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behind
the miracle*

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*girlfriends don't
talk about*

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WHAT YOU
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EDITOR'S NOTE

Beauty is in the eye of the beholder but no matter how you define it, we are drawn to beauty. We seek it, admire it, preserve it and want to create it. Mirror Magazine takes a close look at 7 top health and beauty topics that help you understand your own beauty and how ageing affects it.

We start with preserving beauty by identifying ageing symptoms in five key facial areas: **Eyes, Lips, Skin, Hair and Jawline**. Addressing symptoms early in the ageing process increases chances of slowing down ageing so beauty shines through.

Lasers are tools that create beauty but how and when and even who uses them determines the outcome. **LASER FOCUSED BEAUTY** explains how all lasers are not alike and identifies what you need to know about laser safety and effectiveness before planning your beauty strategies.

Healthy ageing is beautiful. **Beyond Beauty** explores how regenerative stem cell therapies can beautifully extend your health. Author Greg Laurence, MD is successfully using ground-breaking regenerative stem cell therapies in his practice, attesting to real healing for many people. Doug Oliver, a Nashville, TN, resident who was legally blind from macular degeneration, and who, through adult stem-cell treatment, had his sight restored has established The Regenerative Outcomes Foundation. The foundation's primary objective is to help improve access to these cutting-edge "regenerative medicine" procedures and treatments by working both with patients seeking safe and effective help and the innovative providers and companies able to meet their medical needs. Now that's beautiful! See <https://www.regenerativeoutcomes.org/>

Nothing is more beautiful than expressing love. **Timeless Love** examines the cause of vaginal atrophy, a key barrier in lovemaking often overlooked.

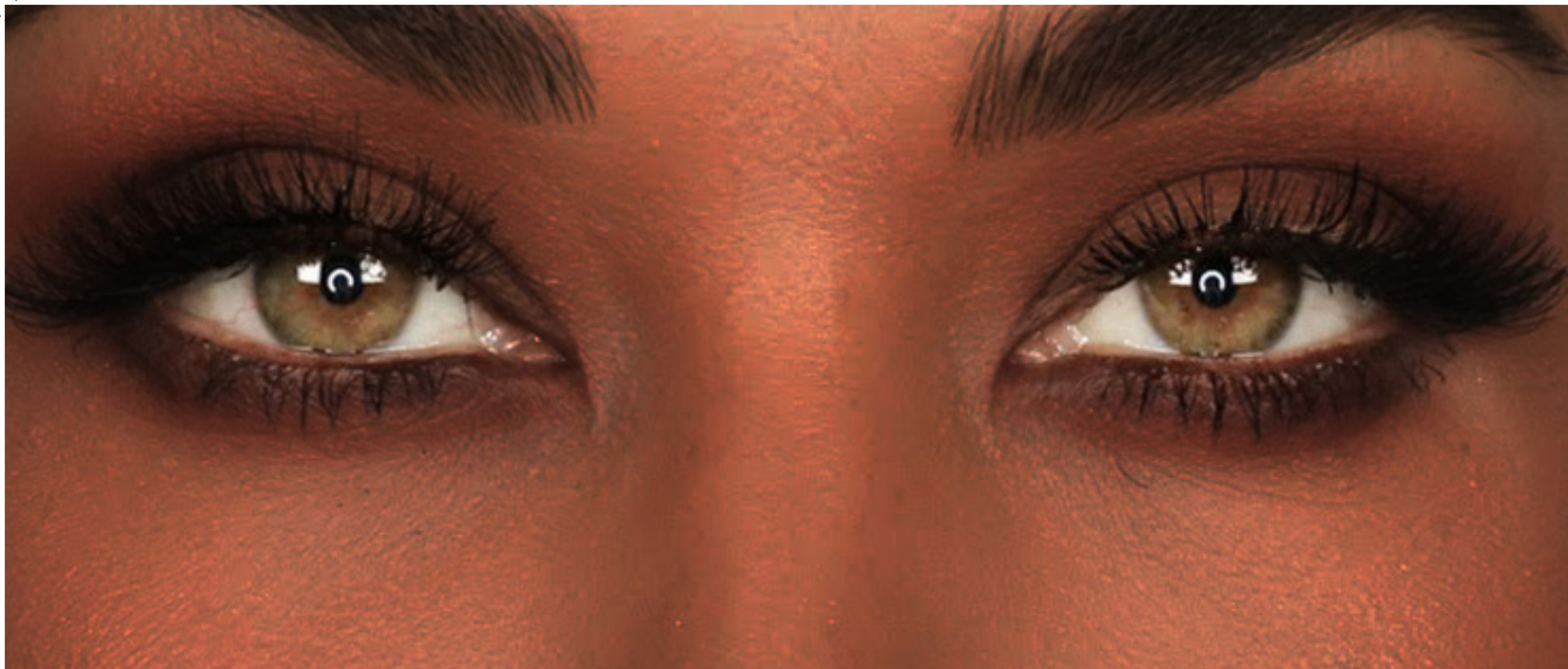
Mirror Magazine is based on scientific knowledge. Check out the references listed after each article.

Now that you know how ageing occurs, you may want to check out physicians who can recommend which therapies best create and preserve beauty. Go to www.gowellnet.com/Mirror-Doctor-Referrals. Once there, check out free assessments to help you design your personal timeline of beauty plan.

