

# The Wellness Medical Center

## Founder and Managing Director, Serafina Corsello, M.D.



“Healing begins from within, when we recognize and acknowledge the interplay of body, mind and spirit.”

### **DR. SERAFINA CORSELLO**

#### **Treatment Programs**

#### **Anti-Aging Medicine**

Innovative Ideal Weight Management  
Natural Hormonal Replacement Therapy  
IV Nutrient Therapy/Toxic Metal Chelation Therapy  
OrthoMolecular Evaluation  
Nutritional / Lifestyle Counseling  
Stress Management  
Biofeedback  
Acupuncture

### **Stay Young, Stay Centered by Serafina Corsello, M.D.**

**Youthfulness** is not only a question of vanity, but a question of survival. In a world that has become increasingly more complex, we need to use our resources to maintain the youthfulness that allows us not only to feel good and look good, but maintain a sense of power over our immune system.

**Anti-aging medicine** is very well aware of the fact that when a person has vitality and youthfulness it means that the biological age - the true age on a cellular level - is much lower than the chronological one. Regardless of the date on our birth certificate, we can be either much younger or much older, depending upon

what we do to accomplish the goal of anti-aging. At a time when our population is becoming chronologically older, it behooves us to remain biologically younger through anti-aging methods

Anti-aging begins in the **gut**. The intestine is the site of a very powerful immune system - GALT (gut associated lymphatic tissue) and MALT (mucosal associated lymphatic tissue). These are immunological stations that process the toxins and infective agents that inevitably enter through our mouth into the intestinal tract. To help these defenses maintain their power one needs to keep the intestine clean and healthy with good nutrients.

The next important aspect of anti-aging is **attitude**. It is well known that a positive attitude - the glass "half full" syndrome - is one of the most powerful ways of enhancing the efficacy of our immune system. Negative attitudes lower our "resistance" to infections. Regardless of which theory of aging one ascribes to, aging takes place when the deterioration of our system is promoted by an excessive amount of free radicals. **Free radicals** are molecules that lack an electron in the outer layer of their structure and go in search of electrons to rebalance. In so doing they damage many other cellular structures.

Free radicals are produced every time we are exposed to toxins, infections and stress. Free radicals are also the way the body defends itself against infections. So, one cannot consider life without these molecules. It is important, however, that free radicals are contained and serve our needs, because when they go out of control they cause 'oxidative stress' This is the worst form of free radical damage.

The body is endowed with internal antioxidant defenses which are depleted during chronic stress, poor eating habits and by harmful lifestyle practices. To compensate, one needs to regain balance and reduce oxidative stress. Intake of antioxidants is part of the remedy.

**Hormonal balance** is also necessary to obtain youthfulness. The male and female sex hormones are not only for making babies, but also for maintaining muscle tone, mental acuity and vitality. Therefore, complete and proper hormonal balance is essential. DHEA (dehydroepiandrosterone), a hormone generated by the adrenal glands in both men and women, is a very important anti-aging hormone. Growth hormone is another important component in this campaign to stay young and strong. DHEA, relaxation training and exercise all stimulate growth hormones.

There is a whole school of thought regarding natural hormonal intervention, to which I ascribe, that promotes using hormones from herbal sources - phytotherapy.

These plant-based hormones are much gentler, very effective and more akin to our **own** hormonal structure. At our **Center** we use blood and urinary tests to determine what a person's levels are, while looking at the clinical picture. These two factors in combination determine the appropriate intervention.

In summary, to maintain youthfulness one needs:

To keep the bowels clean and add good quality probiotics, such as lactobacillus acidophilus. These gut defensive bacteria are destroyed by antibiotics, improper eating and stress.

Maintain a joyous attitude. When this is not possible, one needs to seek professional assistance. Meditation, biofeedback and relaxation training are among the methods most often used.

Maintain proper body mass with activities such as body stretching, yoga or any exercise that one finds enjoyable and is able to participate in.

Take adequate amount of antioxidants such as Vitamin E, Glutathione, Lipoic Acid, Vitamin C and even more sophisticated ones such as described in my book "***The Ageless Woman***" (available from ***Global Nutrition, 1-888-461-0949***).

Obtain proper hormonal balance. For this one needs the assistance of a physician who is well versed in natural hormonal therapy, since conventional hormonal replacement therapy has been implicated in breast and uterine cancer. This combined approach has kept untold numbers of patients young and well, enjoying the benefits of the feast of true anti-aging.