

IMCAS

International Master Course on Aging Skin
All the Leading Subjects on Aging Skin Treatments, Aesthetic Surgery, & More...

11th Annual Meeting

January 8 • 9 • 10 • 11

2009

F I N A L A N N O U N C E M E N T

CONFERENCE PLACE
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PARIS



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SCIENTIFIC SECRETARIES

Olivier GERBAULT, Plastic Surgeon, France - Anne LE PILLOUER, Dermatologist, France

FACULTY

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BOTTI Giovanni, Plastic Surgeon, ITALY
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BUI Patrick, Plastic Surgeon, FRANCE
BURGET Gary, Plastic Surgeon, USA
CADIC Philippe, MD, FRANCE
CARRAWAY James, Plastic Surgeon, USA
CARTIER Hugues, Dermatologist, FRANCE
CASOLI Vincent, Plastic Surgeon, FRANCE
CASSUTO Daniel, Plastic Surgeon, ITALY
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MALHOTRA Raman, Ophthalmologist, UK
MANSTEIN Dieter, Dermatologist, USA
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MITZ Vladimir, Plastic Surgeon, FRANCE
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AGERUP Bengt, Industry, SWEDEN
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BOS Gilles, Industry, SWITZERLAND
BRONES Laurent, Industry, FRANCE
CANAVAN David, Industry, USA
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CZERNIELEWISKI Janusz, Industry, FRANCE

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GHISLAIN Jean Claude, Legalcy Analyst, FRANCE
OFER Dov, Industry, ISRAEL
PYOTT David, Industry, USA
SCHUPAK Patrick, Industry, SPAIN
WIENER Paul, Industry, USA

NEW DEVICES, RESEARCH & DEVELOPMENT, SYMPOSIA

AZAR Zion, Industry, ISRAEL
BERKOWITZ Joshua, MD, UK
BOLESZAVSKY Tomas, Industry, CZECH REPUBLIC
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COHEN Bill, Industry, USA
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FAGUIOLI Nicola, Industry, IRELAND
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WASSMER Benjamin, Industry, FRANCE
WEIDMANN Michael, Dermatologist, GERMANY

POSTERS & E-PAPERS

ASCHERMAN Jeffrey, Plastic Surgeon, USA
BAK Hana, Dermatologist, SOUTH KOREA
BOGDANOWICZ Patrick, Research, FRANCE
BOISNIC Sylvie, Dermatologist, FRANCE
COHEN Sarit, MD, ISRAEL
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ZENKER Sabine, Dermatologist, GERMANY

E - P A P E R S E S S I O N (second part)

During the conference, the Internet Center will be displaying the whole panel of e-papers. Delegates will be able to constantly browse the catalogue and directly ask questions to the authors through their personal email.

