



Head Into 2009 With A Solid Health Foundation

Recap of 12 important studies published this past year

Since 1997, CeneGenics has used the science behind age management medicine to help thousands of patients worldwide optimize health and delay or prevent the onset of disease. We also have maintained our commitment to share the latest study findings so you stay better informed.

The research sent to you in 2008—the top 12 are recapped below—continually confirm the critical importance of a proactive medical approach, leading-edge protocols and lifestyle modifications, as well as the need for more thorough evaluations and enhanced physician-patient interaction . . . all of which stand at the core of the CeneGenics experience.

January 2008

Silent inflammation is the underlying cause of most chronic diseases.

Gerontologists now see aging as “something our own bodies create, a side effect of the essential inflammatory system that protects us against infectious disease.” Reduce inflammation with better nutrition (more veggies, omega-3 fatty acids and low-glycemic foods) and lifestyle changes (regular exercise)—and be sure to have your C-reactive protein (CPR) levels checked, a marker for inflammation.

February 2008

Up your exercise capacity—and lower your mortality risk. A study of more than 15,000 U.S. military veterans shows “fit and highly fit” participants lowered mortality risk by 50%-70%, equating to 30 minutes of exercise per session, 5-6 days per week.

March 2008

Two decades of Mayo Clinic analysis show an upswing in coronary disease. Reduce your risk by stop smoking, avoiding high-fat foods, eating variety of fruits/veggies, maintain a healthy weight, exercise 30 minutes most days of the week, test cholesterol, keep blood sugar under control, get regular blood pressure checks.

April 2008

That middle-age bulge might increase your chances of having Alzheimer's or other types of dementia in your senior years. Start making lifestyle choices now—the roots of dementia develop years before presenting symptoms. Create a moderate exercise plan with cardio workouts and resistance training. Opt for olive oil/canola oil; lean meat, skinless poultry and fish; nutrient-dense vegetables/fruits.

May 2008

A UK study says the major challenge in aging populations isn't merely premature mortality, but quality of life. The encouraging news is that even “small differences in lifestyle make a big difference in a population's health.” Do moderate aerobic exercise, eat more plant-based foods, supplement with quality nutraceuticals, stop smoking and get regular health screenings.

June 2008

Reduced aerobic fitness may mean dependent living in later years. Your maximal oxygen intake decreases between 20 to 60 years old and is projected to deteriorate at a similar rate into retirement. Researchers found a regular exercise program can slow or reverse the loss of aerobic fitness, reducing your biological age and prolonging independence.

July 2008

Muscular strength is linked to lower mortality risk. Researchers found a 60% higher cardiovascular risk and higher mortality rate in men with low muscular strength. Resistance training may help reduce all cause mortality among men by promoting regular resistance training involving major muscle groups (lower and upper body) two or three days a week. Resistance training should complement—not replace—aerobic exercise.

The 2008 CeneGenics Wrap-Up.

CeneGenics continues to set new benchmarks for medical excellence.

The following pages highlight our 2008 achievements and demonstrate the significant advances our CeneGenics team—physicians, nutritionists, exercise physiologists and administrative/support staff—made this past year.

May 2009 be a time of positive change in your health and quality of life.

Happy New Year!
From all of us at
CeneGenics[®] Medical Institute



August 2008

A 20-year follow-up study from China finds lifestyle interventions prevent diabetes. Group-based lifestyle interventions (exercise and better nutrition) over 6 years can prevent or delay diabetes for up to 14 years after beginning the active intervention. A low-glycemic nutritional plan is a solid foundation for staying in the “safe” zone. The American Diabetes Association recommends creating a comprehensive exercise program with these three activities: aerobics, strength and flexibility.

September 2008

Research reveals that older women with low or high levels of thyrotropin—a thyroid hormone—have double the risk for Alzheimer’s disease. The concern raised from the study was that in today’s clinical practice, thyroid dysfunction is underdiagnosed. More thorough evaluation (more intense screening process) is recommended.

October 2008

Expanding waistlines are a heart disease risk factor. Traditional risk assessment tools can give women a “false reassurance” that they’re at a lower risk for cardiovascular disease. Whether male or female, grab the tape measure and check your waist girth, starting at the top of the hipbone. Measure at your greatest waist area. Keep the tape measure even, not pulling too tightly. A total of over 40 inches for men or over 35 inches for women signals a major concern.

November 2008

American sleep habits aren’t healthy. Losing only a few hours of sleep can instigate tissue-damaging inflammation, putting you at risk for heart disease as well as autoimmune disorders (i.e. rheumatoid arthritis). Find out what’s behind your poor-quality sleep, including menopause (male or female), obesity, reduced exercise, diminished levels of sleep-promoting hormone melatonin, prostate enlargement/continence issues, alcohol/caffeine consumption, medications, daytime naps, etc.

December 2008

Depressed people have 50% more heart issues, which may be about behavioral responses, not biochemical pathways. A study from the Veterans Affairs Medical Center in San Francisco says exercise is a key factor. Lack of exercise ups risk substantially in all patients: Patients who didn’t exercise—whether depressed or not—had a 44% higher risk of heart problems.

