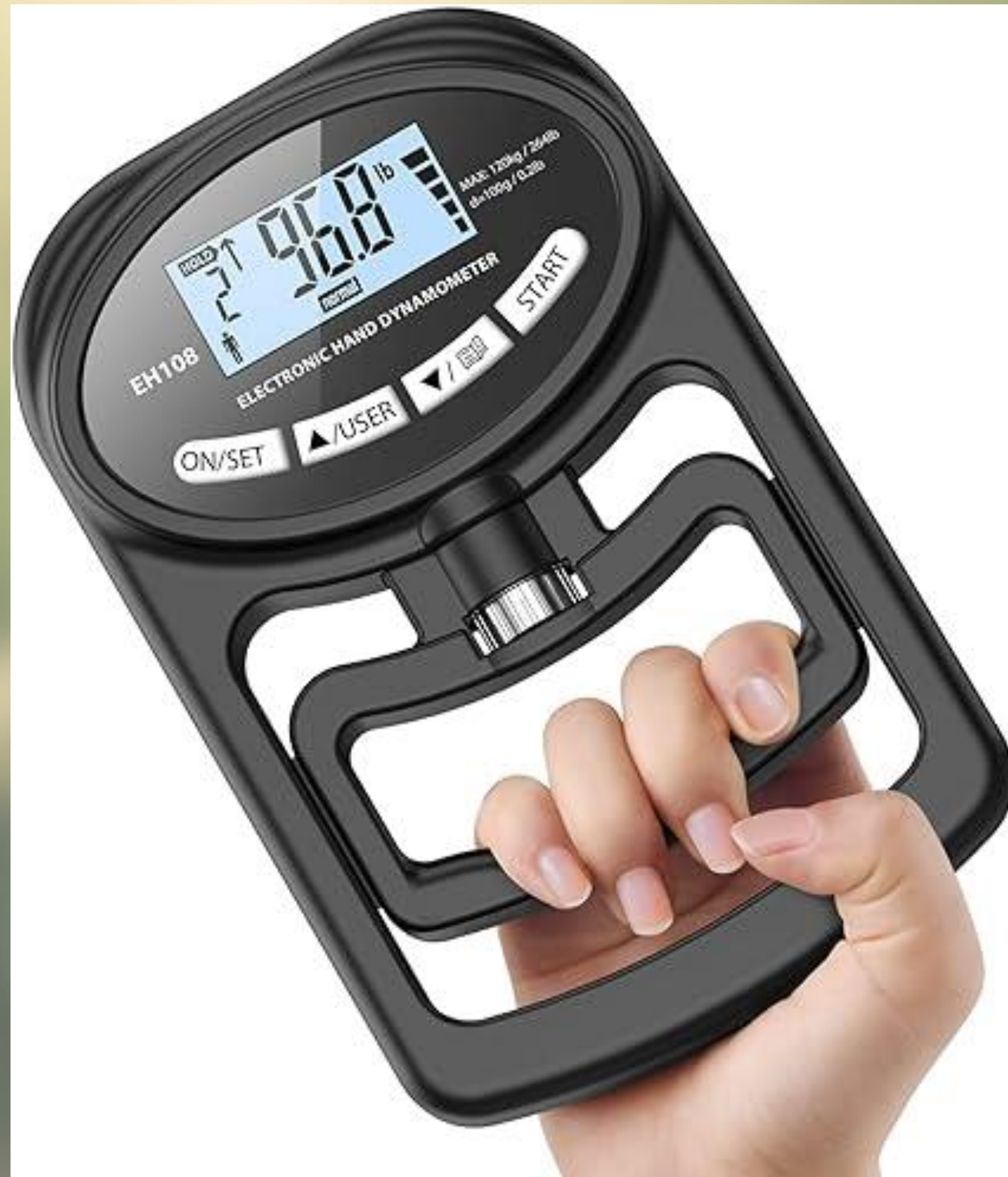
VO2 Max





Handgrip Strength and Dementia

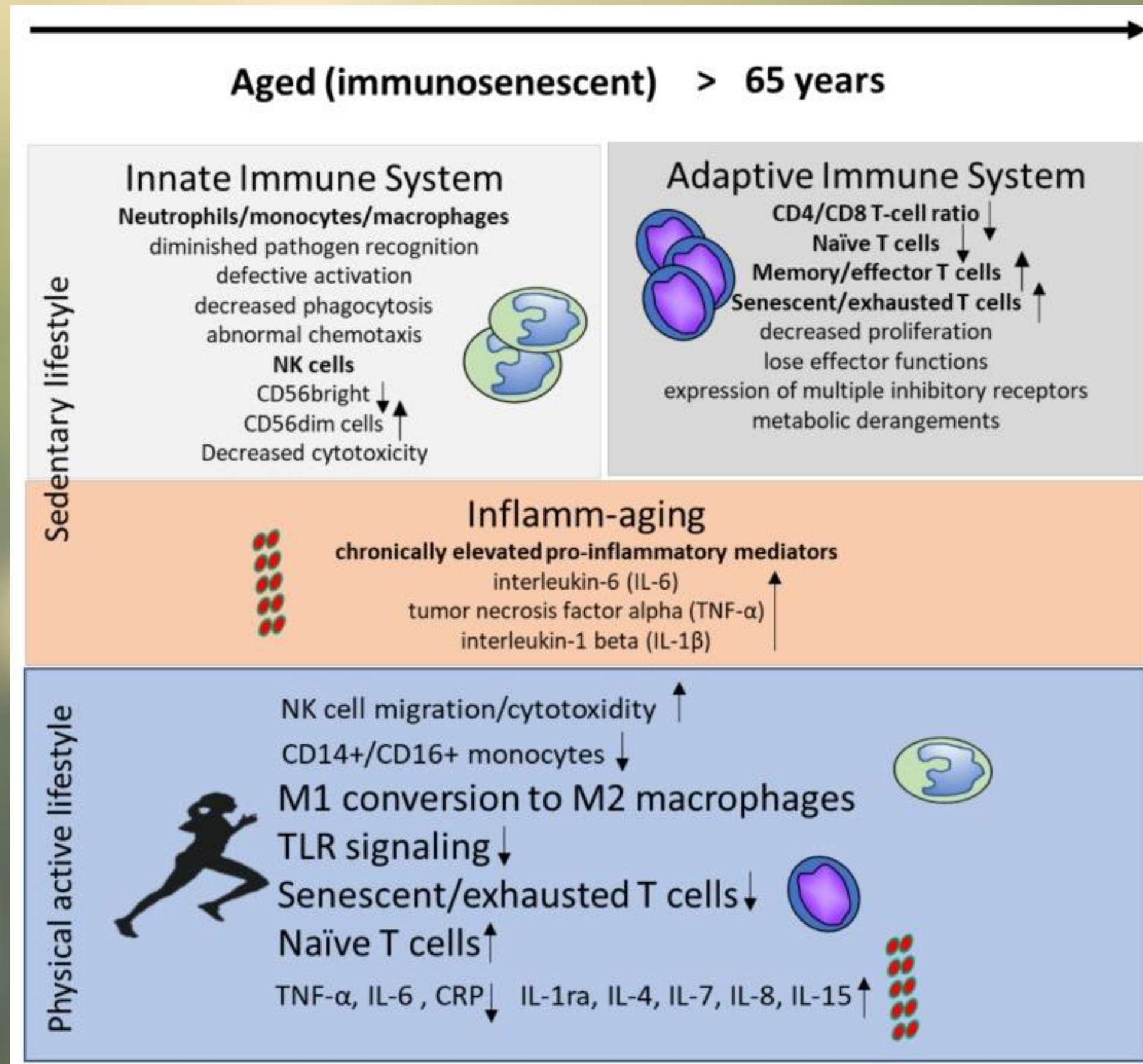
Source: Esteban-Cornejo et al., 2022



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Physical Activity and Diet Shape the Immune System during Aging,

Christopher Weyh et al, 2020



Aerobic Fitness You Can Do at Home

- **Stationary bike**
- **Treadmill**
- **Jumping jacks**
- **Swimming?**
- **Rowing machine**
- **Jumping rope**
- **Virtual reality**



Aerobic Fitness You Can Do at Home

Meta Quest 3



Watch, play and train in vibrant immersive worlds with our most powerful headset.



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XRWORKOUT

WorkOut of this World.

Muscle strengthening and balance exercises for home

- **Pull-ups**
- **Deadweight hang**
- **Step up**
- **Dumbbells**
- **Balancing board**
- **Yoga**



Wide pull up



Neutral pull up



Narrow pull up



Sit-ups



Push ups



Healthy Lifestyle

- **Eat real food**
- **Rest**
- **Move**
- **Manage your stress**



Manage Your Stress

On Your Own

- Meditation
- Journaling
- Service
- Exercise
- Recreation
- Hobbies
- Prayer
- Emotional Freedom Technique

- MANY MORE!

With Professional Assistance

- Calming Herbs
- Adrenal Adaptogens
- Microcurrent Neurofeedback
- Perception-Reframing Therapy
- Brain Chemistry Repair
- Counseling
- Qigong
- Tai Chi
- Yoga



Healthy Lifestyle

- **Eat real food**
- **Rest**
- **Move**
- **Manage your stress**
- **Pray/Meditate**



Healthy Lifestyle

- **Eat real food**
- **Rest**
- **Move**
- **Manage your stress**
- **Pray/Meditate**
- **Sex (when possible and appropriate)**



Sex

- Reduces stroke and fatal heart attack risk (1+/week)
- Reduces depression and suicide
 - unless using condom
 - masturbation increases depression
- Increases happiness
- Improves sleep quality
- Reduces pain
- Improves immunity, reduces infections
- lowers risk of chronic disease (1+/week)



Sex

- Improves memory and mental performance
- Reduces risk of dementia
- Reduces prostate cancer
- Increases testosterone
- Boosts self-esteem
- Improves marital happiness
- Makes you look younger (4x/week)
- Reduces blood pressure

More intercourse = longer life

Foundations
of Health
for
Caregivers



Tools

Remove
what doesn't belong

Give the body what it needs

Lifestyle

Healthy Mindset

Optimize What the Body Needs

- **Vitamins and minerals**
- **Macronutrients**
 - **Fat**
 - **Protein**
 - **Carbohydrates**

- **Hormones**
 - **Sex steroids**
 - **Thyroid**
 - **Vitamin D3**
 - **Cortisol**
 - **DHEA**



Enjoy a shake in the morning
or as a healthy snack.

Nutrition Facts

1 serving per container
Serving size 1 Shake (11.5 fl oz)

Amount per serving

Calories 160

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 230mg **10%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Incl. 0g Added Sugars **0%**

Protein 30g **60%**

Vitamin D 6mcg 30% • Calcium 650mg 50%

Iron 1.8mg 10% • Potassium 180mg 4%

Vitamin A 230mcg 25% • Vitamin C 46mg 50%
Vitamin E 3.8mg 25% • Vitamin K 30mcg 25%
Thiamin 0.3mg 25% • Riboflavin 0.3mg 25%
Niacin 4mg 25% • Vitamin B6 0.4mg 25%
Folate 100mcg DFE 25% • Vitamin B12 0.6mcg 25%
(59mcg folic acid)
Biotin 8mcg 25% • Pantothenic Acid 1.3mg 25%
Phosphorus 550mg 45% • Iodine 37mcg 25%
Magnesium 90mg 20% • Zinc 2.8mg 25%
Selenium 14mcg 25% • Copper 0.25mg 25%
Manganese 0.6mg 25% • Chromium 8mcg 25%
Molybdenum 11mcg 25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: WATER, MILK PROTEIN CONCENTRATE¹, CALCIUM CASEINATE¹, CONTAINS LESS THAN 1% OF HIGH OLEIC SUNFLOWER OIL OR SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS, INULIN, CELLULOSE GEL AND CELLULOSE GUM, SALT, SUCRALOSE, ACESULFAME POTASSIUM, CARRAGEENAN, TRIPOTASSIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, VITAMIN AND MINERAL BLEND (DL-ALPHA-TOCOPHERYL ACETATE [VITAMIN E], ZINC GLYCINATE CHELATE, FERRIC ORTHOPHOSPHATE, VITAMIN A PALMITATE, NIACINAMIDE, PHYTONADIONE [VITAMIN K1], POTASSIUM IODIDE, CHOLECALCIFEROL [VITAMIN D3], COPPER GLUCONATE, CALCIUM D-PANTOTHENATE, MANGANESE SULFATE, SODIUM SELENITE, BIOTIN, SODIUM MOLYBDATE, FOLIC ACID, THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], CHROMIUM POLYNICOTINATE), MAGNESIUM PHOSPHATE, SODIUM ASCORBATE.
CONTAINS MILK AND SOY.