E-PAPER NUMBER	PRACTITIONER	TOPIC
EP804	Franck LANDAT	Facial rejuvenation and contouring with a lasting polyacrylamide hydrogel
EP667	Moshe LAPIDOTH	Airgent®, a new treatment modality for immediate derma enhancement and long term skin remodeling: preliminary results
EP809	Juan Pedro LAPUENTE	Resonant cavitation treatment of lipodistrophy results of the multicentric research with 150 patients
EP662	Hector LEAL SILVA	Focused ultrasound lipo-sculpting measured by MRI
EP638	Ju Hee LEE	Treatment of infraorbital dark circles by autologous fat transplantation: a pilot study
EP772	Paul LORENC	Extrusion force pressures of commonly used dermal filler products
EP778	Fernando MARTINEZ	MLS: a safe and efficient method of lipolysis
EP672	Stephen MULHOLLAND	Skin rejuvenation using selective amplification of the sunlight's spectrum with fluorescent therapeutic material (FTM): a novel approach to photorejuvenation
EP673	Stephen MULHOLLAND	Laser lipolysis and subdermal lasers tightening: the role of lasers in adipocyte management subsurfacing in a aesthetic plastic surgery practice
EP797	Michelle PELLETIER	Fat reduction and skin tightening using RF technology: clinical experience
EP955	Andy PICKETT	Counterfeit botulinum toxins: a serious risk to patient safety
EP956	Andy PICKETT	Diffusion of Type A botulinum toxin in vivo is not related to the size of the toxin complex
EP975	Herve RASPALDO	Comparative trial of a cohesive hyaluronic acid filler formulated with and without lidocaine: evaluation of longevity
EP650	Kai REZAI	Radiofrequency therapy for non-invasive skin tightening
EP985	Michel ROUIF	"Under cutaneous" skin suture in aesthetic surgery with the stapler insorb®
EP754	Neil SADICK	A study to determine the effect of combination blue light (415nm) and near infrared (830nm) on moderate to severe acne vulgaris
EP767	Neil SADICK	An open label, split face study comparing the safety and efficacy of Levulan® Kerastick® (aminolevulonic acid) plus a 532nm KTP laser to a 532nm KTP laser alone for the treatment of moderate facial acne
EP773	Neil SADICK	A study examining the treatment of hand Photodamage with the Fraxel® SR laser system
EP951	Rieke SMIT	Dark circles under the eyes
EP660	Donghye SUH	Platelet rich plasma treatment by RegenKit® for treatment of facial wrinkle in Asian skin
EP974	Fulvio VANNINI	Use of low frequency ultrasound devices for treating localized fat
EP934	Zdenko VIZINTIN	Full spectrum tattoo removal laser system
EP744	Danny VLEGGGAAR	Facial skeleton and beauty
EP616	Pramod VORA	Detoxification and intracellular nutrition in anti-aging
EP806	Michael WEIDMANN	Possibilities of cellulite treatment with phosphatidylcholine
EP805	Michael WEIDMANN	Experience with a new subdermal hyaluronic acid
EP972	Woo Jin YUN	Eccrine hidrocystoma of Robinson type improved with IPL
EP937	Sabine ZENKER	Airgent® subdermal minimal surgery (SMS)
EP938	Sabine ZENKER	Treating chloasma - a new dermatological approach?

IMCAS India

International Master Course on Aging Skin

2008
December 1-2

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With the official support of the :
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ABSTRACT BOOKLET



All the Leading Subjects on Aging Skin Treatments, Aesthetic Surgery and More...


IMCAS
International Master Course on Aging Skin

Download the updated program and the registration form on

 www.imcas.com



COURSE DIRECTOR

Benjamin ASCHER



is a Board Certified Plastic Surgeon, Lecturer and Clinical Assistant at the Paris Academy - France. He directs the "Clinique of Aesthetic Surgery IENA" in Paris since 1995. Being the founder of IMCAS congresses, he is its Scientific Director. IMCAS is the world leader in medical conferences dealing with the interface between Plastic Surgery and Cosmetic Dermatology. He works extensively on research and clinical studies. He was the Director of the first University volumetry unit, at the Henri Mondor University Hospital center in Paris. He is in daily practice with all the updated aesthetic surgery procedures as well as cosmetic botulinum toxin, fillers, facial & body volumetric implants, suspending threads & body contouring. He is a member of the French Society for Aesthetic, Plastic and Reconstructive Surgery (SOCPRE) and of the French Society of Aesthetic & Plastic Surgeons (SOFCEP).

COURSE COORDINATORS



Daniel CASSUTO

is a Board Certified Plastic Surgeon from Italy.

Main activities: • Plastic and esthetic Surgery / private practice in Milano, Italy • Professor of Plastic and Reconstructive Surgery / Plastic Surgery Department, University of Catania, Italy.

Associations & Memberships:

• European Association for Esthetic Surgery-ASSECE • International Academy of Aesthetic Plastic Surgery • American Society for Laser Medicine and Surgery • Canadian Laser Aesthetic Surgery Society • European Medical Laser Association • European Vascular Laser Association • European Society of Laser Aesthetic Surgery • European Society of Laser Dermatology • Mediterranean Burn Conference • Indian Association of Aesthetic Laser Surgery • Società Italiana di Flebologia • Gruppo Italiano di Studio per la Flebologia Estetica • Aesthetic Buyers' Guide. Scientific publications and presentations: 143.