Enjoy your look in the Mirror!

Leona Meditz
Leona Meditz

Editor



“The eyes are one of the most powerful tools a woman can have. With one look, she can relay the most intimate message. After the connection is made, words cease to exist.”^[1]
— Jennifer Salaiz

Eyes have often been said to be the window to the soul. They are a powerful tool used for communication. They can show empathy and concern for others or they can manage emotion and show disinterest.^[2] Burt Bacharach had it right when he wrote, “The look of love/ Is in your eyes/ The look your heart can’t disguise/ The look of love/ Is saying so much more/ Than just words could ever say.”

Why are eyes so important for communication? Have you ever thought about which portion of the face is the focus when you are listening to a speaker? Unless you are hearing challenged and are reading lips, you are probably focusing on the eyes. Because those who listen to you are focused on your eyes, don’t you want your eyes to reflect the real you – the one deep inside that feels young?

We would all love to be eternally young, but no one escapes the ravages of ageing. What happens to the face physically as we age? We lose fat, bone, and collagen. Our blood vessels can become congested, and our skin darkens.^[3] These all, of course, affect the eyes.

As a person ages, several signs around the eyes become noticeable. 1) Fine lines, eventually changing

to wrinkles appear on the forehead, and 2) the brow descends creating an overhang above the eye. Over time the overhang from the brow creates loose skin that hangs over the upper lids, potentially affecting vision. Additionally, repetitive expressions, like laughing, frowning, or squinting, cause 3) parallel vertical lines, also known as the 11s, to form between the eyebrows.^{[4][5]}

Repetitive expressions also cause 4) crow’s feet at the outer edges of the eye. Smoking and/or excessive sun exposure can make these changes advance more rapidly. 5) Changes in the muscles around the eye cause the angle of the eye to slant downward. 6) Weak lower eyelids can cause excess show of the sclera or lower whites of the eyes. 7) As the skin below the eye changes, due to fat displacement downward, fat pushes through weakened muscle, causing the area below the eye to appear baggy or show dark circles. These symptoms can be hereditary and/or can be worsened by allergies and exhaustion.^{[6][7]}

As hair all over the ageing body undergoes changes,



eyelashes can become shorter, thinner, and sparser.^[8] Another problem associated with ageing eyes is that eyelashes can turn inward and rub against the surface of the eye.^[9] This condition can be increasingly annoying because of the irritation and pain it causes and by the inability to see well enough to extract the offending eyelash or eyelashes.

WE WOULD ALL LOVE TO BE ETERNALLY YOUNG, BUT NO ONE ESCAPES THE RAVAGES OF AGEING.

One major factor to consider is eye dryness, which can be related to age, or not. Dryness is often caused by medications. For instance, acne sufferers sometimes take a medicine called isotretinoin, a pharmaceutical that works to cause certain glands to make less oil. The problem is creation of less oil in tears.^[10]

Antidepressants, medication for Parkinson’s, and sleeping pills can also dry the eye. The drug action with this group is that they block some signals between nerve cells, which then blocks signals to the eyes to produce tears. And, of course, antihistamines for allergies dry the eyes, along with the common allergy symptoms of itchy, watery eyes. Other pharmaceuticals that cause dry eyes are blood pressure medications, diuretics, birth control pills and other hormones.^[11]

All the above describe outward changes around the eyes, but the internal eye undergoes changes as well. One factor most people notice as they age is that vision changes. Our eyes do not function as they did when we were younger because the lenses have lost their flexibility. Ageing eyes might have difficulty reading at the normal distance. Reading print up close may become an impossible feat, especially in low light. For instance,

we may be on that romantic date, and when the menu is presented, out must come the reading glasses.^[12] Ageing eyes might also be dry eyes, due to reduced tear production. They typically have smaller pupils because the muscles that control the pupils get weaker with age. Ageing eyes may also experience floaters, caused by degenerative changes in the vitreous humor,^[13] the clear jelly-like substance “that fills the eyeball between the retina and the lens.”^[14]

The thing to remember as you age is that you want to be your best self, the youngest self you can be. Your eyes are truly the windows to your soul, the essence of who you are.

Can you achieve a more youthful eye? Discuss your particular situation with your doctor.



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“Lips are the most sensual organ we are allowed to expose.”^[1]
— Anonymous Dermatologist, Ebony, Apr. 1991

Think of distraught Romeo upon finding Juliet, his love, lying in her Capulet tomb. He whispers her name and rushes to her side. Bending over her, he admires the power of her beauty still, in the crimson of her lips, and chooses to die with a righteous kiss upon those rosy lips. Of course, he does not die with that kiss because there is no hint of poison left there but must take his poison from the phial provided by the apothecary. Prose writers and poets, like Shakespeare in the tragic love story of Romeo and Juliet, have long boasted the power of the lips to beguile and entice, entice even a deity.^[2] Lips are a powerful part of facial design.

THE IDEAL SET OF LIPS IS ABOUT FORTY PERCENT OF THE WIDTH OF THE LOWER FACE.