¹Source of Protein

Prestige Wellness Institute

Just what you deserve. No Nonsense.

	Just Ingredients	Other Brands
No Casein	✓	✗
No Natural or Artificial Flavors	✓	✗
No Artificial Sweeteners	✓	✗
No Artificial Dyes	✓	✗
No Gums or Emulsifiers	✓	✗
No Sugar Alcohols	✓	✗
No Soy	✓	✗
No Refined Sugars	✓	✗
3rd Party Tested	✓	✗
Gluten-Free Certified	✓	✗



**ONLY
REAL
FOOD**
ingredients



Nutrition Facts

Servings Per Container: 30
Serving size 1 Scoop (33g)

Amount per serving
Calories 140

	% Daily Value
Total Fat 6g	8%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 170mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	39%
Vitamin D 0mcg	0%
Calcium 240mg	20%
Iron 2.88mg	15%
Potassium 292mg	6%

*The % Daily Value Tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice

100% Grass-Fed Non-Denatured Whey Protein, Coconut Milk*, Pea Protein*, Grass-Fed Collagen, Chia Seed Protein*, Vanilla Extract*, Cinnamon*, Sea Salt, Stevia Leaf*, Vanilla Bean, Monk Fruit*

*Organic Ingredient
CONTAINS COCONUT AND DAIRY

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Optimize Hormones



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A Few Key Hormones

Testosterone

Estradiol

Progesterone

Vitamin D

Melatonin

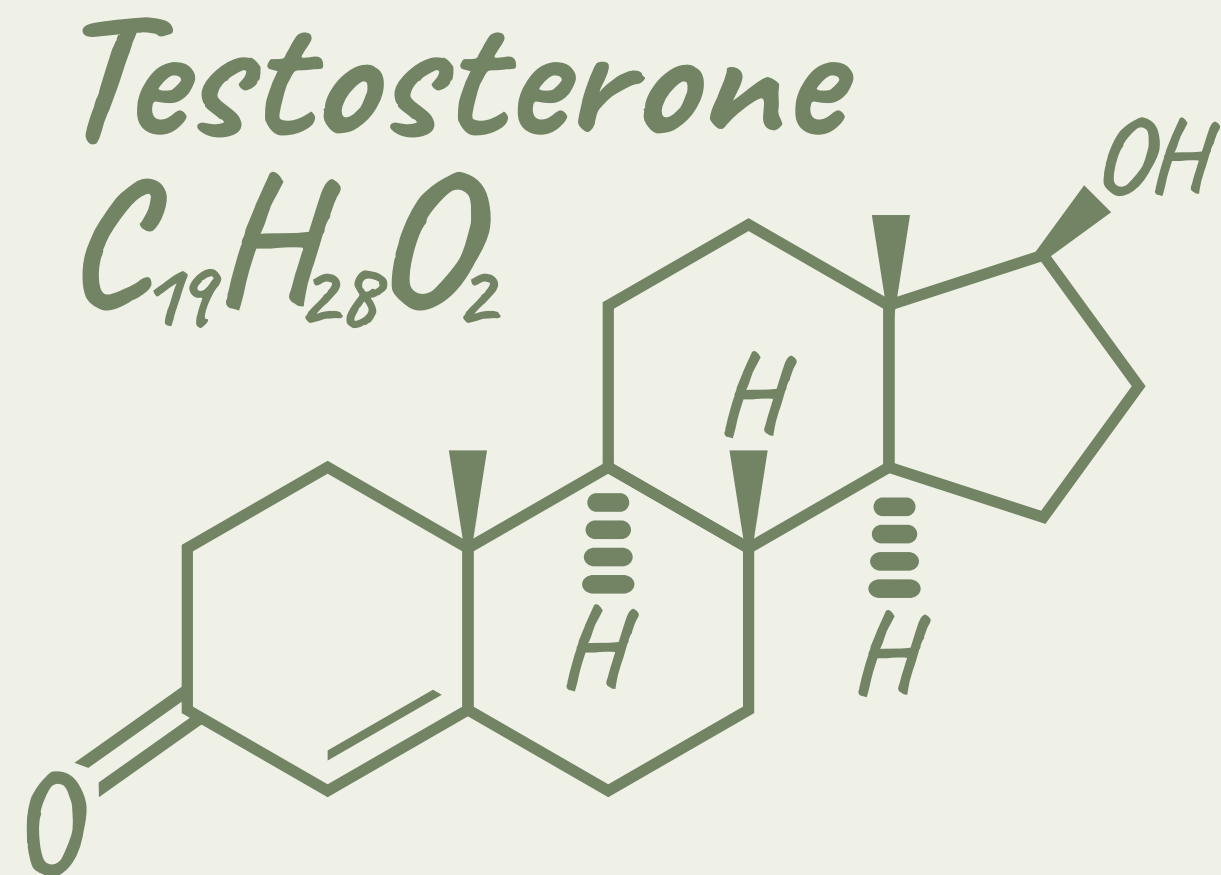
Thyroid hormones

Cortisol

DHEA



Functions of Testosterone



Stimulates protein & muscle formation

Prevents macular degeneration, glaucoma, cataracts

Bone formation (prevents osteoporosis)

Red blood cell formation (prevents anemia)

Increases oxygen uptake

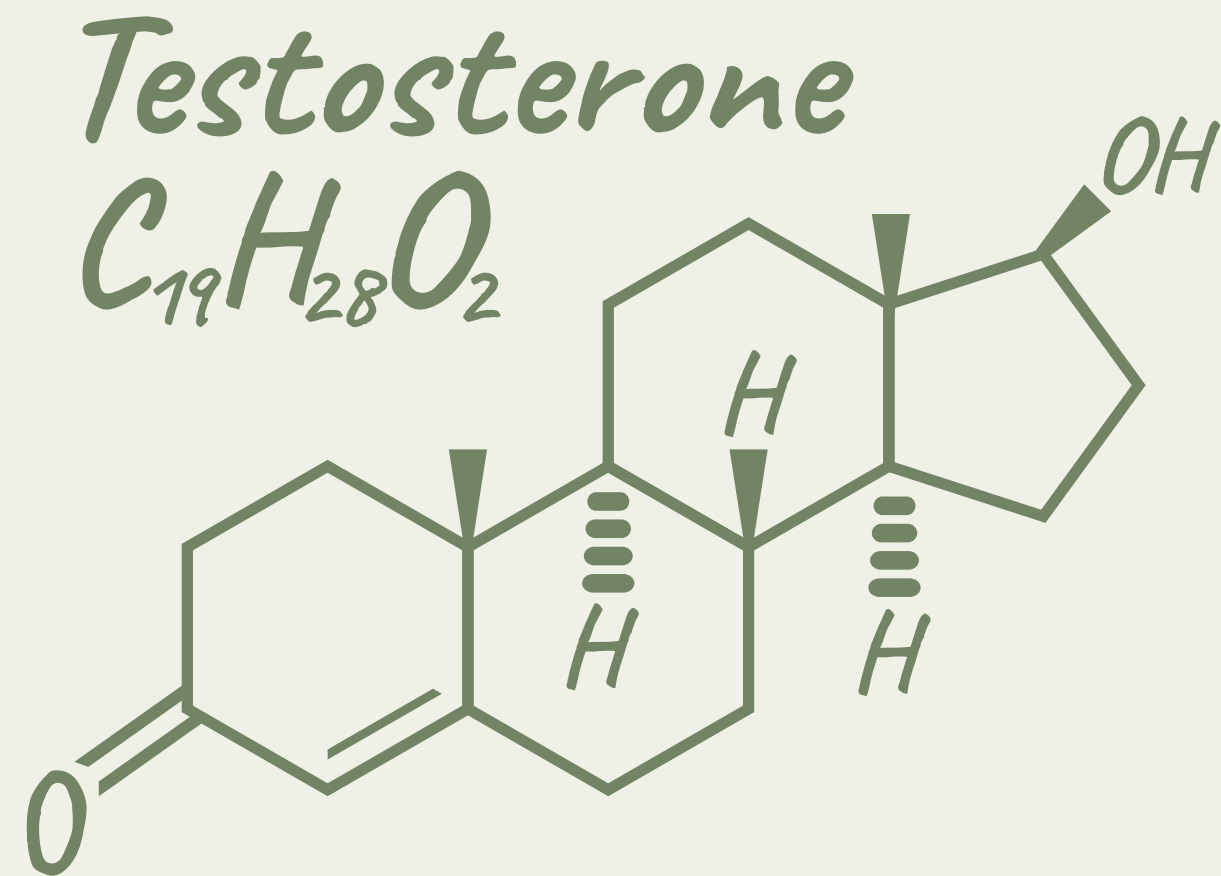
Reduces blood sugar (prevents diabetes)

Stimulates sperm development

Regulates HPA axis under stress

Lowers cholesterol & blood pressure

Functions of Testosterone



Regulates immune function

Reduces abdominal fat

Improves concentration & mood

Reduces Alzheimer's

Improves memory

Stabilizes heart rhythm (prevents artrial fibrillation)

Reduces blood clots, heart attacks, & heart failure

Energy

ORIGINAL ARTICLE

The quantitative ADAM questionnaire: a new tool in quantifying the severity of hypogonadism

O Mohamed¹, RE Freundlich¹, HK Dakik¹, ED Grober², B Najari³, LI Lipshultz¹ and M Khera¹

¹Scott Department of Urology, Mount Sinai Hospital, University of Toronto—Surgery, Toronto, ON, Canada and

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“Androgen deficiency is a pervasive problem in the older male population and is thought to be responsible for many symptoms once considered to be the result of normal aging...”