Consultant for: Galderma, Johnson & Johnson, Esthélis, Lasering, Asclepion, Eufoton, Syneron, Perf-Action, Derma Care



Anil GANJOO

is a Board Certified Dermatologist from India. Sr. Consultant Dermatologist and Laser Surgeon practicing in north and northwest Delhi. Did M.B.B.S from Govt. Medical College, Srinagar • M.D. from DMC Ludhiana • Dermatological Fellowship from Mumbai. Special areas of interest: Laser and cosmetic skin surgeries and Biofibre hair implantation. Past secretary and vice president of IADVL, Delhi - Formerly President of IADVL, Delhi • Has set up his own specialized laser center in north Delhi • Has been the visiting dermatologist to the President of India, Prof. Abdul Kalam • Is consultant to many prestigious hospitals like the Institute of Nuclear Medicine And Sciences, Delhi • Running one of the best and most well-known laser centre in the country • Has over 2000 laser surgeries to his credit • Has been a speaker at a number of national and international conferences • Was joint secretary/ chairman of the cultural committee of Dermacon 2005.



Neeta PATEL

is a Board Certified Plastic Surgeon from India since the last 11 years. She received her training in general surgery and plastic surgery from the Bombay University and did a fellowship thereafter at the tata Memorial Hospital and cancer Research centre for a year in reconstructive microsurgery. She has been practicing both Reconstructive as well as Aesthetic Surgery since then.

She is a member of the Association of Plastic Surgeons of India, of the Indian Association of Aesthetic Plastic Surgery and of the International Society of Aesthetic Plastic Surgery.

She contributed academically by writing articles in the Aesthetic Plastic Surgery journal and has conducted and organised several workshops and meetings in Aesthetic Surgery in India.

She is regularly invited as a guest speaker to several International meetings of reknown scientific societies.

SCIENTIFIC SECRETARIES

Manoj JOHAR

is a certified Senior Consultant Plastic Surgeon based at New Delhi, India. He is the Departmental Co-ordinator at FORTIS HOSPITAL, Noida where he does General, Reconstructive, Microvascular and Aesthetic Plastic Surgery. He is also the Promotor Director of AXIS LASER TECHNIQUES, New Delhi, an Aesthetic and Laser Surgery Practice since 2000, performing all updated aesthetic procedures with Lasers and others, including Botulinum, Fillers, Threads, etc. He is a Member of the Association of Plastic Surgeons of India, and Indian Association of Aesthetic Plastic Surgeons. He is also a past Member of the American Society of Lasers in Medicine and Surgery and one of the Founder Members of The Indian Association of Aesthetic Lasers in Medicine and Surgery. He is regularly invited as a Guest Speaker and Faculty in various national and international meetings of repute.



Moshe LAPIDOTH

is a Board Certified Dermatologist from Israel. He is the Head, Laser Unit Senior Physician, Department of Dermatology, Rabin Medical Center, Israel from 1997 and also Tel-Aviv University, Sackler school of medicine.

He has been Associate Editor for Journal of Cosmetic and Laser Therapy in 2006 and for Journal of Cutaneous and Aesthetic Surgery in 2007.

He graduated from Hebrew University- Hadassah School of Medicine and from Israel Specialty Boards in Dermatology, and obtained Master's Degree in Public Health from Hadassah School of Medicine, Jerusalem. He is a member of various Dermatology and Cosmetology specialist groups such as American Academy of Dermatology and European Society for Laser Dermatology (ESLD).

He is the author of 27 original articles, several case reports and review articles in the field of dermatology in various international journals. He has also contributed with chapters in 2 textbooks such as a chapter on "Laser treatment in dermatology: Cosmetic applications" in Handbook of Cosmetic Skin Care. He has also presented various papers at international scientific meetings and conferences.

