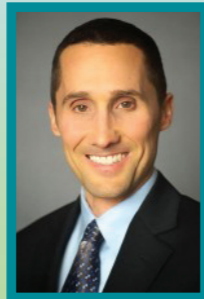


Fundamental Health Solutions

As practitioners of Functional Medicine, our integrative approach to healthcare is based on science and clinical analysis and encompassing physical, as well as environmental, emotional and spiritual factors. We can identify health challenges by looking at your cellular health. We have provided healthy outcomes for not only acute, but chronic, persistent and difficult health issues via cell nutrition. Patients at Fundamental Health Solutions become our partners toward achieving optimum health.



Dr Phil Sledz, DC
Functional Medicine Practitioner

Dr Phil Sledz, DC

The Jefferson Building
1600 West 38th Street, Suite 120
Austin, Texas 78731
(512) 299-1223

Change@AustinHealthDoc.com
<http://austinhealthdoc.com/>

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Healthy Aging

Feel younger than your age

- *Aging and cardiovascular health*
- *Muscle mass is key for weight loss*
- *Have healthier bones*
- *Skin, joints & gum health*
- *Reverse weight gain*

Dr. Phil Sledz, DC

Contact us now for a free 15-minute consult on how our practice can help you. 512 299-1223.

Feel younger than your age

One of the biggest issues associated with aging is that we don't feel as energetic as we used to, and are often unable to participate in activities as we were when we were younger. By focusing on nutritional approaches to address and correct aging issues, we've had good results in areas that include improving levels of energy, increased mobility and range of motion, mental clarity and regaining an overall sense of physical well being.



Aging and Cardio Vascular Health

Free radicals damage our cells as well as leave small tears on the inner surface of our blood vessels, which can result in scarring and inflammation. The body's ability to repair these micro-tears diminishes with age, which can allow plaque accumulation and may eventually

lead to clogged circulation. Over time, your heart has to work harder to pump blood through congested, rigid, less flexible blood vessels. This can lead to high blood pressure and other cardiovascular problems. A healthy heart is a well nourished and oxygenated heart. By using a nutrients that can help the heart receive and use oxygen, many common cardiovascular issues can be improved with bio-available supplementation, without drugs. We also suggest taking the Myeloperoxidase enzyme test, known for identifying heart problems before they happen.

Muscle mass is key for weight loss

Eating the right foods which contain nutrients does not mean you will necessarily absorb them. Under-production of Hydrochloric (stomach) acid due to stress and aging, or stomach acid suppressive therapies, along with a lack of enzymes, leads to mal-absorption of nutrients. One way this is evident is with a decline of muscle mass. Without addressing this, a person can become frail or have inadequate muscle mass for their age. As we lose muscle mass, we begin to more easily accumulate fat since muscle is required to burn fat. Once the stomach's acid production

is returned to normal levels, and sufficient levels of enzymes are present, we can absorb our nutrients.

Healthy bones depend upon many things

Optimal bone health means strong, flexible bones, and is dependent upon good digestion, coupled with a variety of nutrients. Studies which include only calcium supplementation show mixed results in restoring healthy bone density. Since our bones require many nutrients, we obtain the best results when we supplement with all of these nutrients.

Using a non-radiation, urinary assay to measure present bone loss, and the bone loss rate, we can measure your bone health every 3 months, or less, versus less frequently if you use the DEXA (radiation) scan. This enables us to monitor the effectiveness of your schedule of care, as well as measuring system wide bone loss, versus (DEXA) focal bone loss.

Skin, Joints and Gum

Our supplementation program includes the use of a clinically tested, bio-available liquid supplement that contains highly

absorbable hydrolyzed collagen, chondroitin sulfate and hyaluronic acid, known for helping to hydrate your skin, as well as the ability to contribute to joint lubrication and can regenerate cartilage. Together, these three nutritional substances can help turn around many of the more un-comfortable contributors to aging such as joint discomfort, losing mobility, and joint flexibility. Patients have also reported improved gum health as well as correcting dry eye problems.



Weight Gain

The aging process often includes weight gain, especially where hormonal shifts contribute to metabolic slowdown. Enzymes, exercise, and good colon health help our bodies regulate proper weight by absorbing and eliminating our food quickly, thereby speeding up our metabolism. Enzymes help us detoxify our tissues more quickly, and at a deeper level. Minimizing toxins in organs and glands can ensure their proper metabolism and maintain a healthy weight.