Indeed, the ideal set of lips is carefully designed to mathematical perfection that can differ based on ethnicity. The ideal set of lips is about forty percent the

width of the lower face. Caucasians' frontal view look good with a 40:60 ratio between upper and lower lips, but ethnic skinned patients may prefer a 50:50 proportion.

No matter race, if one draws an imaginary line from eye pupil to opposing eye pupil, the lips are parallel to that line. From the upper lip to just below the bottom of the nose, is about one half the length of the lower lip to the bottom of the chin. The Cupid's bow, formed at the middle of the upper lip, should be well defined, meaning that the ridges that extend from the inner opening of the nostrils should connect to the upper lip at the edges on either end of the bow. The lower lip is fuller than the upper lip, but a profile view of youthful lips will demonstrate that the upper lip extends beyond the lower lip by about a couple millimeters.^[3]

Because the lips reside in the perioral complex, or the lower third of the face, several factors in the region influence the appearance of the lips as they age. The three major factors that contribute are the ageing of the skin, the loss of fat just below the skin, and the loss of bone structure. External factors can include smoking, chronic stress, unwise lifestyle choices, work habits, and diet.^[4]

One major consideration for the lip area is the position and alignment of the teeth. Because the teeth support the lips, any malocclusion, defined as improper relationship between upper and lower teeth,^[5] or tooth loss and consequent need for bridges, dentures, veneers, or implants, should be factored in for optimum results when choosing to revitalize the lip area.^[6]^[7]

In addition to bone and dental structure, soft tissues play a role in changes of the lips as they age. The upper lip loses its volume, which causes it to lengthen and invert. To illustrate, looking at a youthful nose and lip in profile, the line on younger version from the nose to the lip would appear curved; whereas, the aged nose to lip would appear as a straight line with the upper lip positioned inward, closer to the teeth. The lower lip also loses volume, appearing thinner, which causes the same inward position.

The outermost edges of the lips begin to droop, and the Cupid's bow becomes less noticeable.^[8]

The dynamic function of the face also contributes to the ageing of the lip area. Just as repetitive facial expressions like smiling, frowning, and squinting cause formation of the vertical lines known as 11's between the eyes on the forehead and cause formation of crow's feet around the eyes, those same repetitive movements change the contour of the lips.^[9]

As early as the twenties to thirties, tiny vertical wrinkles, nicknamed "barcode," can appear above the upper lip. In the thirties to forties, vertical lines or barcode above the upper lip become more pronounced and both the upper and lower lips begin to lose volume. Also, the lines between the nose and outside edges of the lips, technically known as nasolabial lines, begin to form and the fat deposits in the cheeks begin to sag over those lines, creating nasolabial folds.^[10]

In the forties to sixties, the vertical lines above the upper lip become increasingly marked, and both lips lose more volume. The corners of the lips sag more, giving the appearance of marionette lines, and the nasolabial folds between nose and outer corners of lips become even more pronounced. In the sixties and seventies and beyond, deep vertical lines appear above the upper lip, and the nasolabial folds worsen further.^[11]

The vertical lines above the upper lip can appear prematurely and progressively worsen more rapidly in smokers.^[12] When the cigarette is placed in the mouth,

the lips are pursed, which is one reason the more frequent repetitive action occurs and its consequences are more pronounced. Ageing lips can also become dry and discolored, losing some of their rosy appearance, and the lip edge and the lips become less defined.

The thing to remember is that you want your lips to be as young looking as possible. After all, they are the most sensual organ we are allowed to expose.

Can you have more youthful lips? Discuss your particular situation with your doctor.



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“Healthy skin is a reflection of overall wellness.” [1]

– Dr. Murad

Of the seventy-eight organs in the body,[2] the skin is the largest.[3]

With a total approximate area of twenty square feet, its job is to protect the body from germs, to regulate body temperature, and to allow feeling of sensations like touch, cold, and heat. The study of human anatomy finds that the skin consists of three layers: 1) the outermost layer, the epidermis, which makes the body waterproof and creates skin tone; 2) the middle layer, the dermis, where hair follicles, sweat glands, and connective tissue reside; and 3) the bottom layer, the hypodermis, where the fat and more connective tissue are located. Small cells called melanocytes, which create a pigment called melanin, create the color of the skin. These cells are in this deepest skin layer.[4]

According to Heather Brannon, MD, healthy skin has four characteristics: 1) even color, 2) smooth texture, 3) hydration, and 4) normal sensations.[5]

Even skin color is one major factor that determines attractiveness – not the color of the skin but the health

of the skin. As the skin ages, evenness of color fades. [6] Sun damage leads to age spots, sometimes called “liver spots,”[7] which appear on the top layer of skin, starting at about age forty when human skin growth starts to slow.[8] Liver spots are flat and brown, bigger than freckles usually, and are often found on face, arms, back, and feet on the skin most exposed to the sun.[9]

Healthy skin is smooth skin, but not perfectly smooth. Normal healthy skin has irregular elements like hair follicles and pores and tiny valleys that connect between peaks. The important factor is that these mountains and valleys in the skin’s surface are consistent throughout. In contrast, unhealthy skin will not be consistent but show, for example, bumps, blackheads and whiteheads, acne, scars, and wrinkles.[10]