Guest Speakers

SCIENTIFIC COMMITTEE

AHUJA Rajeev, Plastic Surgeon, INDIA
DHAMI Lakshyajit, Plastic Surgeon, INDIA
DHEPE Niteen, Dermatologist, INDIA
KHAZANCHI Rakesh, Plastic Surgeon, INDIA
KUMAR Lokesh, Plastic Surgeon, INDIA
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NAIK Milind, Oculoplastic Surgeon, INDIA
RAMACHANDRAN K, Plastic Surgeon, INDIA

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DELMAR Henry, Plastic Surgeon, FRANCE
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DESHPANDE Bipin, Dermatologist, INDIA
DHIRENDRAKUMAR Patil, Plastic Surgeon, INDIA
GARITO Jon, Industry, USA
GUPTA Suresh, Plastic Surgeon, INDIA
HALABI Ahmad, Plastic Surgeon, FRANCE
KALRA Rakesh, Plastic Surgeon, INDIA
KHAN Umar, Plastic Surgeon, UK
KHANNA Manoj, Plastic Surgeon, INDIA
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KOHLI Malavika, Dermatologist, INDIA
LUTHRA Amit, Dermatologist, INDIA
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PAUL Malcolm, Plastic Surgeon, USA
PRAKASH Jeya, Plastic Surgeon, UK
RAJPUT Rajesh, Plastic Surgeon, INDIA
ROSCHER Marc, Dermatologist, SOUTH AFRICA
RZANY Berthold, Dermatologist, GERMANY
SACHDEV Mukta, Dermatologist, INDIA
SATTUR Sandeep, Plastic Surgeon, INDIA
SAVANT Satish, Dermatologist, INDIA
SHAH Munish, Plastic Surgeon, INDIA
SHARAD Jaishree, Dermatologist, INDIA
SHARMA Devansh, Plastic Surgeon, INDIA
SHELKOVITZ Tzachi, Dermatologist, ISRAEL
SHETTY Rashmi, MD, INDIA
SINGH Kuldeep, Plastic Surgeon, INDIA
SIRKA Chandra, Dermatologist, INDIA
VEDAMURTHY Maya, Dermatologist, INDIA
VON FINCKENSTEIN Joachim, Plastic Surgeon, GERMANY
VORA Pramod, MD, INDIA
ZAKINE Gilbert, Plastic Surgeon, FRANCE

CONTRIBUTING LECTURES, POSTERS & E-PAPERS

AGARWAL Madhuri, Dermatologist, INDIA
CHAWAN Chandrashekhar, Ocularist, INDIA
CHHABRA Chiranjiv, Dermatologist, INDIA
CHITTORIA Ravi Kumar, Plastic Surgeon, INDIA
FRIEDLI Andre, Dermatologist, SWITZERLAND
KAPLAN Haim, Plastic Surgeon, ISRAEL
KIM Jung-Wook, Dermatologist, SOUTH KOREA
LAHIRY Anup Kumar, Dermatologist, INDIA
MITTAL Rachna, Dermatologist, INDIA
OH Sang Ha, Plastic Surgeon, SOUTH KOREA
PATIL Sharmila, Dermatologist, INDIA
PATIL Uddhav, Plastic Surgeon, INDIA
RABOEBEE Noufal, Dermatologist, SOUTH AFRICA
SZEIMES Rolf, Dermatologist, INDIA
TREACY Patrick, MD, IRELAND

SYMPOSIUM & LIVE DEMOS

PAUL Munish, Dermatologist, INDIA
NARYAN Raj, Dermatologist, INDIA

Tuesday 2 December 2008

8.30 am - 1 pm

ROOM 1

8.30 to 9.30 AM - SESSION 16

Contributing lectures:
Medicine - Face

CO-CHAIRS: Niteen DHEPE & Marc ROSCHER

- Randomised split face trial of 2 fractionalised laser resurfacing lasers for treatment of photoageing *Patrick TREACY*
- Pixelated erbium laser for acne scars and rejuvenation..... *Jaishree SHARAD*
- Laser treatment for acne scars *Munish SHAH*
- Managing facial melanosis..... *Nina MADNANI*
- Tacrolimus 0,03% in facial vitiligo: a definite role..... *Sharmila PATIL*
- Ethnic and cultural consideration for use of botulinum toxin *Andre FRIEDLI*
- BTX A for the reduction of crow's feet, glabellar and forehead rhytides *Rachna MITTAL*
- Micropigmentation - Medical tattooing *Chandrashekhar CHAWAN*
- Indications and effective lasers in Indian skintype..... *Sharad MUTALIK*

