



Anti-Aging without drugs

Turning back the clock

Dr Phil Sledz, DC.



Introduction

- Dr Phil Sledz, DC
- Board Certified Chiropractor, 2011
- “The Austin Health Detective”
- Going Beyond Wellness... to Optimal Health



Introduction

Before I became a Chiropractor...

- Retired U.S. Veteran
 - F/A-18D pilot for the US Marine Corps
 - Commodores List:
 - top 10% of Naval Flight School graduates.)
- Commercial airline pilot for Southwest Airlines.



Introduction

Specializations

- Blood Sample Analysis to determine immune cell function
- Sports and Athletic Optimization
- Anti-Aging
- Chronic and Acute Health Conditions



*Regain and maintain the quality of
life that you want*





Anti-Aging

- Unique approach to anti-aging that focuses on lifestyle issues and nutritional absorption
 - Skin wrinkles, deep creases and fine lines.
 - Bone Loss
 - Digestive Problems, including elimination
 - Loss of Vitality (effects enjoying life)
 - Muscle and Joint issues
 - Gum issues (receding gums)



Skin, Joints & Gum Health

- Collagen levels decline after 40 years
 - Holds our joints together
 - In the tendons, bone, skin, and more
 - Hydrates the skin
 - Wrinkle free appearance
- Chondroitin Sulfate
 - Gives joint cartilage a shock absorbing benefits



Hyaluronic Acid or H.A.

- HA is the primary molecule that holds water
 - Needed to maintain a youthful appearance
 - Gives skin a more full look.
 - Lubricates our joints.
 - We look and feel more youthful.
- When H.A. levels decline – signs of aging
 - Joint stiffness, discomfort and decreased range of motion.
 - Skin wrinkles, creases, deep folds, and fine lines.
- Patients have also reported improved gum health as well as reduced dry eye problems.



Before and After Cellulite

- Woman in the next photo was 62 years of age
- Month #1 - no exercise due to arthritis in knee
- Experienced improvement in knee in Month #1
- Month #2 – able to do mild exercise
- Took Jusuru supplement at 2x the normal amount
- Within 8 weeks of Jusuru, despite little to no exercise - marked reduction in cellulite.



Before



4 Weeks



8 Weeks



How we begin to lose muscle mass

- Absorption is the key
 - Under / Over production of stomach acid
 - Decreased absorption of nutrients
 - Shows up as decline in muscle mass
 - Leads to weight gain and frailty
 - Muscle is require to burn fat
 - Solution is to return stomach acid levels to normal levels and ensure the presence of sufficient enzymes.



Impending Heart Problems

- Lack of antioxidants
 - free radical damage
 - healing of tissues
- Identify heart problems before they happen
 - Myeloperoxidase Enzyme Test
 - More accurate than any other lab test



Healthy Bones

- Digestion and stomach acid levels
 - Need strong, flexible bones
 - Need a variety of nutrients, not just calcium
- Non radiation urinary assay
 - Measures present bone loss and rate
 - Can be done every 3 months
 - Allows effective monitoring of protocol



Weight Gain

- Regulate your body's proper weight
 - Enzymes, good colon health & exercise
- Sluggish Bowels
 - Build up of toxins and harmful waste
 - Adds burden to metabolism, making it more sluggish
 - Prevents higher energy levels
 - Adds negatively to appearance and feeling young.





Energy Levels

- Feeling depleted of energy?
 - Stress
 - Environmental, physical injuries, accidents, sports
 - Common ‘band aids’
 - Caffeine, nicotine and refined sugars





Energy Levels

- Incontinence
 - Affects bowel and urinary control
 - Can be caused by non-physical sources
 - Drugs,
 - Gluten intolerance or Celiac Disease
 - Incontinences, nutritional deficiencies, digestive issues
 - Best corrections via detection and identification of underlying causes



Nerve Issues

- Nerve issues can cause
 - Discomfort, Weakness & Fatigue
 - Can be debilitating.
- Bio available supplementation can provide relief as the body begins to repair itself.





Feel and look younger!

- **Cleaner blood**
 - More oxygen to essential body parts
 - muscles and the brain.
 - Blood tests identify conditions
 - Can be done in our office via live blood cell analysis
 - Or out of office via our comprehensive functional blood chemistry analysis.



Regain Mental Clarity

- Cognitive skills decline when...
 - Oxidative Stress, inflammation, low oxygen
 - Free radicals, plaque, etc.
- Miscommunication involving brain's nerve cells
 - Tenderness
 - Cognitive perception issues
 - Muscular control issues



Next Step

Call our office, or visit our website for more information on how we can help you turn the clock back.

<http://austinhealthdoc.com>