“The qADAM showed statistically significant correlation to the... serum testosterone.”

thought to be
Numerous
deficiency. In
the Aging
androgen
prostatectomy
Men (SHIM)
questionnaires.
M showed
($P < 0.001$),
existing

International Journal of Impotence Research (2010) 22, 20–24; doi:10.1038/ijir.2009.35; published online 6 August 2009

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ng/dL

1000

800

600

400

200

0

20 years

30 years

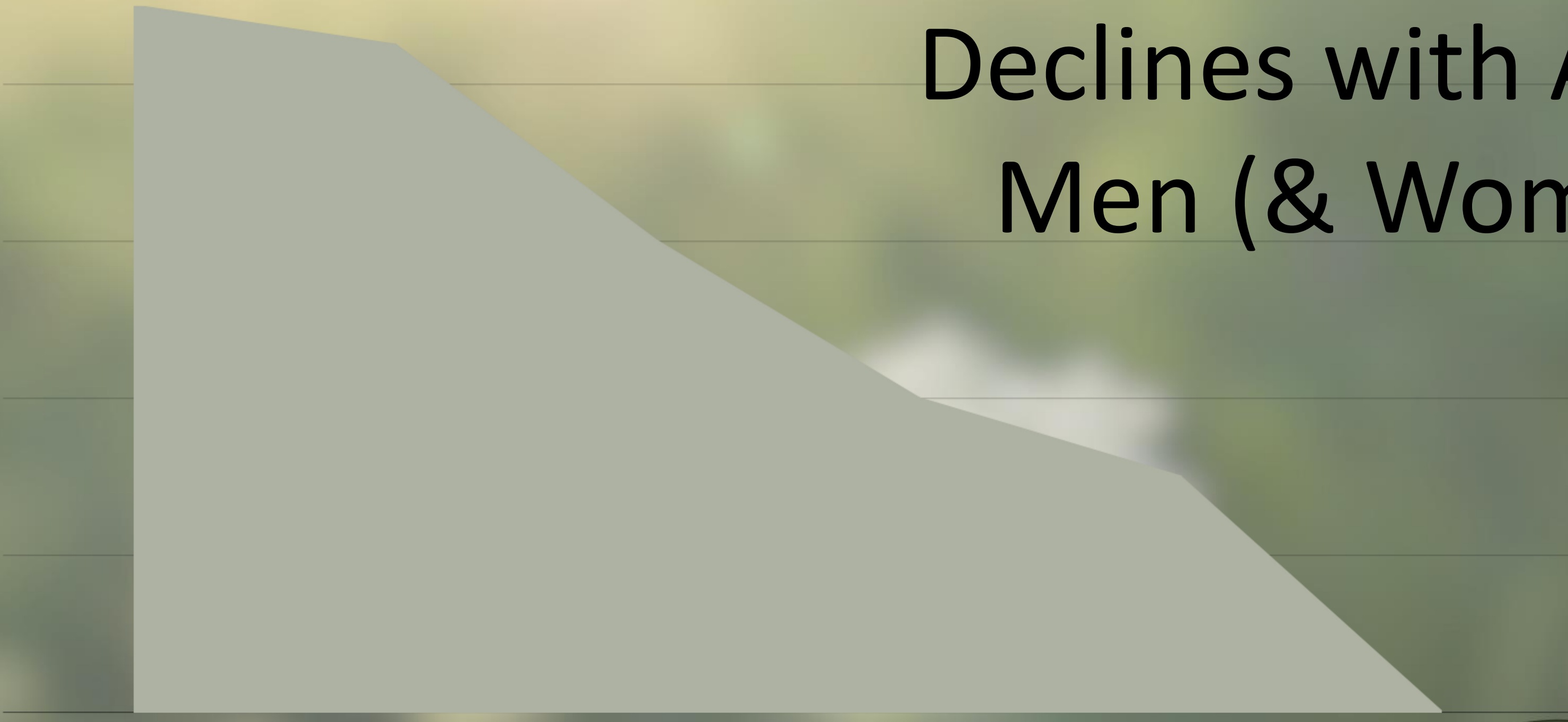
40 years

50 years

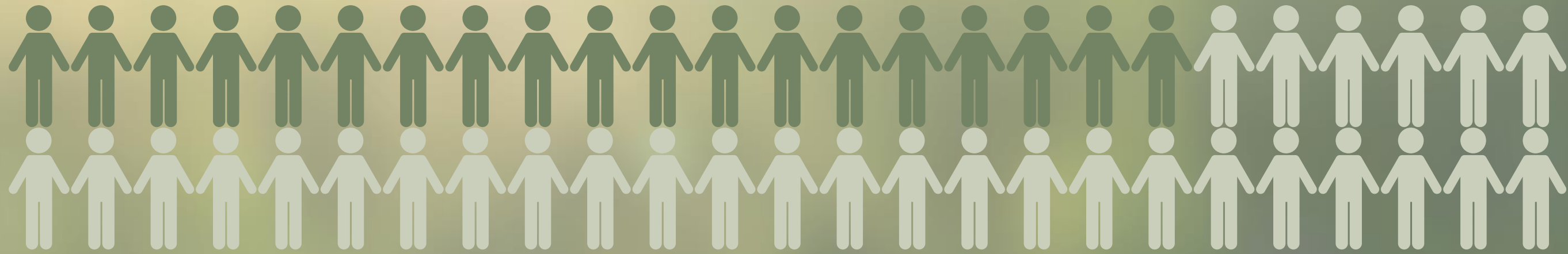
60 years

70 years

Testosterone Declines with Age in Men (& Women)



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38% of men over 45 have testosterone
<300ng/dL!

Degree of Testosterone Deficiency



- Decreased libido
- Decreased vitality
- Fatigue
- Mood changes
- Insomnia
- Anemia
- Delayed ejaculation in men
- Flushes
- Decreased muscle mass
- Increased visceral body fat
- Weakness
- Osteopenia/osteoporosis
- Loss of facial, axillary and pubic hair

Article Navigation

Low serum testosterone levels are associated with increased risk of mortality in a population-based cohort of men aged 20–79 ^{FREE}

Robin Haring ✉, Henry Völzke, Antje Steveling, Alexander Krebs, Stephan B. Felix, Christof Schöfl, Marcus Dörr, Matthias Nauck, Henri Wallaschofski

European Heart Journal, Volume 31, Issue 12, June 2010, Pages 1494–1501,

<https://doi.org/10.1093/eurheartj/ehq009>

“Low serum testosterone levels were associated with an increased risk of all-cause mortality (death) independent of numerous risk factors.”

Benefits of Hormone Replacement Therapy



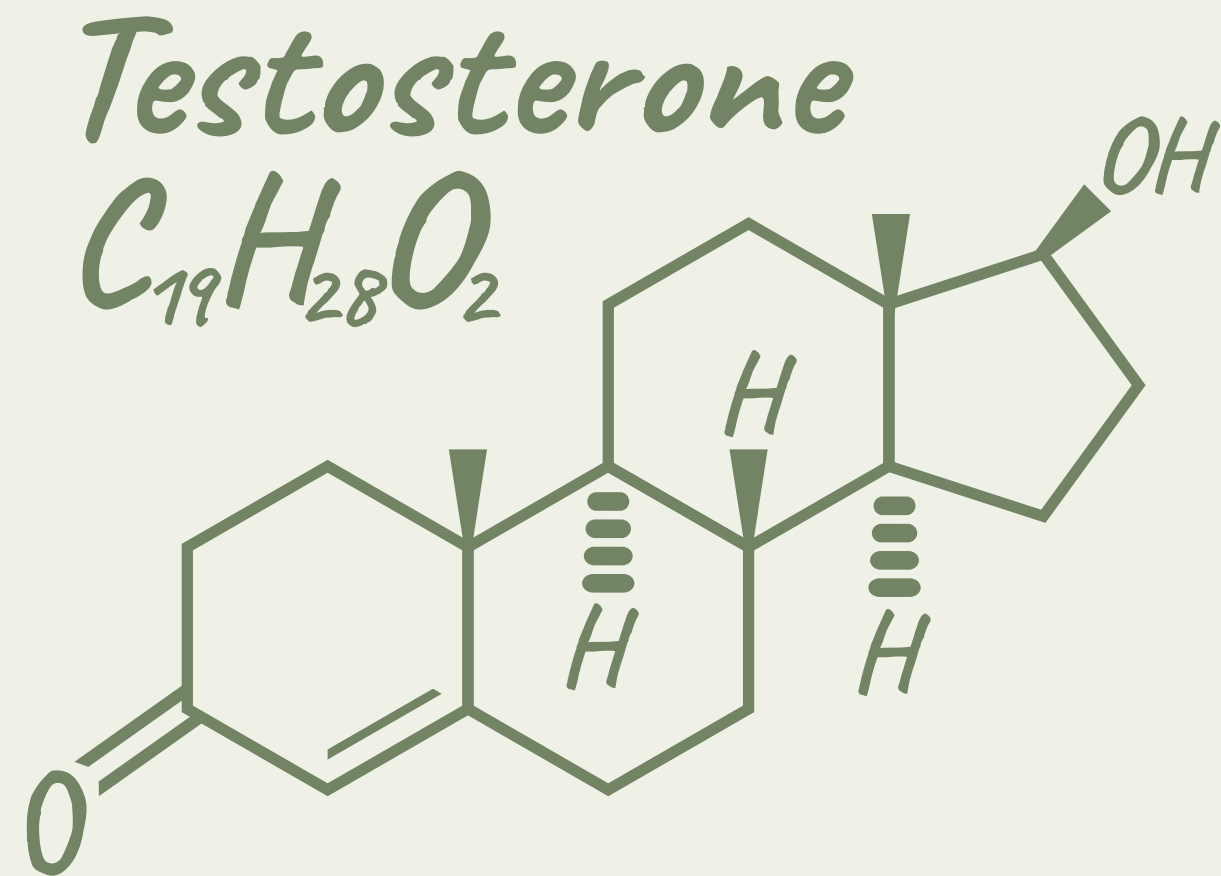
[Am J Cardiol.](#) 2016 Mar 1;117(5):794-9. doi: 10.1016/j.amjcard.2015.11.063. Epub 2015 Dec 13.

Impact of Testosterone Replacement Therapy on Myocardial Infarction, Stroke, and Death in Men With Low Testosterone Concentrations in an Integrated Health Care System.

[Anderson JL](#)¹, [May HT](#)², [Lappé DL](#)³, [Bair T](#)³, [Le V](#)³, [Carlquist JF](#)¹, [Muhlestein JB](#)¹.

The aim of this study was to assess the effect of testosterone replacement therapy (TRT) on cardiovascular outcomes. Men (January 1, 1996, to December 31, 2011) with a low initial total testosterone concentration, a subsequent testosterone level, and >3 years of follow-up were studied. Levels were correlated with testosterone supplement use. **The primary outcome was major adverse cardiovascular events (MACE), defined as a composite of death, nonfatal myocardial infarction, and stroke** at 3 years. Multivariate adjusted hazard ratios (HRs) comparing groups of persistent low (<212 ng/dl, n = 801), normal (212 to 742 ng/dl, n = 2,241), and high (>742 ng/dl, n = 1,694) achieved testosterone were calculated by Cox hazard regression. A total of 4,736 men were studied. Three-year rates of MACE and death were 6.6% and 4.3%, respectively. **Subjects supplemented to normal testosterone had reduced 3-year MACE** (HR 0.74; 95% confidence interval [CI] 0.56 to 0.98, p = 0.04) compared to persistently low testosterone, driven primarily by death (HR

How to Kill Testosterone



Phthalates (plastic, vinyl, cosmetics, shampoo, lotion, hair spray, perfume, air fresheners, fast food)

Pesticides (non-organic food)

Bisphenol A (BPA) (plastic bottles, canned food)

Parabens (cosmetics, toothpaste, sunscreen, shampoo)

Triclosan (antibacterial soap, toothpaste, detergent)

How to Kill Testosterone



Heavy metals (e.g. lead)

Alcohol

Anabolic steroids

Nicotine

Amphetamines

Cannabis



J Clin Med. 2019 May; 8(5): 732.

PMCID: PMC6571549

Published online 2019 May 22. doi: [10.3390/jcm8050732](https://doi.org/10.3390/jcm8050732)

PMID: [31121993](https://pubmed.ncbi.nlm.nih.gov/31121993/)

Substance Abuse and Male Hypogonadism

[Ylenia Duca](#)¹

[Author info](#)

Abstract

Progressive decline of male reproductive function is occurring in Western countries. Environmental factors and unhealthy lifestyles have been implicated in the decline of testosterone levels and sperm production observed in the last fifty years. Among unhealthy lifestyles, substance and drug abuse is a recognized cause of possible alterations of steroidogenesis and spermatogenesis. Alcohol, opioids and anabolic-androgenic steroids are capable to reduce testosterone production in male interfering with testicular and/or hypothalamic-pituitary function. Other substances such as nicotine, cannabis, and amphetamines alter spermatogenesis inducing oxidative stress and subsequent apoptosis in the testis to produce the testicular dysfunction syndrome. The aim of this review is to identify the effect of substance abuse on testosterone and sperm production.