9.30 to 10.30 AM - SESSION 17

Melasma & facial hyperpigmentation disorders

CO-CHAIRS: Moshe LAPIDOTH & Sharad MUTALIK

- How to optimize the results with laser treatments *Niteen DHEPE*
- Laser In Melasma - why I would not use it! *Manoj JOHAR*
- Laser: when does it work ?..... *Daniel CASSUTO*
- Melasma and facial melanosis: the ongoing dilemma..... *Mukta SACHDEV*

11 AM to 12 PM - SESSION 18

Cellulitis & lipodistrophy: protocol for Indian vs Caucasian

CHAIR: Ahmed NOR EL DIN

- US - PPC - RF rollers comparison..... *Benjamin ASCHER*
- Mesotherapy Indian approach *Lokesh KUMAR*
- Injection lipolysis *Malavika KOHLI*
- PPC update *Ahmed NOR EL DIN*

12 to 1 PM - SESSION 5

Fractional ablative & non ablative: What really works?

CHAIR: Daniel CASSUTO

- Pigmented lesions & fractional resurfacing non ablative laser *L. DHAMI*
- Ablative fractional overview *Daniel CASSUTO*
- Non ablative fractional modes overview *Moshe LAPIDOTH*
- Fractional Er Yag laser in Indian skin *Niteen DHEPE*

ROOM 2

8.30 to 9.30 AM - SESSION 21

Breast remodeling: Reduction & mastopexy

CO-CHAIRS: Eric AUCLAIR & Rakesh Kumar KHAZANCHI

- Remodeling technique..... *Kulwant BHANGOO*
- Antirotaion system for anatomical implant *Eric AUCLAIR*
- Nipple plasty with or without threads *Malcolm PAUL*
- Lateral quadrant skin contraction and nipple displacements in horizontal plane *Umar KHAN*

9.30 to 10.30 AM - SESSION 22

Breast augmentation update

CO-CHAIRS: Suresh GUPTA & Neeta PATEL

- Simple tool for assessing breast volume..... *Ashish DAVALBHAKTA*
- Implant vs fatgrafting *Joachim VON FINCKENSTEIN*
- Asymetric vs symetric implants *Bernard MOLE*
- Lipofilling & mammary implant combination..... *Eric AUCLAIR*

11 AM to 12 PM - SESSION 23

Abdominoplasty: Short scars

CHAIR: Joachim VON FINCKENSTEIN

- The principle anatomy of the abdomen *Ahmad HALABI*
- Short scar abdominoplasty..... *Kulwant BHANGOO*
- Short scars do not always mean better results *J. VON FINCKENSTEIN*
- High tension abdominoplasty - the evolution..... *Bernard MOLE*

12 to 1 PM - SESSION 24

Fat injection for the body & face

CHAIR: Kulwant BHANGHOO

- Facial lipofilling: an update.....*Gilbert ZAKINE*
- Presentation of good and bad clinical cases, followed by a round table discussion *Henry DELMAR, Joachim VON FINCKENSTEIN*

ROOM 3

8.30 to 9.30 AM - SESSION 26

Contributing lectures:
Surgery - Face

CO-CHAIRS: Ahmad HALABI & Lokesh KUMAR

- Minimally invasive periorbital aesthetic surgery: tips from an ophtalmic plastic surgeon..... *Milind NAIK*
- The anophtalmic socket: implants, prothesis and aesthetics *Savari DESAI*
- Aesthetic smile beyond the teeth *Devansh SHARMA*
- Hair transplant..... *K. RAMACHANDRAN*
- Salvage of artificial hair transplanted MPB victims by natural hair transplantation - the Egyptian experience *Ahmed NOR EL DIN*
- Surgical approaches to stable vitiligo *Satish SAVANT*

9.30 to 10.30 AM - SESSION 27

Anti-aging

CHAIR: Pramod VORA

- A study on aging skin in Indians - it is different? *Niti KHUNGER*
- Evaluation of an ageing face *Neeta PATEL*
- Glow factor..... *Nina MADNANI*
- Detoxification and intracellular nutrition..... *Pramod VORA*