Healthy skin is also hydrated skin. Consuming one half of body weight in ounces of pure water every day has been recommended to keep the body, including the skin, hydrated. When the body is dehydrated, consequently, skin becomes dry. The normal function of skin is to shed skin cells constantly, but dehydration causes too many dead skin cells at the same time, which can leave the skin looking flaky and/or scaly.[11]

Healthy skin feels normal sensations. The normal condition is that skin is forgotten; that is, we never think about it unless we are looking in the mirror. In the abnormal condition, out of the ordinary feelings like itching, burning, stinging, pulling, or tightness may occur.[12]

When skin ages, smoothness is lost. Along with age spots, skin tags may appear. Described as small raised growths that are usually flesh colored, they can appear on the chest and along the eyelids and in body folds like armpits and groin. Both age spots and skin tags are harmless.[13]

Not harmless, however, is skin cancer. Three types of skin cancer exist: basal cell carcinoma, squamous cell carcinoma, and melanoma. The first two, the carcinomas, grow slowly and rarely spread to other parts of the body; however, melanoma is very dangerous because it can spread to other organs. Skin cancer is quite common in the United States and anyone can get it. However, those with fair skin and freckles are at higher risk.[14]

The National Institutes of Health list five warning signals for potential skin cancer in moles, birthmarks, or other parts of the skin. These signals are easy to memorize. Remember ABCDE: A for asymmetry or that one side of the growth looks different from the other side; B for borders that are irregular; C for color changes or more than one color; D for diameter greater than the size of a pencil eraser; and E for evolving, meaning that growth changes in size, shape, or symptoms, such as itching, tenderness, bleeding, or shades of color changes.[15] If anyone notices any of these conditions, see a doctor immediately.

Ageing skin also thins and becomes more fragile. Due to degradation in the blood vessels of the circulatory system with ageing, the skin bruises and tears more easily and takes longer to heal after trauma.[16]

Ageing skin also appears looser because of fat loss in the hypodermis or deepest layer of skin. Fine lines begin to appear in the thirties to forties, eventually giving way to full-blown wrinkles. Since the skin becomes less elastic as it ages, drooping and sagging occur in eyebrows, eyelids, and jawline, creating jowls and double chins. The cause of the drooping and sagging comes from overexposure to damaging rays of the sun. These

rays damage the elastin, which damage results in the skin’s inability to bounce back to its normal condition after it has been stretched.[17]

Causes of ageing skin other than those mentioned above are dry air, smoking, feeling stress, loss of sweat and oil glands (common in ageing), health problems like diabetes and kidney disease, and use of certain medications, which may leave the skin itchy. Scratching may cause irritation and potential bleeding, which in turn can lead to infection. Using too much soap, antiperspirant, or perfume, or taking hot, as opposed to warm water, baths may aggravate ageing skin conditions.[18]

The thing to remember is the appearance of overall wellness depends on having healthy-looking skin.

Can you achieve more youthful skin? Talk about your particular situation with your doctor.



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“The hair is the richest ornament of women.”^[1]

- Martin Luther

He fell in love with her hair. A young Marine, recently home from a tour of duty in the South Pacific, was sitting at the drug store counter when he saw those long, luscious locks cascading down her back. Later that year, they married.

The woman described above was in her early twenties, so her hair was at its peak of health. Not only did it serve to protect her head and keep her body temperature steady,^[2] but it had also served as a rich ornament that had captured the attention of this handsome young Marine.

Hair is made of a robust protein called keratin. Although rates of growth in different people vary, as a rule, hair grows about one half inch per month. It also grows in three cycles: 1) the growth phase, which lasts two to six years or longer, 2) the transition phase, which lasts several years, during which growth slows and the hair follicles shrink, and 3) the resting phase, which lasts only about three months. During this final phase, the hair stops growing and detaches from the follicle. New hair begins growing and pushes the old hair out.^[3] On average, humans normally lose about one hundred hairs per day.^[4]

Healthy hair is thick hair. From infancy to puberty hair density thickens. The reason it appears thick is that hair

grows in follicular units, or tiny little groups, not as single strands. Each unit can consist of one to four hairs.^[5] These units also have nerves, blood vessels, and a small muscle, which helps hairs stand on end when the occasion calls. The entire unit is encased in collagen. Since hair thickens from infancy to puberty,^[6] our twenty-something young woman with the long, luscious locks was right in the “thickness zone.”

As ageing occurs from puberty onward, however, hair thins both in density and individual strand thickness.^[7] Hair loss occurs, along with a slowdown in the rate of growth. Moreover, many follicles stop producing any strands at all, and hair strands, themselves, also decrease in diameter.^[8]

As the human body ages, the elements, mainly hormones and enzymes that influence healthy hair growth, diminish. Some might lose hair, not only on the scalp, but also on the rest of the body. This condition caused by ageing is known as senile alopecia.^[9] While age is a factor in hair loss, so also is gender.