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[Vignera](#)^{1,*}

[Go to:](#)

Environmental factors and unhealthy lifestyles have been implicated in the decline of testosterone levels and sperm production observed in the last fifty years. Among unhealthy lifestyles, substance and drug abuse is a recognized cause of possible alterations of steroidogenesis and spermatogenesis. Alcohol, opioids and anabolic-androgenic steroids are capable to reduce testosterone production in male interfering with testicular and/or hypothalamic-pituitary function. Other substances such as nicotine, cannabis, and amphetamines alter spermatogenesis inducing oxidative stress and subsequent apoptosis in the testis to produce the testicular dysfunction syndrome. The aim of this review is to identify the effect of



How to Kill Testosterone



Beta blocker drugs

(really good if you have too much energy)

SSRI antidepressants

(especially helpful if you have too much libido)

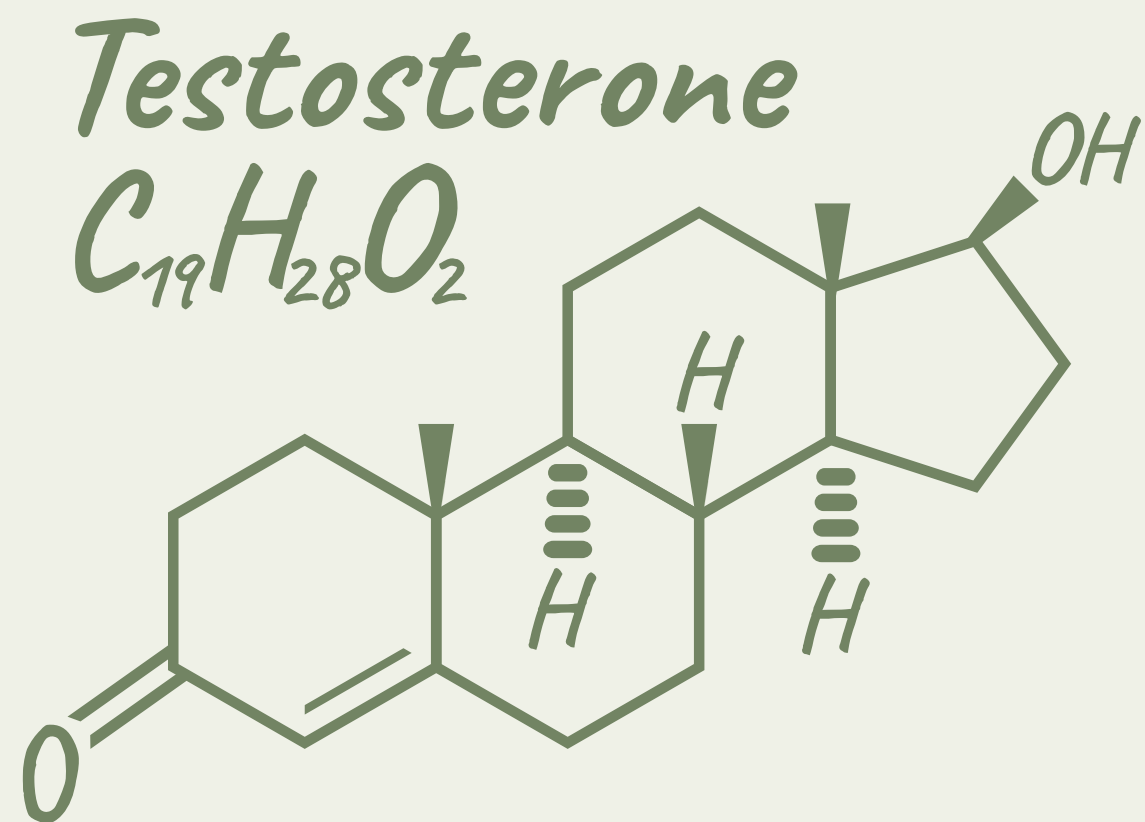
Drugs for insomnia

Opioids

Statin Drugs

(also help reduce erections)

How to Kill Testosterone



Ignore your stress

Eat as much as you can (especially carbs and processed foods)

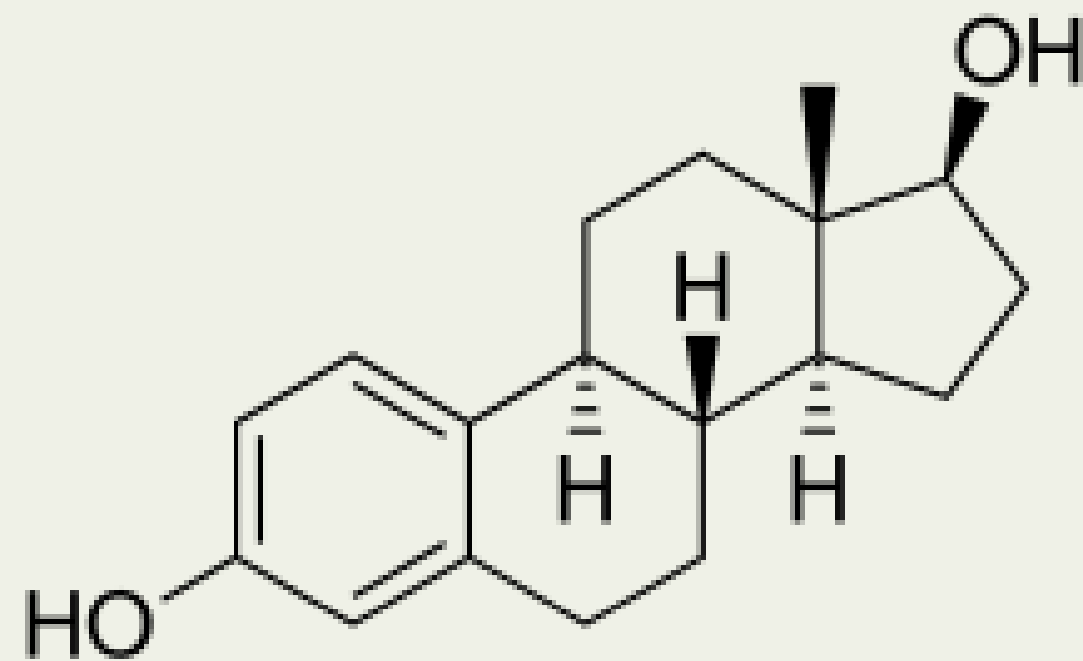
Avoid protein

Deprive yourself of sleep as often as possible

Keep your cell phone close to your testes

Avoid intercourse

Functions of Estradiol



Maintains memory

Maintains bone structure (vs. osteoporosis)

Reduces heart disease

Reduces blood pressure

Lowers “bad” cholesterol & homocysteine while raising “good” cholesterol

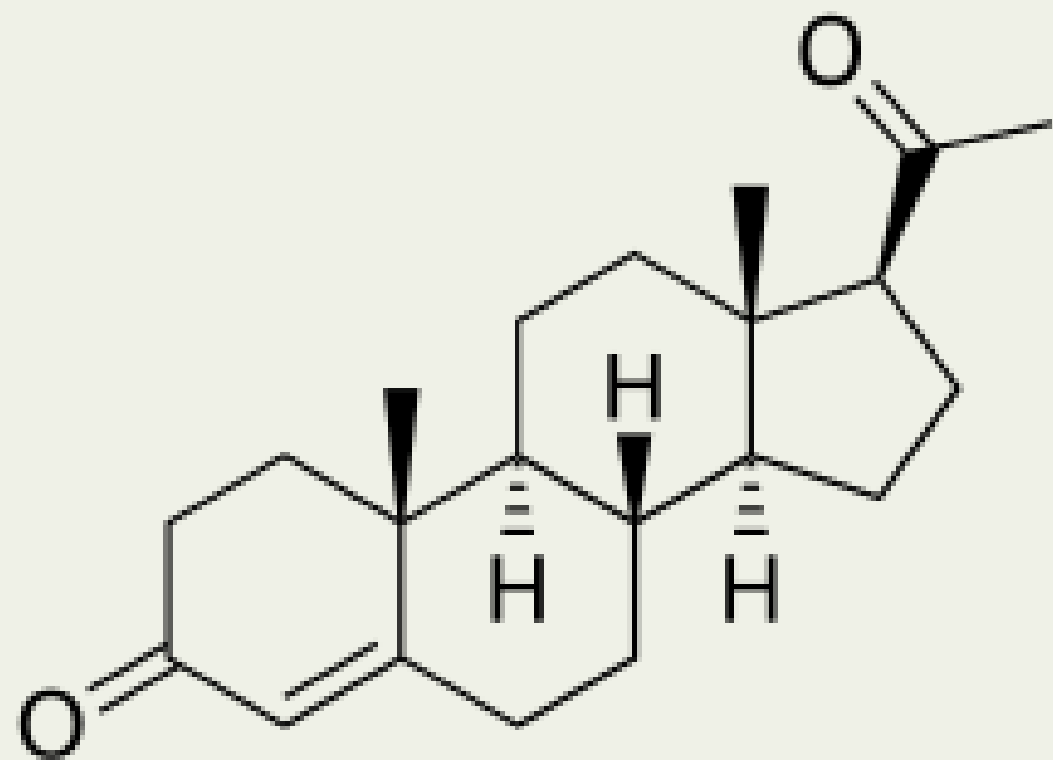
Decreases body fat

Reduces prostate cancer

Important for libido

Supports erectile function

Functions of Progesterone



Improves sleep

Promotes bone growth (vs. osteoporosis)