11 AM to 12 PM - SESSION 28

Cosmetic dermatology PEARLS

CHAIR: Amit LUTHRA

- Cream program skin care..... *Malavika KOHLI*
- Complications of cosmetic dermatology in skin of colour *Mukta SACHDEV*
- Subcision: an overview *Tzachi SHELKOVITZ*
- Minigraft grafting: an office procedure for lipvitiligo..... *Chandra SIRKA*
- Off label application of fractional CO2 laser..... *Marc ROSCHER*

12 to 1 PM - SESSION 29

Hypopigmentation disorders & update - Practical approach

CHAIR: Satish SAVANT

- Targeted phototherapy for vitiligo..... *Moshe LAPIDOTH*
- Cynoacrylate lamination technique for vitiligo at difficult site *Niteen DHEPE*
- Surgery: a practical approach..... *Munish SHAH*
- Vitiligo Surgery at Difficult Sites..... *Niti KHUNGER*

ROOM 4

9.30 to 10.30 AM - SESSION 32

Marketing

CHAIR: Jon GARITO

- Setting up a cosmetic dermatological clinic in India *Mukta SACHDEV*
- A physician's guide to developing medical devices..... *Jon GARITO*
- Beauty parlour nightmares..... *Nina MADNANI*

Detoxification and Intracellular Nutrition in Anti-Aging Skin

by
Pramod Vora, Holistic Educator & Natural Health Counselor to Doctors
E-mail: consult2008@space-age.com
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at

*IMCAS, Agra, India – December 01st & 02nd, 2008
and*

IMCAS, Paris – January 08th to 11th, 2009

*International Master Course on
Anti-aging Skin*

SpaceAge[®]

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Your Quest For Anti-aging Ends Here !

Detoxification & Intracellular Nutrition in Anti-aging Skin

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**for IMCAS, Agra (December 01st, 02nd, 2008) and
for IMCAS, Paris (January 08th to 11th, 2009)**

Anti-aging Medicine has so far centered around surgical intervention (Plastic Surgery) or dermatological (Cosmetic) procedures to create an anti-aging effect. This is actually an illusion, as the body and its organs continue to age unabated with corresponding deterioration in overall performance of the body.

Today, we will take a journey well past this cosmetic illusion of anti-aging, to natural approach of servicing and repairing various organs of the body to create a healthy glowing skin; remove dark spots and irregular pigmentation; and even lighten the complexion by a few noticeable shades to create an almost permanent effect of youth and vitality. This is unmistakably perceived by the beholder and also experienced by the subject.

These natural techniques are fully complementary to mainstream anti-aging medicine and can serve as both pre and post treatment procedures to help enhance and maintain the good effects of both surgical intervention and dermatological procedures being discussed in this Master Course in anti-aging.

We will also review clinical studies supported by pathological evaluation of various organs of the body to prove beyond all doubt the capability of this science to anti-age the body and achieve longevity well beyond a 100 years of age, coupled with aesthetic and cosmetic changes.

Today, we will go through three basic steps to anti-aging the skin:

- A) Detoxification;**
- B) Intracellular Nutrition;**
- C) CosmeNutricials - Intracellular Nutrition in Cosmetics.**

A) Detoxification of the main excretory organs like Colon, Kidneys, Lungs and Skin; (the supporting organ Liver and Blood)

Most cosmetic problems and skin discoloration (pigmentation) are due to the inefficient working of the main excretory organs like the colon and kidneys. The toxins accumulated, due to the poor functioning of these main excretory organs, then try to excrete through the skin, which is not designed for and hence incapable of handling such large toxic loads. Skin discoloration (pigmentation) spots soon develop. A good detoxification procedure based on Herbology is used to bring the main excretory organs to peak functioning and to remove toxins accumulating under the skin. The improved functioning of these organs can be evaluated through pathological tests.

Detoxification helps to not only remove skin discoloration spots but can also lighten the skin by quite a few shades. A healthy glow is created all over the body and especially on the face making the person look years younger than their physical age.

