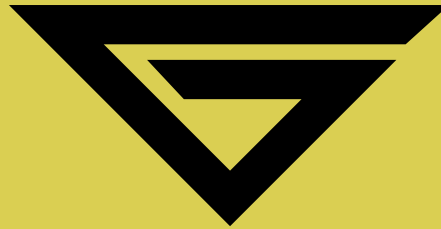


BENEFITS OF HORMONE REPLACEMENT THERAPY

After 6 months of hormone replacement therapy, the average patient may experience:

- Muscle mass increase of up to 8.8%
- Total body fat decrease of up to 14.4% (especially abdominal fat)
- Skin thickness increase of up to 7.1%
- Wrinkle reduction with younger, tighter skin
- 1-2% increase in bone density resulting in stronger bones
- Increased energy levels
- Enhanced exercise performance
- Enhanced sexual performance
- Improved cholesterol profile, with higher HDL and lower LDL
- Lowered diastolic blood pressure
- Mood elevation
- Increased mental alertness and memory
- Improved sleep
- Regrowth of heart, liver, spleen, kidneys, and other organs that shrink with aging
- Reversal of heart failure
- Improved lung function in patients with chronic lung disease
- Improved kidney function
- Improved vision
- Improved immune system function
- Potential hair regrowth
- Decrease in cellulite
- Faster recovery after surgery or trauma



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Genesis Health Institute offers a complete medical program for healthy, youthful aging. A Genesis Health Institute physician will help you obtain and maintain the hormone levels that your body had once produced during your youth.

Your physician will guide you through a personalized nutrition and exercise program based on your health and fitness goals. You will be absolutely amazed by the incredible results that you achieve with Genesis Health Institute. You will truly feel like you have discovered the fountain of youth! So what are you waiting for?

Take the first step towards the beginning of a new younger and healthier you!

CONTACT US NOW AND
CHANGE YOUR LIFE FOREVER!

KIM JACOBS, R.N.
CLINIC MANAGER

PHONE: (734) 377-1982

FAX: (866) 438-4206

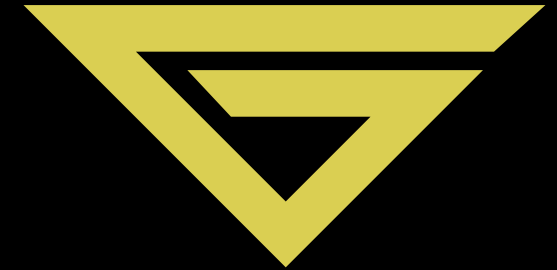
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George Shanlikian, M.D.
Founder and CEO

- Medical degree from Wayne State University
- Undergraduate degree in Nutrition from Wayne State University
- Active member of the American Academy of Anti-Aging Medicine (A4M)
- Published author on nutrition and exercise
- Personal trainer to hundreds of people over the last 13 years



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THE LEADER IN ANTI-AGING
& HORMONE REPLACEMENT



ACTIVE MEMBER OF THE AMERICAN
ACADEMY OF ANTI-AGING MEDICINE

THE PROCESS OF AGING

As we age, we begin to notice that it is harder to gain muscle or lose fat and that we just don't have the same energy that we did when we were younger. Our skin becomes more loose, and we develop wrinkles.

As a matter of fact, as we age, the functions of both our mind and body deteriorate.

What if I told you that you could slow down or even reverse the process of aging! Sound incredible? It is! Many of the "symptoms" that we notice with aging are actually due to declining hormone levels associated with aging. It's inevitable! As we age, our body produces less hormones and our hormone levels WILL drop. We will slowly begin to notice this decline in hormone levels, which we blame on "aging".

You may have noticed one or more of the following symptoms:

- ♦ **Decreased energy**
- ♦ **Weight gain or difficulty losing weight**
- ♦ **Increased amount of fat on your stomach with a larger waistline**
- ♦ **Difficulty building or maintaining muscle mass or a decrease in muscle tone.**
- ♦ **Decreased strength or exercise endurance**
- ♦ **Decreased sex drive or decreased sexual performance**
- ♦ **Difficulty concentrating on tasks or worsening of memory**
- ♦ **Increasing levels of LDL cholesterol (the bad cholesterol) and decreasing levels of HDL cholesterol (the good cholesterol)**
- ♦ **Development of Osteoporosis (thinning and weakening of the bones)**
- ♦ **Worsening of vision**

Low hormone levels associated with aging may very likely be the cause of any one of these symptoms.

EVERYDAY COMMON EXAMPLE OF HORMONE REPLACEMENT THERAPY

When a patient develops hypothyroidism (when they produce little or no thyroid hormone), they begin to notice many symptoms including weight gain, weakness, feeling tired, and feeling cold all of the time. The physician orders blood work which shows that the patient has low thyroid hormone levels. The physician then prescribes thyroid hormone at a dose necessary for the patient to maintain normal physiological levels. The patient's metabolism (regulated by the thyroid hormone) returns to normal and all of the patients symptoms are reversed. Routine labs are done to make sure that the patient's hormone levels remain within the normal range and are not excessive. This is the standard of care for hypothyroidism in modern day medicine.

ABOUT HORMONE REPLACEMENT THERAPY

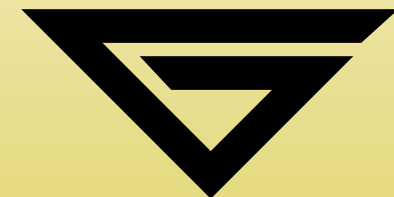
Hormone Replacement Therapy (HRT) is the science of modulating hormone levels in order to maintain normal (physiologic) levels as the patient ages. This is achieved by obtaining a laboratory panel which will show the hormone levels that are deficient in the patient. The physician then prescribes medication at a dosage necessary to bring the hormone levels back up into the normal (physiologic) range.

ARE THERE ANY SIDE EFFECTS?

Side effects are minimal to none because the hormone levels remain in the physiologic range. This means that your younger body once produced this level of hormones and that your body is capable of utilizing hormones within this range. Side effects begin to occur once the hormone levels exceed that of the normal range, which is prevented by careful monitoring by your physician.

SO NOW WHAT?

- ♦ Call (734) 377-1982 or e-mail: info@genesishealthinstitute.com in order to obtain a prescription for blood work from a Genesis Health Institute physician.
- ♦ Do not eat after midnight the night before you go to get the blood work.
- ♦ Go to Quest Diagnostic Laboratories anytime between Monday-Friday 8am-12pm and 1pm-5pm. No appointment is necessary. You may go to: questdiagnostics.com to find a location near you.
- ♦ We will receive the lab results within 7-10 days. We will contact you to schedule an appointment with a Genesis Health Institute physician.
- ♦ Based on your laboratory results, you will be prescribed medication in order to bring your hormone levels back within the normal physiologic range.
- ♦ You will be taught how to self administer the medication. The route of administration may be by pill (oral form), rubbed on the skin (creme), injected just beneath the skin (subcutaneous injections), or injected into the muscle (intramuscular injections), depending on the medication prescribed.
- ♦ You will obtain labs every 3 months initially, and then every 6 months after a half year to a year. You will meet with a Genesis Health Institute physician for lab results, assessment, and program modification if necessary.



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