Reduces heart disease

Reduces anxiety and improves mood

Anti-inflammatory

Increases metabolic rate

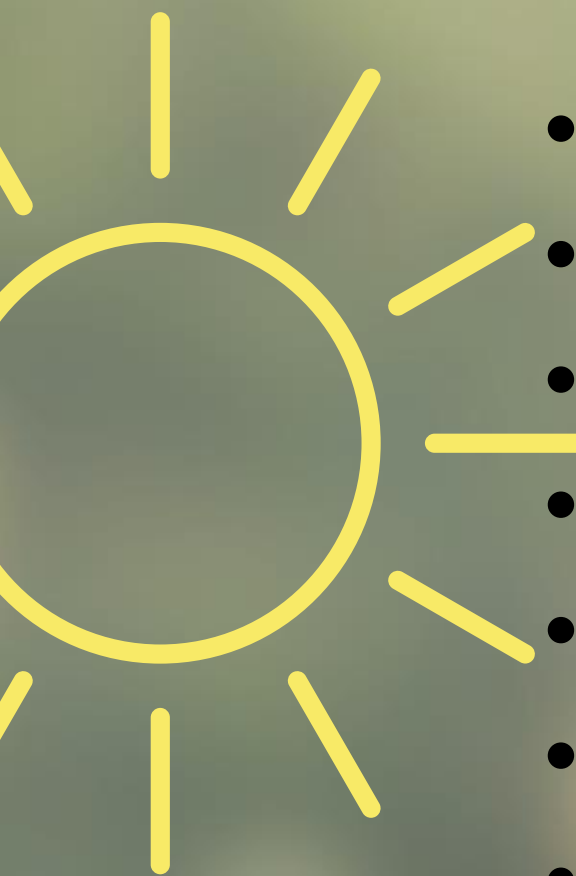
Promotes immunity

Reduces breast cancer

Important for libido

Improves libido

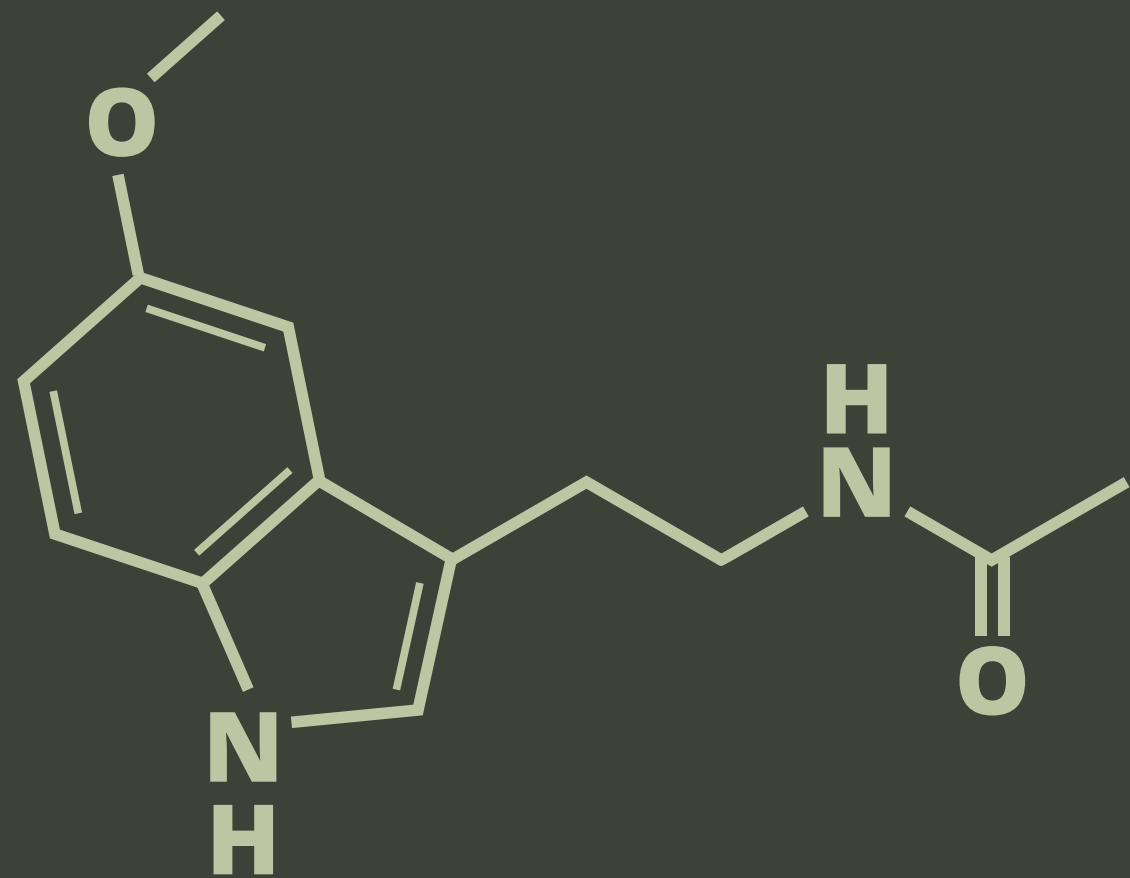
Conditions Associated with Suboptimal Vitamin D Levels



- Osteoporosis
- Cancer
- Infections
- Heart Disease
- High Blood Pressure
- Autoimmune Diseases
- Migraines
- Insomnia
- Cataracts
- Testosterone Deficiency
- Autism
- Chronic Pain
- Parkinson's
- Fatigue
- Depression
- Diabetes
- Seizures
- Infertility
- Pregnancy Complications
- Much More

A handwritten signature in dark green ink, appearing to read 'PWA', located in the bottom right area of the slide.

Melatonin



Sensitizes the brain to darkness (vs. sedative)

Anti-inflammatory

Analgesic (pain-relieving)

Anxiolytic (anxiety-reducing)

Anti-oxidant (protects against free radicals)

Inhibits tumor growth

Stimulates Natural Killer white blood cells

Drives Metabolism

Maintains body temperature 98.6 degrees

Energy conversion (mitochondria)

Mood

Maintains heart rate

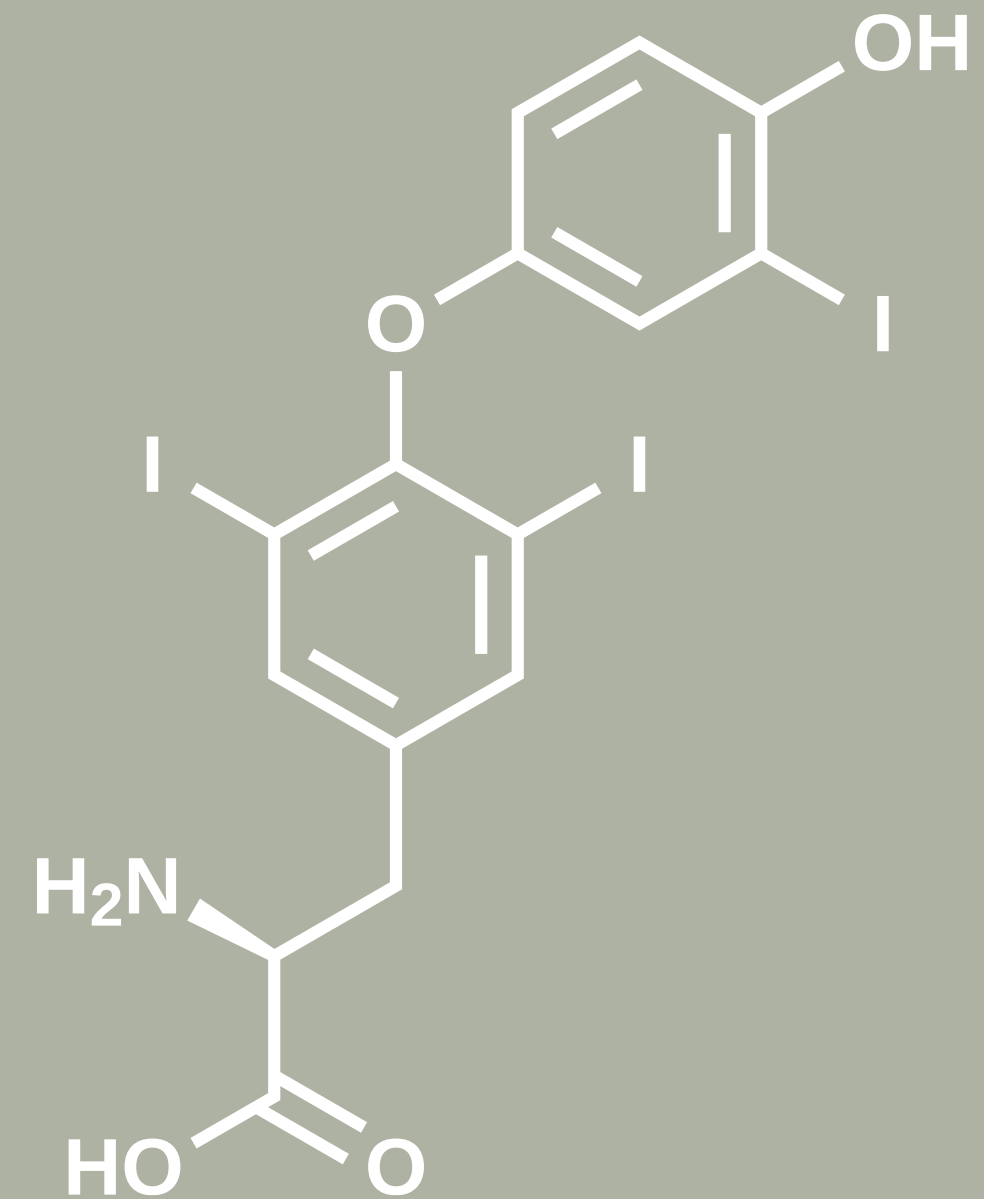
Concentration

Memory

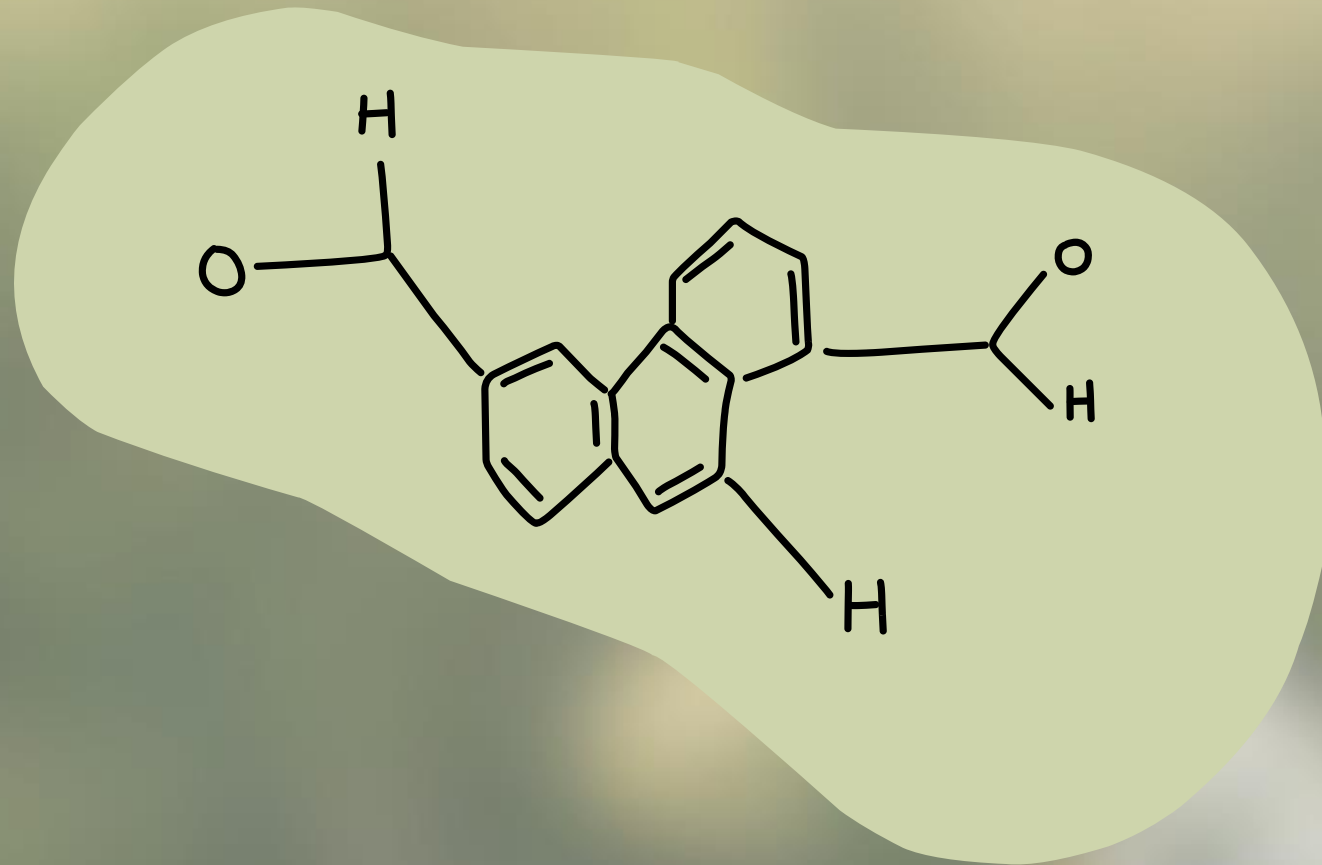
Muscle strength

Libido

Triiodothyronine (Thyroid Hormone)



Cortisol



- Manage stress
- Maintain blood sugar
- Anti-Inflammatory
- Modulate immune response
- Maintain blood pressure
- Memory
- Mood

DHEA

Enhances energy

Balances cortisol

Reduces plaque formation and atrial fibrillation

Lowers triglycerides & cholesterol

Prevents diabetes

Promote sense of wellbeing

Enhances stress tolerance

Stimulates tissue repair

Promotes bone growth (vs. osteoporosis)



Prestige Wellness Institute

Foundations
of Health
for
Caregivers



Prestige Wellness Institute

Tools

**Remove
what doesn't belong**

Give the body what it needs

Lifestyle

Healthy Mindset

Remove What Does Not Belong

- **Toxic thinking**
 - About yourself
 - About and toward others
 - Need to forgive
 - Cancer - unresolved toxic emotions



Remove What Does Not Belong

- **Infections**

- Herpesviruses (EBV, HSV, CMV, VZV) → neurodegenerative diseases
- Chronic infections weaken the immune system
- Parasites, Yeast, Bacteria, Viruses → Mito Damage
- Root canals → heart attacks, breast cancer, diabetes, autoimmune disease, etc.

All root canals are infected by definition.