Some men, for instance, can show signs of baldness starting in the thirties and can be bald by the sixties.^[10] In general, men lose hair starting in the front, then moving to the top and crown. This type of hair loss leaves a horseshoe pattern of remaining hair around the sides and back of the head.^[11] The cause is hereditary, coming from both the male and female lines, and is brought on by the action of a hormone called dihydrotestosterone (DHT).^[12] The name of this condition is male-pattern baldness or alopecia. Another change that men may experience is that while hair is disappearing from the top of the head, hair becomes longer and coarser

in eyebrows, ears, and nose.^[13]

Women lose hair differently. Hair tends to thin throughout, but the female-pattern alopecia leaves hair in the front intact.^[14] Other changes women might experience as they age is that facial hair may become coarser on the chin and upper lip.^[15] Loss of hair in women, as with men's hair loss, is also the result of hormones – two types of estrogen, estrone and estradiol, primarily. A loss of estrogen means a loss of hair. Conversely, when estrogen levels are high, hair density thickens. For example, some women experience a fuller head of hair in pregnancy, since an increase in estrogen slows hair shedding.^[16]

In women several factors cause hair loss. Medical causes might relate to disease, age, or hormone influences. Medications can also be a major influence of hair status. ^[17]

Medical causes include obstetric and gynecological conditions known as post partum and post menopause. Hormones change drastically after giving birth. Some women experience depression at this time but also can experience hair loss. After menopause, of course, hormones are depleted, which causes hair loss. Other medical causes include anemia, over-active or under-active thyroid, autoimmune diseases like Lupus, poor diet or dieting, severe infection or fungal infection of the scalp, and severe stress from surgery, anesthetics, or emotional upset.^[18]^[19]

Types of medications that cause hair loss are as follows: blood thinners, seizure medications, medications for gout, blood pressure medications, medications to lower cho-

lesterol, mood altering drugs, thyroid medications, some oral contraceptives, miscellaneous diet pills, high dose vitamin A, and street drugs. Also, treatments for cancer, chemotherapy and radiation therapy, are known to cause hair loss.^[20]

The thing to remember is that you want your hair to be your richest ornament.

Can you have more youthful hair? Speak with your physician about your particular situation.



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“With trembling fingers, I trace her jawline, such a geometric mystery of celestial design.”^[1]

– J.R. HAYES

A heavenly jawline! Few quotes or lyrics, like the one above, offer visions of jawlines designed by God. Generally, they are not discussed much at all. When they are, they are characterized as nice, beautiful, sharp, strong, craggy, or chiseled, but most of those descriptors refer to male jawlines. Rosario Dawson, speaking of her strong female jawline, characterized it as manly.^[2] Some even offer jawline exercises to get that “chiseled” look. As regards females with strong jawlines, Olivia Wilde, Angelina Jolie, Scarlett Johansson, Natalie Portman, and Jennifer Anniston are some of the top vote getters.

Did you notice in the list of strong female jawlines, there wasn’t one single mention of Judy Dench, Betty White, or Angelica Houston?

Medical professionals, who specialize in ageing related to the face, divide the face into three sections: 1) the upper third, consisting of the forehead and the brows; 2) the middle third, consisting of the nose, eyes, and lips; 3) and the lower third, consisting of the chin, jawline, and neck. Major factors in the ageing process relate to effects of gravity, structural changes, loss of skin elasticity, and redistribution of the fat underneath the skin. All combine to change the appearance of the face.^[3]

What happens to a jawline as it ages?

The foundation of the jawline is the underlying bone

structure.^[4] As we age, our jawlines lose some definition^[5] because our bones lose some of their density. Moreover, the angle of the lower jaw is reduced, according to a study published in the Plastic and Reconstructive Surgery January 2011 issue.^[6] According to Dr. Robert Shaw Jr. at the University of Rochester Medical Center, “A nice, strong jawline is something people see as youthful, but as you get older the angle gets more blunted.”^[7]



The mechanism that keeps our bones regenerating themselves are active cells called osteoclasts and osteoblasts. The osteoclasts break down old bone and the osteoblasts synergize new bone. Dr. Shaw states that as we age, the creation of new bone doesn’t work as well, which means that more is taken away than is put back. Thus, we lose the bone density we had when we were young.^[8]

Dr. Phillip Haeck, President of the American Society of Plastic Surgeons, identifies factors other than bone loss that spur the changes in our faces, as we get older. One

of these is the volume loss of soft tissue.^[9] Due to loss of skin elasticity and redistribution of fat underneath the skin, the jawline sags, creating a double chin, and the skin underneath the jawline loses the battle with gravity, giving way to what is called turkey neck. Jowls, or pockets of fat that have dropped below the jawline on either side of the corners of the mouth, appear, and occasionally cobblestone skin or lumps appear under the skin’s surface on the chin.^[10]

A NICE, STRONG JAWLINE IS SOMETHING PEOPLE SEE AS YOUTHFUL, BUT AS YOU GET OLDER THE ANGLE GETS MORE BLUNTED.

According to Joe Niamtu III DMD, when the sagging occurs on either side of the corners of the mouth, the corners of the mouth turn down, giving the appearance of a sad or angry look.^[11] No one considers this change pleasing.

The ages at which these changes occur in the lower face vary. The sagging of the skin along the jawline and the jowls usually appear in the late forties and early fifties, become more pronounced beginning in the sixties, and grow even more pronounced the older we get. A crease, known technically as the bucco-mandibular^[12] crease (located above the lower jaw), can appear as early as the late thirties and then elevate in the years beyond.^[13]

The causes of ageing are many. Genetics usually play a role, along with external factors like overexposure to sun.^[14] Even if we are careful about protection from the sun, to appear more youthful, some may visit tanning beds, which can be just as harmful as sun exposure.^[15] The ageing process is also influenced by other factors. As we age, our hormones change and may become unbalanced. Lastly, external factors, over which sometimes we have little control or choose not to control, can include disease, mental stress, drug abuse, work habits, and diet.^[16]

The thing to remember as you age is that you want to be your best self, the youngest self you can be. Your jawline should be as heavenly as possible.