The human body is also like a “machine”. It has various parts that need to be periodically serviced and repaired, in order to maintain the body in perfect working condition for more than one hundred years.

The foundation of anti-aging and longevity rests upon cleaning out the colon, kidneys, liver, lungs and blood of toxic waste build up and servicing and repairing these vital organs. Keeping the excretory organs of the body like the colon, kidneys, lungs and the skin working at peak efficiency will ensure minimal toxic build up within the body and is the secret of anti-aging.

To understand this concept of servicing and repairing of organs, we need to understand how to properly evaluate the functioning of these organs by standard pathological tests, to judge if these organs are now working at peak efficiency and capacity as are found at youthful levels. This requires us to read and interpret the results of these Standard Pathological Tests in an entirely different manner commensurate with our goal of anti-aging.

To give an example, let us take 3 commonly used parameters: Creatinine, Blood Urea Nitrogen (BUN) and Serum Uric Acid to evaluate the functioning of the kidneys.

Renal Function Tests	* Standard Reference Range & Units
Serum Creatinine	0.5 to 1.5 mg/dL
Blood Urea Nitrogen (BUN)	4.5 to 21.0 mg/dL
Serum Uric Acid	3.6 to 8.2 mg/dL

* Correlate with Clinical Symptoms

Table 1 – Standard Reference Ranges for Renal Function

In order to maintain the body in a state of perfect health and to achieve longevity, we now need to define a concept called **Optimum Values** which are those values that are found in perfectly healthy young people. The goal of anti-aging should be to maintain these healthy Optimum Values for more than 100 years during the life of a person.

Renal Function Test	Optimum Value & Units	Standard Reference Range & Units	Remarks
Serum Creatinine	0.8 mg/dL	0.5 to 1.5 mg/dL	For good elimination of Toxins through Kidneys
Blood Urea Nitrogen (BUN)	12.0 mg/dL	4.5 to 21.0 mg/dL	To prevent Kidney failure / disease
Serum Uric Acid	5.0 mg/dL	3.6 to 8.2 mg/dL	To help reduce skin discoloration

Table 2 - Sample of some Optimum Values for Perfect Health

A good herbal detoxification process of the kidneys should help a fairly healthy person, to change his or her kidney profile to closely match the values given under the Optimum Value column. These are the values that form the standard for **Anti-Aging Pathology**.

Table 3 below gives a case study of a patient from our center whose renal profile was improved with herbal detoxification program and intracellular nutrition.

Patient particulars: Female, Age: 39, Height: 5ft 3 in., Weight: 74.36 Kg., Fat = 42.5% (++) , BP = 107 / 71, Pulse = 67, Diet: Meat Eater (Ref:BD)			
Renal Profile	# Std. Ref. Range	* 10/12/2007	** 12/03/2007
Blood Urea Nitrogen (BUN)	4.5 to 21.0 mg/dL	17.0 mg/dL	11.0 mg/dL
Serum Uric Acid	3.6 to 8.2 mg/dL	4.3 mg/dL	4.0 mg/dL
Creatinine	0.5 to 1.5 mg/dL	1.0 mg/dL	0.6 mg/dL
Serum Total Proteins	6.4 to 8.3 g/dL	8.70 g/dL	7.6 g/dL
Serum Albumin	3.4 to 4.8 g/dL	5.4 g/dL	4.9 g/dL
# Correlate with Clinical Symptoms			
Note: 8 weeks Detoxification program was started on 15 th of October 2007			
* Before starting Detoxification.			
** After 7 weeks of Whole Body Detoxification			

Table 3 - Case Study No. 1

A similar analysis can be done for the liver using standard pathological tests and evolving the optimum value standard to return the liver functions back to healthy youthful levels.

Here is a list of some of the optimum values that can be achieved for the liver after an elaborate detoxification process.