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TIN: 47-2642690

Fax: 719-548-8220

Lab Director: Robert McMullen, PhD

Lab Manager: Leslie Douglas, PhD

PATIENT:
Andrew Ray (6/14/67)

DOCTOR:
Michelle Jorgensen, DDS

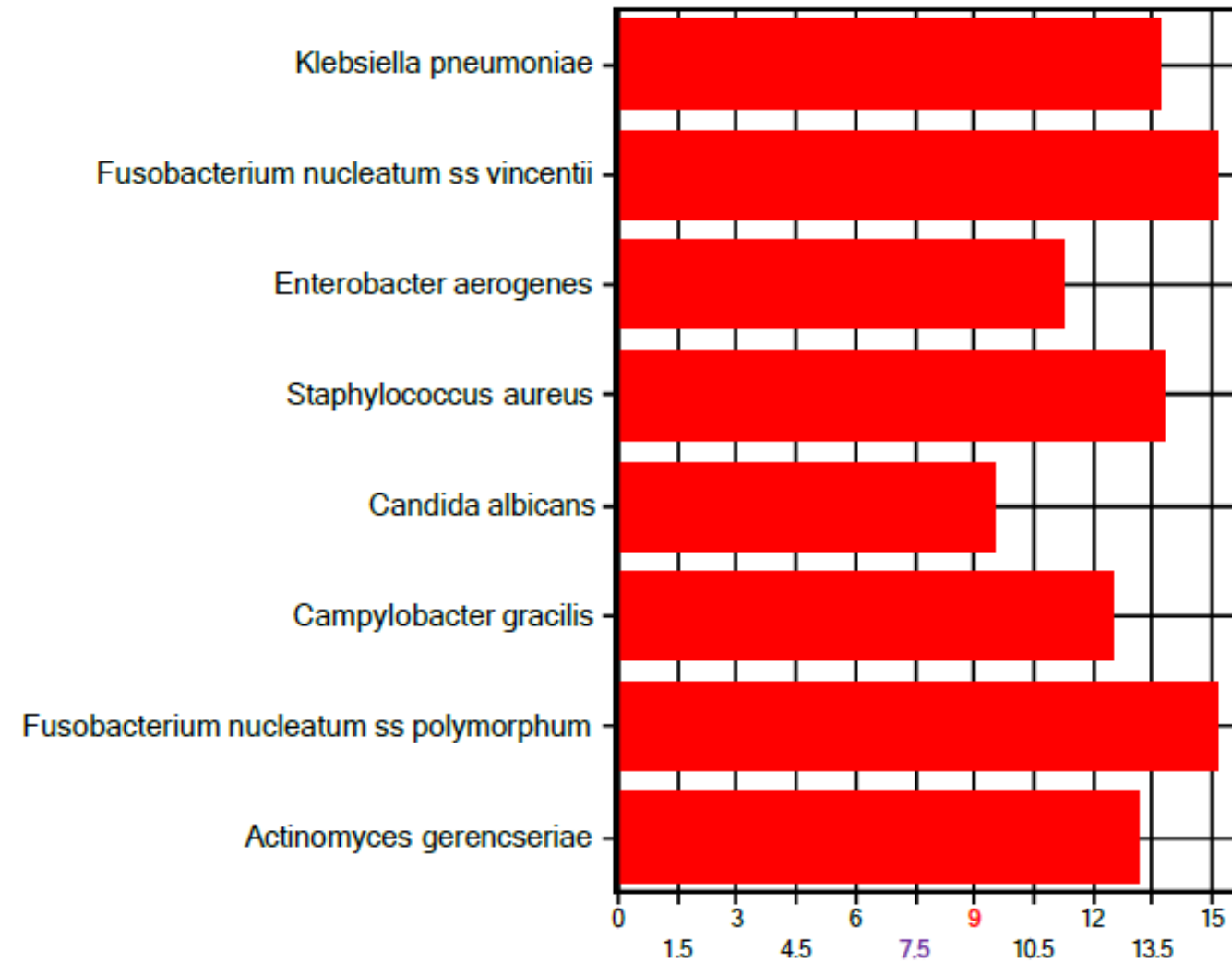
Test ID: 014494

Oral Panel

Sample Collected	Sample Received	Sample Tested	Test Reported
09/21/2022	09/26/2022	09/29/2022	10/03/2022

Sample Type: #17,32 Cavitations, #8,9,10,13 Extraction Blood

The following microbes were detected in the sample that was submitted for testing:



9 or greater indicates a serious risk

Greater than 7.5 but less than 9 indicates a moderate risk

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PARASITES

PROTOZOA	Result	Reference
<i>Blastocystis hominis</i>	1.03e6 High ↑	< 2.00e3
<i>Chilomastix mesnili</i>	<dl	< 1.00e5
<i>Cyclospora spp.</i>	<dl	< 5.00e4
<i>Dientamoeba fragilis</i>	<dl	< 1.00e5
<i>Endolimax nana</i>	<dl	< 1.00e4
<i>Entamoeba coli</i>	1.45e4	< 5.00e6
<i>Pentatrichomonas hominis</i>	<dl	< 1.00e2
WORMS		
<i>Ancylostoma duodenale</i>	Not Detected	Not Detected
<i>Ascaris lumbricoides</i>	Not Detected	Not Detected
<i>Necator americanus</i>	Not Detected	Not Detected
<i>Trichuris trichiura</i>	Not Detected	Not Detected
<i>Taenia spp.</i>	Not Detected	Not Detected

INTESTINAL HEALTH MARKERS

DIGESTION	Result	Reference
Steatocrit	<dl	< 15 %
Elastase-1	123 L	> 200 ug/g
GI MARKERS		
β-Glucuronidase	1817	< 2486 U/mL
Occult Blood - FIT	11 H	< 10 ug/g
IMMUNE RESPONSE		
Secretory IgA	300 L	510 - 2010 ug/g
Anti-gliadin IgA	37	< 175 U/L
Eosinophil Activation Protein (EDN, EPX)	0.01	< 2.34 ug/g
INFLAMMATION		
Calprotectin	94	< 173 ug/g

Remove What Does Not Belong

- **Toxins**

- Impair mitochondrial energy production
- Increase oxidative stress → cell death
- Weaken the immune system
- Block hormone activity
- Trigger fat accumulation
- Cause cancer



Remove What Does Not Belong

- **Toxins**

- Heavy metals

- Everyone

- Variable burden and genetic susceptibility

- Mercury → Alzheimer's, autism

- Lead → Heart disease, kidney/brain toxicity

- Cadmium → Breast and prostate cancer

- Aluminum → Alzheimer's



Toxic Elements

Results in µg/g creatinine

Element	Reference Range	TMPL	Reference Range**
Lead	16.6		<= 1.4
Mercury	6.75		<= 2.19
Aluminum	26.5		<= 22.3
Antimony	0.157		<= 0.149
Arsenic	19		<= 50
Barium	1.3		<= 6.7
Bismuth	<dl		<= 2.28
Cadmium	2.82		<= 0.64
Cesium	9.0		<= 10.5
Gadolinium		0.087	<= 0.019
Gallium	0.021		<= 0.028
Nickel	2.82		<= 3.88
Niobium	<dl		<= 0.084
Platinum	0.052		<= 0.033
Rubidium	2,709		<= 2,263
Thallium	0.384		<= 0.298
Thorium	<dl		<= 4.189
Tin	2.51		<= 2.04
Tungsten	<dl		<= 0.211
Uranium	0.035		<= 0.026

Sulfur

Results in mg/g creatinine

Element	Reference Range	Reference Range**
Sulfur*	2,587	367-1,328

* Elevated sulfur may indicate the presence of a chelating agent.

Creatinine Concentration

Urine Creatinine ♦ 28.68 23.00-205.00 mg/dL

Collection Information

Urine Total Volume (in milliliters): 750.0

Length of Collection: (in hours) 6.0

Provocation Comment:

Post-provocation laboratory results.

TMPL

Tentative Maximum Permissible Limit (TMPL) -
 Element excretion is significantly elevated, consistent with increased body burden. Increased element concentrations can have a negative impact on overall health and well-being. These values are derived from Casaret and Doull's **Toxicology: The Basic Science of Poisons**, 5th Ed. 1996 McGraw Hill NY, NY p 997-998. Units have been standardized.

Remove What Does Not Belong

- **Toxins**

- Mold toxin
- Cleaning chemicals
- Air pollution
- Flame retardants
- Skin and other beauty care products





Volatile Solvents - Whole Blood

	Results ng/mL	Percentile			
		50th	75th	90th	95th
1. Benzene	0.17	<DL	0.06	0.17	0.26
2. Ethylbenzene	0.12	<DL	0.05	0.08	0.11
3. Styrene	0.19	<DL	0.05	0.09	0.12
4. Toluene	<DL	<DL	<DL	0.43	0.68
5. m,p-Xylene	0.17	0.13	0.2	0.28	0.34
6. o-Xylene	0.09	<DL	0.051	0.072	0.09

Percentile values are from the NHANES Fourth National Report on Human Exposure to Environmental Chemicals, CDC, 2009.

7. Hexane	167	236	304	380	419
8. 2-Methylpentane	27	52	63	75	88
9. 3-Methylpentane	66	100	116	142	164
10. Iso-octane	1.4	7.6	8.6	9.6	10.2

No national reference ranges are established for hexane, 2- and 3- methylpentane and iso-octane. Percentile ranges are based on patient samples analyzed at Genova Diagnostics.

<DL = less than detection limit

Remove What Does Not Belong

- **Toxins**

- Alcohol (liver and brain toxin) →
 - shortened lifespan
 - obesity
 - Alzheimer's
 - Multiple cancers
- Tobacco
- Many More!



Foundations
of Health
for
Caregivers

Tools

Remove
what doesn't belong

Give the body what it needs

Lifestyle

Healthy Mindset

“Conventional” Tools

- Acid Blockers
- Calcium Channel Blockers
- Beta Blockers
- Alpha Blockers
- Proton Pump Inhibitors
- ACE Inhibitors
- HMG CoA Blockers (statin drugs)
- Fat Absorption Blockers
- Potassium Channel Blockers
- Aromatase Inhibitors
- 5-Alpha Reductase Inhibitors
- Androgen Blockers
- Nerve Ablation
- Cardiac Ablation
- Surgery
- Radiation
- Angiotensin Receptor Blockers
- Sodium Channel Blocker



Tools That Help the Body Heal Itself

- **Healing herbs**
- **EVOX perception-reframing**
- **Low-intensity extracorporeal**

shockwave therapy

- **Peptide therapy**
- **Biofeedback**
- **Neurofeedback**
- **Pulsed electromagnetic field therapy**
- **Supportive Oligonucleotide Therapy**

- **Ozone/Prolozone therapy**
- **Tissue allografts**
- **Platelet-rich-plasma**
- **Red light therapy**
- **Hyperbaric oxygen therapy**
- **Hydrogen water**
- **IV therapy**
- **Methylene blue**
- **Many more**





A stylized, handwritten-style signature logo in a dark green color, consisting of the letters 'PWI'.

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Action Steps

If your doctor isn't helping you prevent disease & build health, give yourself permission to find one who will.



How Can I Know if I'm
on the Right Track?