Can you have a more youthful jawline? Discuss your particular situation with your doctor.

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“The regenerative medicine revolution is upon us. Like iron and steel to the industrial revolution, like the microchip to the tech revolution, stem cells will be the driving force of this next revolution.”^[1]

– Cade Hildreth

Advisory Board of The Regenerative Outcomes Foundation

The concept of regenerative medicine traces back to ancient civilizations like Sumeria, Egypt, China, India, and South America, but one story from Greek mythology illustrates well the concept of the body regenerating itself.^[2]

The myth recounted goes like this: Titan God Prometheus angers Zeus by stealing fire from Mount Olympus to help mankind. As punishment, Zeus banishes Prometheus to the Carpathian Mountains, where he is chained to a rock and tortured by the eagle, Ethos. Every night Ethos comes to pick at Prometheus's liver, but since Prometheus is immortal, his liver (Greek for “to repair oneself”) regenerates itself every day, and he must undergo the same torture every night for 30,000 years. Interestingly, the liver is the only organ in the body that can regenerate itself after injury.^[3]

In the modern era, science has developed new ways to regenerate tissues and organs. Surgeons can graft skin, implant artificial hips, and transplant organs (kidneys,

lungs, liver, pancreas, heart, and bone marrow).^[4] Discoveries in regenerative medicine have led to research in cell therapy, namely stem cell therapy.

What is regenerative medicine?

“Regenerative medicine is a distinct major advancement in medical treatment which is based on the principles of stem cell technology and tissue engineering in order to replace or regenerate human tissues and organs and restore their functions.”^[5]

Today, we are on the cutting edge of stem cell treatment for all kinds of medical purposes. This little-known field of research is offering valuable solutions for treating acute injuries, chronic diseases, and congenital malformations.^[6]

What is a Stem Cell?

A stem cell is a blank cell that is fully capable of differentiating itself and becoming another type of cell.^[7] To illustrate, stem cells implanted into the macula, or retina at the back of the eye, become healthy ocular cells that replace damaged ones. When the cells in the macula have been damaged, a condition known as Macular Degeneration is the diagnosis, which means that sufferers have little to no central vision, and even peripheral vision can be affected. As a result, they are also diagnosed as legally blind. Consequently, they can no longer drive and have difficulty reading and navigating in unfamiliar surroundings because they cannot see what's immediately in front of them. When successful stem cell therapy is conducted, however, think of what that means to the recipient!

Doug Oliver of Nashville, Tennessee, is one such person. After having stem cell therapy to correct his Macular Degeneration, he proudly stated, “My vision is restored to the level I had 20 years ago.” Doug says that

his vision is not perfect but he can do things now that he hadn't been able to do in years – things like driving again, running, reading, and fixing things around the house.^[8]

As a result of Tennessee Senator Lamar Alexander's hearing his story, Doug was invited to Washington D.C. to share his experience with the Senate Health Committee. He was instrumental in helping members of Congress as they worked on the 21st Century Cures Act, which was signed into law by Barack Obama in 2016. The act provides \$6.3 billion for spurring game-changing medical breakthroughs.^[9] Now, Doug has found a way to help others in his position. He is the founder of the Regenerative Outcomes Foundation, an organization that “supports and strengthens patient access to safe, timely, and effective regenerative medical technology and treatments.”^[10]

What Is the Role of the Stem Cell?

The role of the stem cell is to replace or repair damaged tissues or cells in the body. Our bodies do this naturally. Stem cells are like a little built in repair system.^[11]

Types of Stem Cells and Their Uses

Two types of stem cells have been under study for regenerative purposes: embryonic and adult stem cells. The benefit of using adult stem cells is that they already exist in the adult human body.^[12] For instance, Doug Oliver's stem cells came from the bone marrow of his hip.^[13] Because they are already in residence in the adult body, they are not likely to engender immune

system reactions. Conversely, embryonic stem cells are native to embryos thus tend to cause tumors and immune system reactions when used in adults.^[14] Using adult stem cells also satisfies ethical standards in medicine.

Stem cell therapy has been very successful in treating all manner of diseases: 1) cancers, among them numerous carcinomas, lymphomas, and sarcomas; cancers of the brain, eyes, skin, and male and female sex organs, etc. 2) auto-immune diseases, like Type I Diabetes, Lupus, Crohn's Disease, several types of arthritis, Multiple Sclerosis, and Alopecia Universalis; 3) cardiovascular problems, like Acute Heart Damage and Chronic Coronary Artery Disease; 4) ocular conditions, like corneal regeneration; 5) three types of immunodeficiency; 6) neural degenerative disease and injuries, like Parkinson's, spinal cord injury, and stroke damage; 7) anemia and other blood conditions; 8) wounds and injuries; 9) metabolic disorders; and 10) liver and bladder disease.^[15]

Dr. Michael Rudnicki states, “We are entering a new era. More and more, we are going to see regenerative medicine use cellular and molecular tools to treat devastating diseases with no current therapy.”^[16] Stem cell therapy provides hope for the future for many who have had no hope of a cure.