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The Cenegenics 2008 Wrap-up: A Year of Excellence

The vigilance of our Cenegenics staff in providing clinical excellence and five-star service while underscoring the importance of the doctor/patient relationship helped us realize uncommon accomplishments in 2008—and set the stage for even more uncommon goals in 2009.

CENTER GROWTH

NEW CENTERS

- Cenegenics Dallas-Fort Worth (Drs. Rex Anderson & Paul Thompson) <http://www.cenegenics-dfw.com/>
- Cenegenics Indiana (Dr. Kane) <http://www.cenegenics-in.com/>
- Cenegenics Atlanta (Dr. Randy Smith) <http://www.cenegenics-atl.com/>
- **CENEGENICS COMMERCIAL COMPLETED** – tentatively scheduled to air in January 2009. Watch it on our updated site by clicking on the Dr. Life video: <http://www.cenegenics.com/>

NEW PROGRAMS

- **HEALTHY LIFESTYLE CUISINE MENU LAUNCHED AT LXR PROPERTIES** – Cenegenics and LXR are introducing their Lifestyle Cuisine to conventioners at the Boca Raton Resort & Club and some of the other 34 distinctive LXR properties in the U.S. and Puerto Rico, catering to the convention business. The collaboration presents customizable, health-centered banquet and catering menus, which breaks from the traditional, unhealthy banquet foods.
- **RELEASING PILOT PROGRAM - CENEGENICS ADVANCED LIFESTYLE PROGRAM** – above and beyond the Executive Health Evaluation, this full-day program empowers patients with hands-on experience and 1:1 attention from nutritional, fitness and mind-body experts. It's a time of transformation, empowerment and breakthroughs so patients can hit the ground running.

In just one day, the **Cenegenics Advanced Lifestyle Program** immerses patients in the *dynamics* of their personalized, synergistic program components so they can realign their everyday life with confidence and ensured success—whether they need instruction on exercise equipment, how to set up a home gym, exercising on the road, choosing/working with a trainer, handling scheduling and travel matters, cooking/shopping questions, our nutritionists working with a patient's personal chef, conquering general reluctance, fears, negative self-talk and much more.

Who is it for? Any patient having an Executive Evaluation who wants to add a “second day” of personalized, intensive, expert instruction—experiencing this event the day immediately following the evaluation day. Or existing Cenegenics patients who want personalized help to breakthrough current challenges in a specific nutritional or fitness component or transition into entirely new levels.

Currently, the Cenegenics Advanced Lifestyle Program is available at Cenegenics Boca Raton and Cenegenics Carolinas.

- **NEW DIAGNOSTIC PILOTTED IN LAS VEGAS** – for more comprehensive evaluation, we tested a HeartSmart IMT Carotid Artery Ultrasound Scan in our assessment process, giving patients better insights into their true cardiovascular health status. Outcomes: 45% of patients needed changes (medical, nutritional, behavioral) in their Cenegenics program; 16% had early stages of plaque buildup, needing behavioral changes; 7% were referred to a cardiologist; 22% had a pathology identified.
- **NEW NUTRACEUTICALS FORMULATIONS** – went into production earlier this year and distributed these “best on the market” products to our patients.

CENEGENICS EDUCATION & RESEARCH FOUNDATION

- **PUBLISHED RETROSPECTIVE RESEARCH STUDY DONE WITH UNIVERSITY OF MIAMI PHYSICIANS** – our favorable findings from phase one of the three-phase study appear in Volume 2008 *Journal of Multidisciplinary Healthcare*, a peer-reviewed, online scientific journal of Dove Open Access.
 - **PRESENTATION OF RETROSPECTIVE RESEARCH BY UNIVERSITY OF MIAMI PHYSICIANS AT NOVEMBER AMMG CONFERENCE** – The initial phase examined testosterone and/or human growth hormone normalization in proven clinically deficient adults, reviewing effects on body composition and quality of life. Phase two is looking at overall safety issues with regards to tumor formation as compared to a normal population. A research paper will be submitted to a peer-review journal in the near future.
 - **UNIVERSITY OF NEVADA – SCHOOL OF MEDICINE FAMILY PRACTICE RESIDENTS CONTINUE PRACTICE DEVELOPMENT ROTATION** - In addition to senior Institute physician Dr. Alvin Lin teaching once a month at UNSOM, students are slated for 2009 rotations in age management medicine.
 - **TOURO UNIVERSITY STUDENTS HAVE TRAINING ROTATION THROUGH CENEGENICS** – approximately two or three students visit and train at our facility per week.
- ### OPERATIONS - EXPANSIONS
- **CENEGENICS LAS VEGAS COMPLETED PHASE 2 & PHASE 3 EXPANSION** – occupying over 25,000 square feet.

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CONFERENCE SPONSORSHIPS

- **CENEGENICS PHYSICIANS PRESENTED AT THE FIRST-EVER SPRING AMMG CONFERENCE** – the successful event was held this past May in Boca Raton, Florida.
- **CENEGENICS WAS THE LARGEST SPONSOR (PLATINUM) AT THE NOVEMBER AMMG CONFERENCE** – giving us significant presence at the event. We fully anticipate great success with the Affiliates Luncheon, Luncheon/Symposium on Physician Opportunities in AMM and attendance of many Cenegenics physicians.