Building Health Requires
Running the Right Tests



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“There is nothing wrong with you”

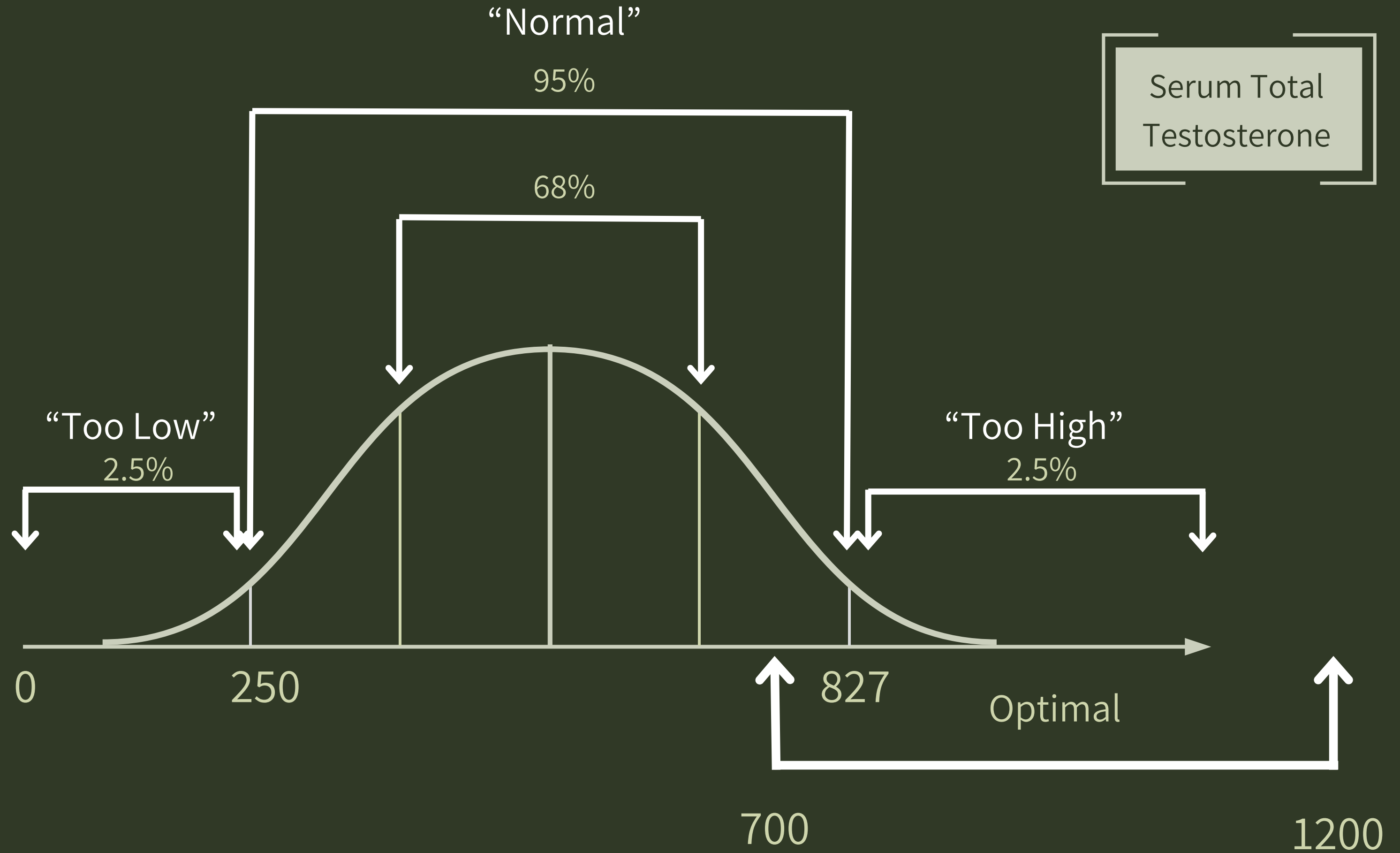


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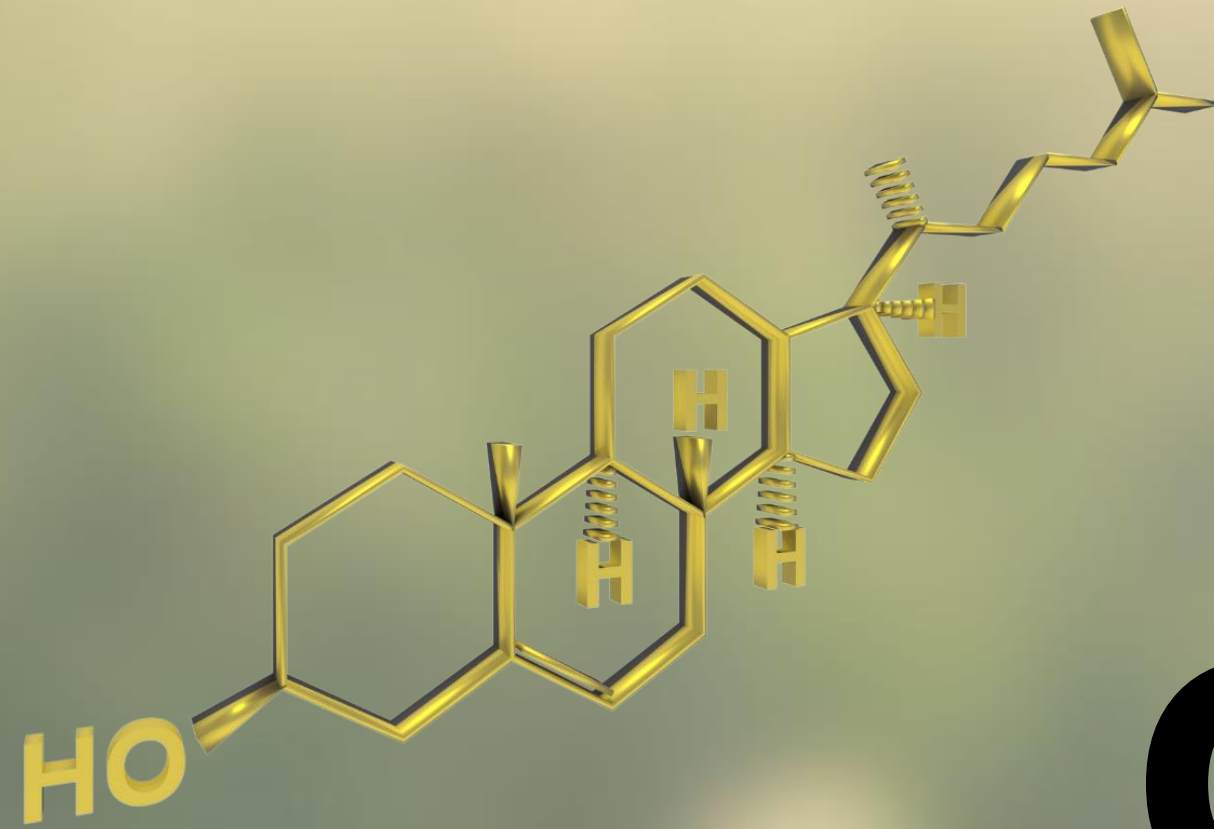
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Normal

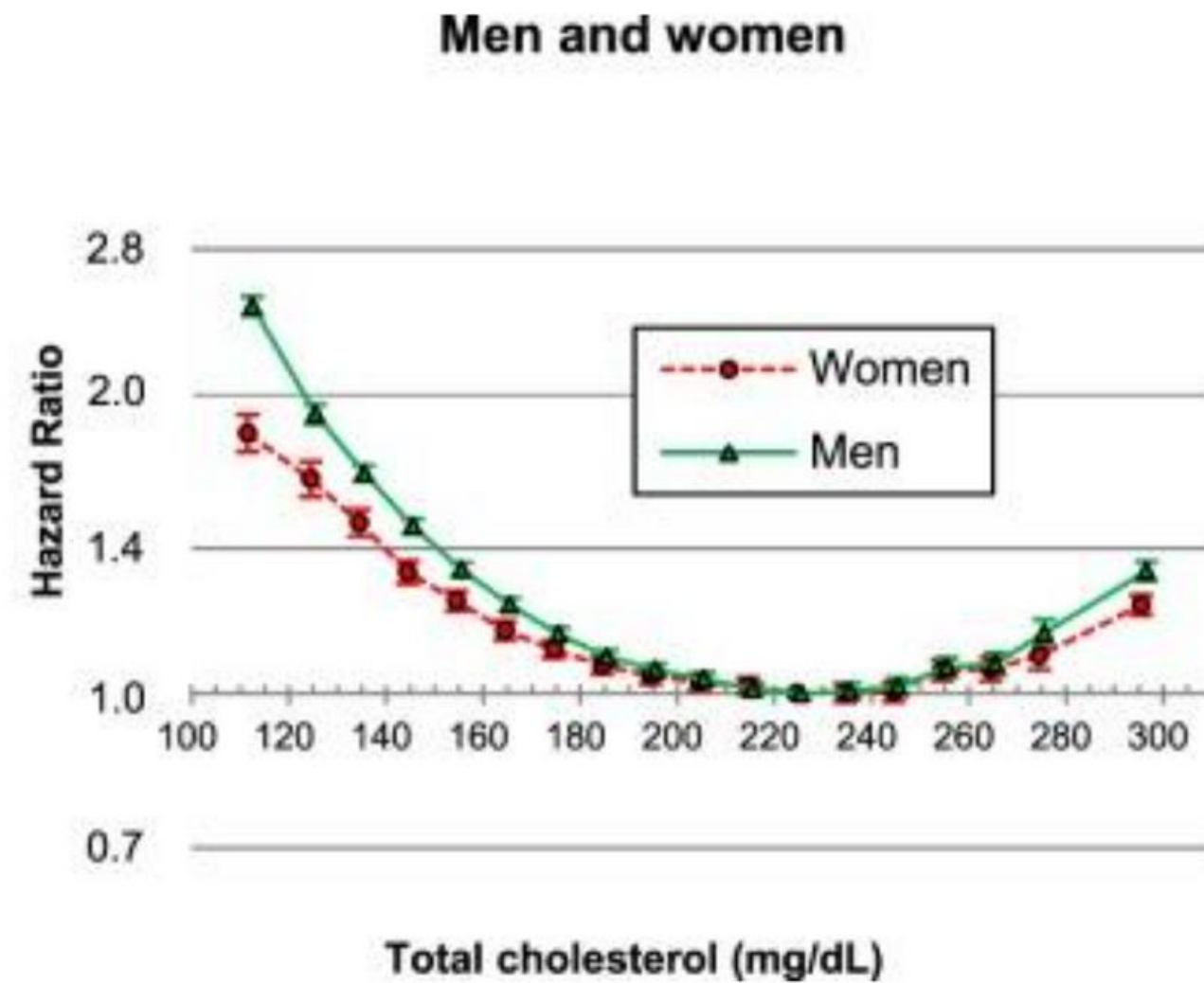
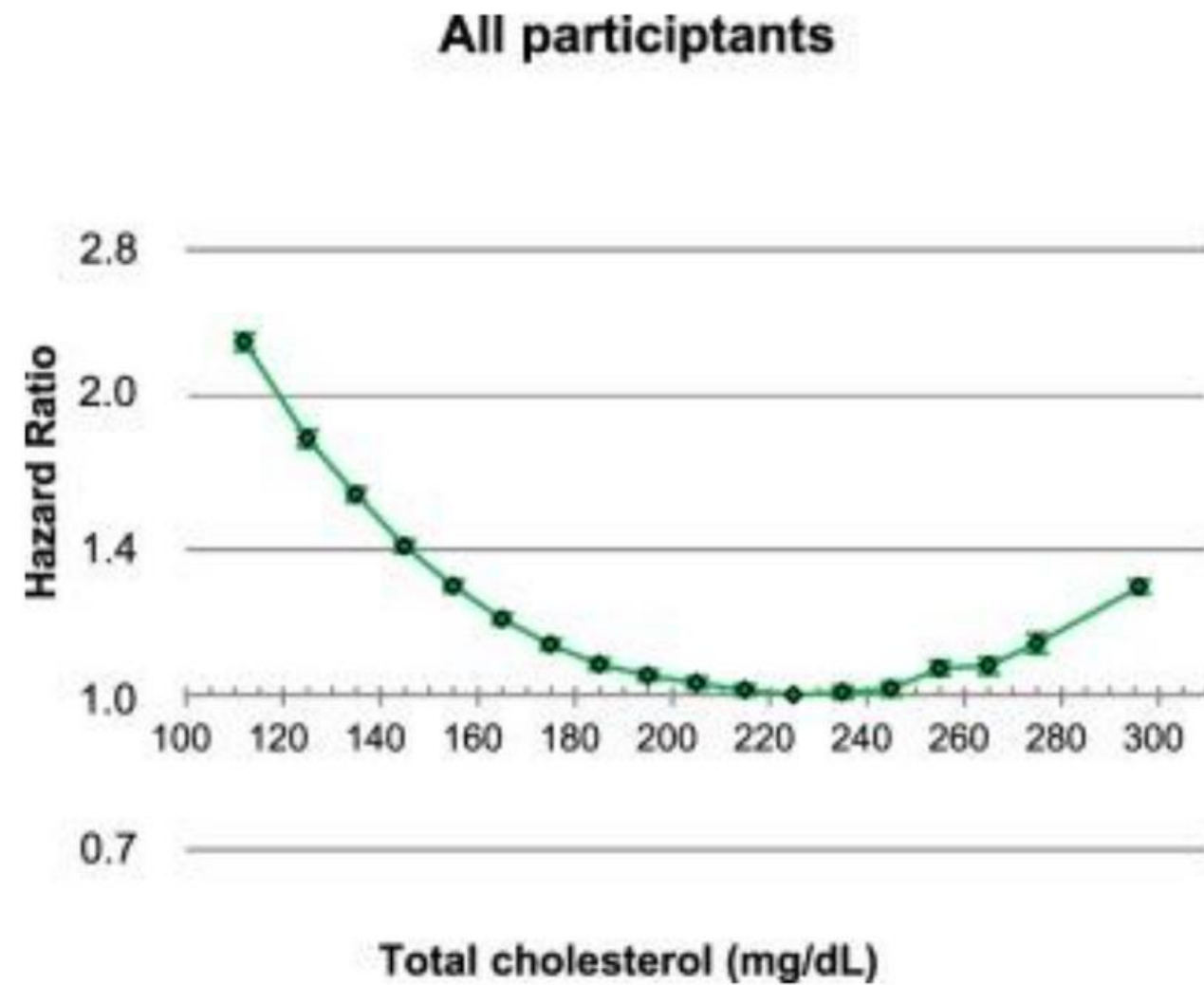
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What's a healthy Cholesterol level?