If you are interested in pursuing regenerative treatment through stem cell therapy, speak with your doctor about your specific situation.

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“Nearly all inventions are not recognized for their positive side ... when they’re made...But we got all sorts of things from a laser which we never remotely imagined, and we’re still finding things for a laser to do.”^[1]

– Robert Winston

What is a laser?

LASER is an acronym for Light Amplification by the Stimulated Emission of Radiation.[2] A laser is “a device that transfers light of various frequencies into an extremely intense, small, and nearly nondivergent beam of monochromatic radiation...”[3] Laser beams can be red, green, blue, and violet, even invisible in some cases, such as ultraviolet and infrared spectrums.[4]

We use lasers for pointing at objects in presentations, aligning materials at construction sites and at home, playing audio and video with CD and DVD players, scanning barcodes, guiding tools[5] or guiding missiles to their targets. But we also use them in medical applications, for instance for drilling and whitening teeth and treating gum disease in dentistry, for correction of near- and far-sightedness and astigmatism and for removing cataracts and treating diabetic retinopathy[6] in ophthalmology, and for removing hair and wrinkles, moles, warts, sunspots, tattoos, birthmarks, scars, etc. in aesthetics.[7]

The first ruby laser was invented in 1960 by Leon Gold-

man, who is now considered the “Father of Laser Medicine.” Goldman first demonstrated that lasers had application for skin therapy by removing melanomas (skin cancer) and port wine stain birthmarks. Goldman, the first to treat skin disease, developed a plethora of uses for the laser in dermatology and found that lasers could be used to cut skin and cauterize blood vessels at the same time.[8]

Another use for lasers was invented in 1961 by Charles J. Campbell, when he used a ruby laser to treat a patient with a detached retina. Since then, argon or green color spectrum lasers have also been found to treat detached retinas.[9] Moreover, an ultraviolet laser was found to be able to reshape the cornea, the thin colorless covering of the eye, to correct vision.[10]

The benefits for using lasers are that the beam of light is so small and precise that problems can be treated without hurting the surrounding area, they pose no threat to patients or medical teams, and recovery time is faster.[11] Moreover, selective photothermolysis has as its goal to remove or destroy tissue only in targeted regions. Selectivity is handled by shortening pulse duration, thereby exposing the tissue only to short bursts of energy. This is one of the techniques that is the mechanism which limits damage to healthy surrounding tissue.[12] Three considerations regulate laser surgical performance: pulse structure (length of pulse duration), radiant exposure (amount of thermal radiation hitting a given surface)[13], and wavelength. The laser expert controls the spread of energy from the laser by tuning the laser wavelength to match varying tissues that absorb energy differently.[14]

Two ways of using lasers for medical application are as follows: 1) Low level laser therapy (LLLT), uses low levels of power for therapeutic and/or stimulating skin treatments. 2) YAG, CO₂ and Diode lasers use higher levels of power for surgery to cut, coagulate, and vaporize.[15]

Medical research has found and continues to find many uses for lasers. To get a piece of the laser profit pie, marketers have even provided ways of using lasers or light therapy devices for hair removal at home. But is this wise?

The National Laser Institute provides a few interesting comparisons: Laser technology in at-home devices is different from those used for treatment by professionals. Firstly, at-home devices are not as powerful as those used by professionals.[16] F. Victor Ruecki, MD writes, “One home unit has an energy output of 7 joules. My in-office unit has one up to 1000 joules.”[17] Moreover, home devices may not even be lasers but intense pulsed light (IPL); however, safety is a concern even with IPLs. Ruecki says, “Even though the IPLs [have] extremely low wavelengths, at home IPL devices, in my opinion, are excessively dangerous because untrained people use them, and in most cases, overuse them, and burn themselves.”[18]

Secondly, pre-treatment must be considered. With an at-home system, it is up to the user to be educated about types of lasers, about precautions to take before and after treatment, and about knowing what interactions with medications the user might be taking. On the other hand, a professional has been trained to check the client's suitability, set expectations for treatment, and serve as a guide through the process.[19] Harold J. Kaplan, MD states that the suitability of certain skin types and colors to one type of laser is not the same.[20] A trained professional will know the difference and know what laser to use for differing skin types.

Thirdly, one must think about ease of treatment. Some parts of the body are not easy to reach, and large areas may take time to cover. With a professional in charge, all areas can be covered with ease, and quickly because of the more suitable and powerful equipment used.[21]

Lastly, safety should be a high priority. While at-home devices may have simplified technology, which make damaging the skin more difficult, professionals have been trained regarding safety requirements and best practices. A professional is prepared to manage any hazards and risks while treatment is delivered and advise on any side effects should they occur.[22]

Consider one other problem with using in-home devices. Leyda Elizabeth Bowes, MD warns that unexpected increase in hair growth may happen at times when low energy devices are used for hair removal,[23] which is exactly the opposite effect of the desired goal.