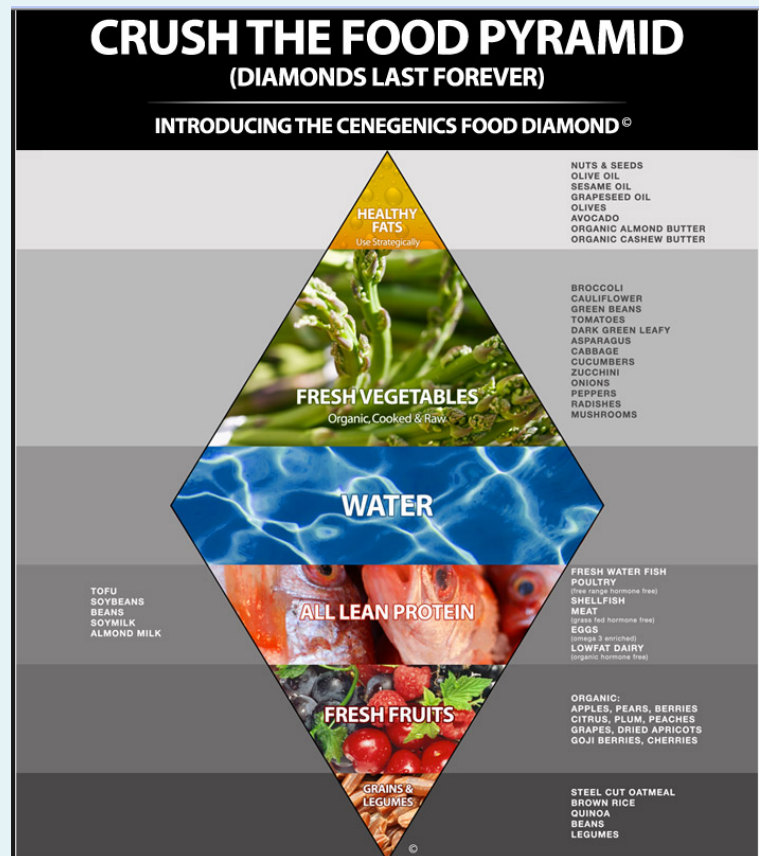
HONORS

- **CENEGENICS CAROLINAS – TWO-TIME, AWARD-WINNING CENTER** – Dr. Barber's facility, which is modern, serene and environmentally friendly, garnered recognition via a Merit Award from the Carolinas chapter of the American Society of Interior Designers (ASID) and an Honor Award from the International Interior Design Association (IIDA).

IN THE NEWS

- **ASSOCIATED PRESS ARTICLE SPANS THE GLOBE** – the AP story entitled "Youthfulness an American Obsession - But at What Cost?" featured Dr. Jeffry Life and his 47-year-old patient. Picked up globally, the article sparked print, radio and TV interest with international coverage in the U.K., Australia, China, Canada, Brazil, India, Italy, etc.: FoxNews, USA Today, ABC News, CBS News, *NY Times*, *Forbes*, *Newsweek*, *LA Times*, *Miami Herald*, NPR, etc. Special thanks to Dr. Jeffry Life, Dr. Mike Resnick and Ann Castro for their assistance in working with the media to make this happen.
- **DR. ROBERT WILLIX PROMOTES HIS INNOVATIVE NUTRITION DIAGRAM IN THE MEDIA** – pioneering heart surgeon, author of five books and now creator of the Cenegenics Medical Institute Food Diamond®, Dr. Willix has the Net and major publications (such as *Forbes*, major business journals and affiliates of FoxNews, ABC, CBS and NBC) taking notice of his revolutionary nutrition diagram that we believe should replace the current USDA's Food Guide Pyramid. Learn more at www.cenegenicsfooddiamond.com. Great job, Dr. Willix, for your innovation and media diligence.

- **NEW ZEALAND CALLING** - Dr. Jeffry Life did a well-received radio show for a New Zealand station with its highly recognized host, Bill Ralston.
- **CENEGENICS BOCA RATON'S DR. ROBERT WILLIX, JR. FEATURED IN MAGAZINE** – the November 2008 issue of *Aventura Magazine*, a source for Southern Floridian luxury living. The "The Back-To-Health-Plan" article focused on how to rehabilitate your health and predominately featured quotes from Dr. Willix.
- **DR. ROBERT WILLIX'S HEALTHY LIFESTYLE CUISINE MAKES THE NEWS** – Reuters picked up the story of Cenegenics partnering with LXR (Luxury Resorts & Hotels) to introduce their Lifestyle Cuisine to conventioners at the Boca Raton Resort & Club and some of the other 34 LXR properties in the U.S. and Puerto Rico.



**Stay healthy and live well longer.
Promote optimal health with personalized Cenegenics programs.**

Call 866.953.1510.

Discussions are always confidential and without obligation.