Cholesterol



Foundational Labs

- Complete Blood Count/Differential
- Comprehensive Metabolic Panel
- Comprehensive Stool Analysis
- 25-OH-Vitamin D3
- Free T3
- Free T4
- TSH
- Thyroglobulin
- Thyroglobulin Ab
- Thyroid peroxidase Ab
- DHEA-S
- AM cortisol
- Pregnenolone
- Total testosterone
- Estradiol
- FSH
- HgbA1c
- hsCRP
- Homocysteine
- Insulin
- Uric acid
- Total cholesterol
- Triglycerides
- LDL-P (not to be confused with LDL-C)
- Small LDL-P
- HDL-P
- Lp(a)
- PSA (men)



Action Steps

- **Additional labs should be checked for:**
 - **Depression / Anxiety**
 - **History of Cancer**
 - **History of COVID shot**
 - **Any unexplained/unresolved symptoms**
 - **Intent to prevent disease and build health**



Action Steps

- **Daily Supplements to minimize your risk of getting sick:**
 - Vitamin D (target a blood level of 60-100)
 - Vitamin C
 - Selenium
 - NAC
 - High-dose melatonin
 - Bovine colostrum
 - Essential oils
- **Before or after exposure to illness:**
 - Argentyn-23 Silver Hydrosol: nasal and oral
 - Ivermectin
 - Bamboo extract
 - Lugol's iodine



Action Steps

- **Optimize mitochondrial energy production**
 - **Healthy diet**
 - **Physical activity**
 - **Adequate unmedicated sleep**
 - **Supplemental vitamins and minerals**
 - **Optimize hormones**
 - **Remove infections and toxins**
 - **Mitochondria-supporting tools**



Action Steps

- **Things to avoid:**
 - **Sugar** - paralyzes white blood cells for 6 hours
 - **Medical treatments** that contain toxins or shift your immune focus from TH1 (cellular immunity) to TH2 (humoral immunity), thus weakening your ability to fight off infections and cancer.
 - **Fear** - Extremely detrimental to immune function



Action Steps

- **Be careful with prescription and OTC medicines**



› Pol Arch Med Wewn. 2014;124(11):628-34. doi: 10.20452/pamw.2503. Epub 2014 Oct 30.

Our prescription drugs kill us in large numbers

Peter C Gøtzsche

PMID: 25355584 DOI: 10.20452/pamw.2503

Free article

Abstract

Our prescription drugs are the third leading cause of death after heart disease and cancer in the United States and Europe. Around half of those who die have taken their drugs correctly; the other half die because of errors, such as too high a dose or use of a drug despite contraindications. Our drug agencies are not particularly helpful, as they rely on fake fixes, which are a long list of warnings, precautions, and contraindications for each drug, although they know that no doctor can possibly master all of these. Major reasons for the many drug deaths are impotent drug regulation, widespread crime that includes corruption of the scientific evidence about drugs and bribery of doctors, and lies in drug marketing, which is as harmful as tobacco marketing and, therefore, should be banned. We should take far fewer drugs, and patients should carefully study the package inserts of the drugs their doctors prescribe for them and independent information sources about drugs such as Cochrane reviews, which will make it easier for them to say "no thanks".








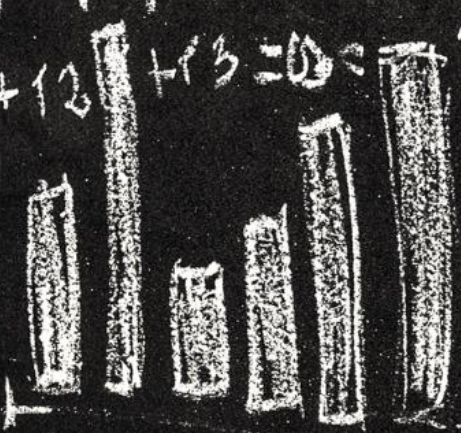
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100,000

3 (S: f(x)) $\frac{2v}{3 \cdot 10^5} \rightarrow 3 \cdot 10^5 \cdot x - 1$
 $a = 16 = c = -2$
 $D = 6^2 \cdot 4 \cdot c = 14 - 2 = 9 - 3^2$
 $\lim_{x \rightarrow 1} \frac{1}{1(x^2 - 3)}$ $\lim = 1/0$
 $y = 0 + (-1) \cdot (x - 1) = x + 1$
 $f(x) = \lim_{x \rightarrow 0} \dots$
 $A \subset B \subset C \subset D \subset E \subset A$
 $-2x + 3 + 5 - 3 + 1 = 1 - 0 = 15$
 $5x^2 + 3 - 5 = 10 - 5x^2 = 10 - 5x = 5$
 $2 + 6t + 2 \cdot 6t^2 + 4t + t^3 - 3t^2 - 6t = 0$
 $\lim = \sin x + 3 \cdot \cos x$
 $l = 9 \cdot 6 + 3 - 2 = 5 - 2 + 1 = 4$
 $\sin x - \cos x = 1 \cdot 2 - 3$
 $(a \cdot b)^2 = a^2 + b^2 - 2ab$
 $9 \cdot \cos^2 - 2$

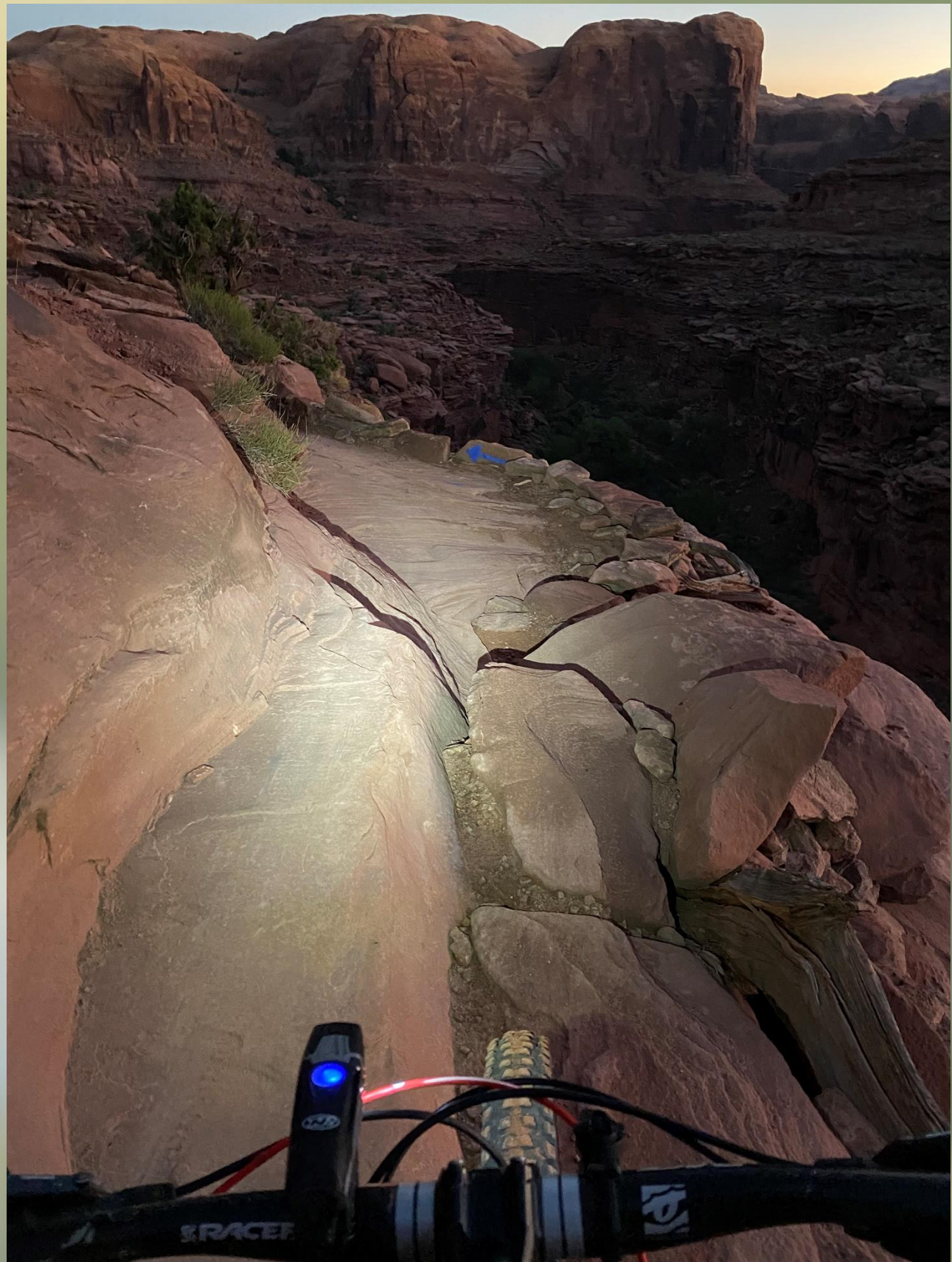
$f(x) = \begin{cases} 5x + 1 & x \geq 1 \\ x^2 + 1 & x < 1 \end{cases}$
 $\lim_{x \rightarrow 1} f(x) = 1 + 1 = 2$
 $f(1) = 1^2 - 3 \cdot 1 + 2 = 0$
 $f(x) = c - \text{const}$
 $R \cdot x \cdot x^n = R \cdot x^{n+1}$
 $R = 1 = R - 5 = 3$
 $\lim_{x \rightarrow 0} \frac{1+x}{2-3x} = \frac{1}{2}$
 $a - b = c = 4 - 3 = 1$
 $\lim_{x \rightarrow 1} \frac{3x-1}{2} = \frac{2}{2} = 1$
 $\text{const} + 6 \cdot 2 = 8 + 12 = 20$
 $6 \cdot 1^2 + 4 \cdot 1 = 6 + 4 = 10$
 $1 + 3 = 4$


Action Steps

- **Get help with caregiving early**
- **Love YOURSELF**





PWA
Prestige Wellness Institute



A stylized, handwritten-style signature logo in a dark green color, consisting of the letters 'PWI' in a fluid, cursive script.

Prestige Wellness Institute

Thank You!



Prestige Wellness Institute