Kenneth B. Hughes, MD advises, “Go to a medical advisor and have a professional treatment done. Home laser devices [are] low in energy, so you will never see any result unless [you’re] zapping your skin day and night. You will see a much faster and longer lasting result doing an IPL/YAG/Laser hair removal when going to a physician's office.”[24]

The thing to remember is that you want your laser treatment to be as safe and effective as possible.

Can you find a trained professional who specializes in safe, effective laser treatments?

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“Love is the emblem of eternity; it confounds all notion of time, effaces all memory of a beginning, all fear of an end.”^[1]

— Germaine De Stael

You sneeze. This sneeze took you completely by surprise. You did not plan to sneeze, so you are not prepared. You have worn no protection, and now you need a change of clothing.

You know the feeling. Once you realize that you cannot keep from sneezing, you tighten the muscles, the Kegel muscles to be exact, but the inevitable still happens, and you are left recovering from what may be a disaster, depending on your location.

Many women experience embarrassing moments like the one described above. They happen occasionally and maybe even frequently. If you are a woman and have had this happen to you, consider that this experience, technically known as urinary incontinence, might be only one of several symptoms related to something very important to you and your partner – your sexual intimacy. This little inconvenience, and associated symptoms, may even affect your quality of life, your self-image, and your relationship with your partner.^[2]

Vaginal atrophy happens to all women as they age. Atrophy is the term related to symptoms of the aging vagina and is defined as a wasting away or diminution.^[3] In perimenopause, the period before women completely stop their monthly cycles, some women may begin noticing symptoms of atrophy. In menopause, when women's bodies no longer release eggs and they stop having monthly cycles, the signs can be more pronounced.

Symptoms women may experience can include vaginal dryness, vaginal burning, spotting after intercourse, pain during intercourse, pain or burning with urination, more frequent urinary tract infections, and urinary incontinence or involuntary leaking, as in the opening scenario.^[4]

What causes these symptoms? As women age, levels of estrogen decline, which leads to the thinning of the tissues and a decline in or lack of moisture inside the vagina, the narrowing of the vaginal opening, the thinning of the lining of the bladder, and the thinning of the external skin of the female genitals, including the labia, the clitoris, and the entrance to the vagina.^{[5][6]}

**URINARY INCONTINENCE,
MIGHT BE ONLY ONE OF
SEVERAL SYMPTOMS
RELATED TO SOMETHING
VERY IMPORTANT TO YOU
AND YOUR PARTNER –
YOUR SEXUAL INTIMACY.**

The important thing to remember is that having sexual relations with your partner is very important, not only because of the relationship it enhances between you, but also because it improves blood flow and lubrication of the vagina, in addition to keeping the opening of the vagina from narrowing. Active sexual relations can be one of several factors that slow atrophy, keeping you younger, longer.



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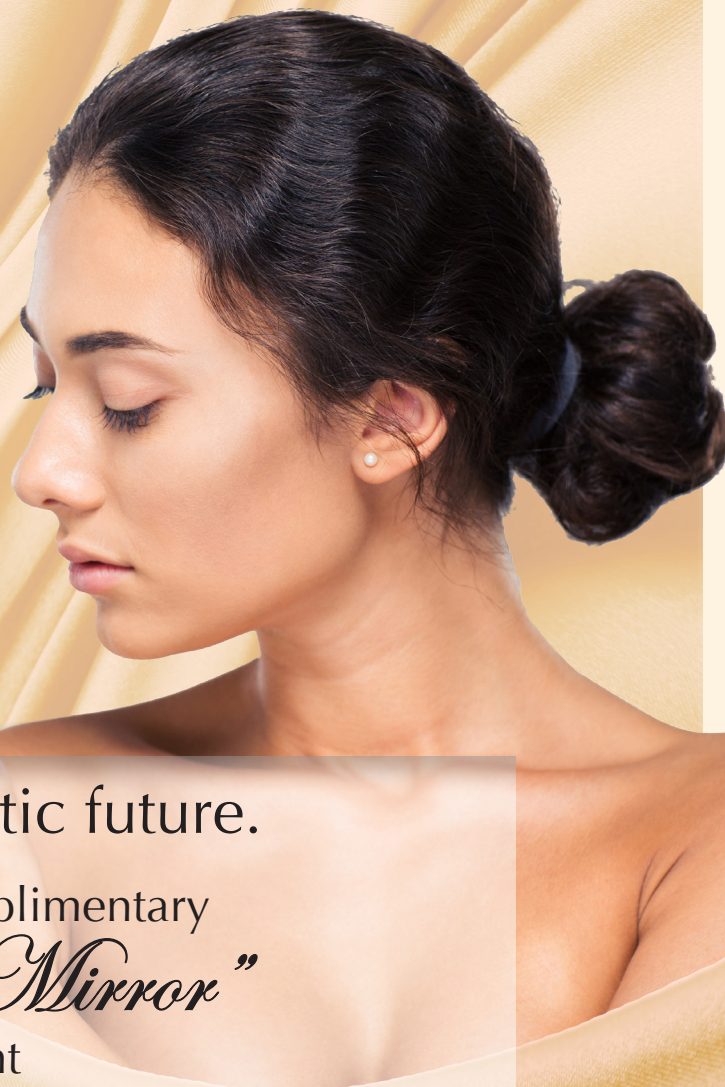
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