

The Secret to Living ‘Younger’

Presently, the degenerative diseases of aging are one of humankind's greatest challenges: cancer, heart attack, stroke, diabetes and Alzheimer's disease prematurely kill and disable millions of people worldwide. Yet nearly all aging-related diseases occur needlessly, because more than 75% of them can be prevented.

Because of a lifetime of unhealthy choices, you may actually be functioning and aging biologically at the level of someone who is 15-20 years older! The gradual wasting away of the body over the course of decades is not a necessary or normal component of aging. The question is how can you function and age biologically at a level equivalent to someone who is many years younger than you are?

Our Living Younger Preventive-Aging program provides the answer with clinically proven approaches to slow or prevent damage from

- Oxidative stress
- Glycation
- Silent inflammation
- DNA damage
- Neurohormonal decline
- Immune dysfunction
- Methylation

Imagine preventing, delaying, or even reversing aging-related disease and decline!

The Living Younger Preventive-Aging program will help you feel and look younger, and dramatically improve your

- Energy and physical performance
- Body composition and strength
- Sexual vitality and skin tone
- Mental sharpness and immune function
- Blood pressure and cholesterol

If you are serious about living ‘younger’ and desire a holistic medical approach to your body, mind, and spirit, our all-inclusive preventive-aging program is truly the way to go. Imagine a full day personally devoted to you individually! Your consultation takes you through thorough a physical examination, comprehensive blood analysis, and biomarker measurements of your physical performance.

You will quickly experience renewed vitality with your own personally customized, physician-supervised program. The doctor guides you individually through the process – with bioidentical hormone replenishment therapy, detailed nutrition counseling, individualized nutritional supplementation, exercise guidance, lifestyle modifications and stress-management skills. We tailor each program to a patient’s needs and aspirations, so no two programs are exactly alike. Your long-life success is assured with our ongoing personal guidance, monitoring, and clinical support.

The best times to take full advantage of our preventative-aging services are between the ages of 35 and 75--the earlier the better. While you cannot go back and make a new start, you can start today to make a new ending. If you aspire to live ‘younger,’ to fully restore your potential health, and to experience an abundance of vitality, a visit to Lovegrove Health Solutions is just what the doctor ordered. When you’re ready to optimize your health, call for a no-obligation, confidential consultation with Dr. Lovegrove.