Liver Function Tests	Optimum Value & Units	Standard Reference Range & Units	Remarks
Serum Bilirubin (Total)	0.8 mg/dL	upto 1.5 mg/dL	Improved Liver function and Toxin neutralization
SGPT (ALT) serum	20 to 24 U/L	0 to 48 U/L	Improved Liver function and Toxin neutralization
SGOT (AST) serum	15 to 20 U/L	5 to 42U/L	Improved Liver function and Toxin neutralization
GGPT (Gamma GT) serum	20 to 30 U/L	12 to 64 U/L	Improved Liver function and Toxin neutralization

Table 4 - Sample of some Optimum Values after Liver Detoxification

So today, we have correlated detoxification to pathology and now we are in a position to return the body back to healthy youthful levels found in young people. This, obviously, would be the first step to anti-aging the skin and its periodic monitoring.

Here is a clinical study done at our Health Center:

Patient particulars: Female, Age: 38, Ht: 5ft 2 in., Wt: 69.36 Kg., Fat = 39% (++) , BP = 94 / 69, Pulse = 72, Diet: Meat Eater (Ref:Kh-D)		
Liver Function Tests	* 04/19/2003	** 04/23/2005
Total Bilirubin	0.8 mg/dL	0.3 mg/dL
Direct Bilirubin	0.1 mg/dL	0.1 mg/dL
Indirect Bilirubin	0.7 mg/dL	0.2 mg/dL
SGPT (ALT)	52 IU/L	20 IU/L
SGOT (AST)	24 IU/L	22 IU/L
GGTP (Gamma GT)	28 IU/L	12 IU/L
Note: 2 nd round of 8 Week Herbal Detoxification was started in March 2005		
* Prior to any Detoxification		
** After 8 weeks of Whole Body Detoxification Program.		

Table 5 - Case Study No. 2

This would be the first step to having a youthful, healthy glowing skin without any discolouration.

B) Intracellular Nutrition

Here, I would like to discuss the use of **Intracellular Nutrition** to repair and rejuvenate the various organs of the body including the skin.

To achieve this, we must look at nutrition. Not just any old nutrition, but intracellular nutrition and the ability to check and correct nutritional deficiencies in a matter of a few weeks or months. This nutrition, should allow us to repair the organs of the body, like say the skin for instance. The concept of this science and the word **Orthomolecular Medicine** was coined by the **Nobel Laureate Linus Pauling** in 1968 about 40 years back.

To understand how and why this has to be done, let me explain a few important factors.

1. With the over cultivation of the land and the consequent falling nutritional value of the soil and hence of the food we eat, the human body has during the last 50 years progressively become malnourished. This has given rise to chronic ailments of all types. A method must be found to correct this deficiency in a very short span of time – few weeks or a few months. For info: www.space-age.com/nutri-farm-seminar.doc
2. To achieve this
 - a) One must be able to administer nutrition in an organic form in therapeutic doses. Prophylactic doses presently available at the local Pharmacy, Chemist or Health Food Store cannot however find any use here.
 - b) The doses administered must reach intracellular levels i.e. the center of the cell where nutrition is really required, not just the serum level as most prophylactic nutritional doses do. For info: www.space-age.com/Multivitamin-FAQs.doc

To achieve this, one must have at ones' command two technologies:

- 1) a capacity to alter cell membrane permeability; and
- 2) a carrier mechanism to carry nutrition to the center of the cell where it is required.

Let me explain the need for this in more simple terms.

Imagine, a time few hundred years ago, a soldier on horseback with a sword in his hand outside the thick walls of a Fort. By himself, the soldier will not be able to penetrate the thick walls of the fort. Now imagine canon balls being fired at the thick walls of the fort. These canon balls will soon create an opening in the walls of the fort through which the soldier will now be able to enter the fort.

The canon balls have changed the permeability of the walls of the fort. The horse is the carrier mechanism to help carry the soldier inside the fort. The soldier is the nutrition.

Orthomolecular Nutrition when equipped with cell membrane permeability altering capabilities and further equipped with a carrier mechanism to easily carry the nutrition inside the cell to its center is the basis of intracellular nutrition.

For info: www.space-age.com/Multivitamin-FAQs.doc

Now, we couple this with Therapeutic Doses of Nutrition, which when correctly administered in a synergetic manner at intracellular levels, help to repair the skin with a fair degree of accuracy.

When we combine detoxification and intracellular nutrition we can truly achieve anti-aging in a very gentle and natural manner. The whole body will uniformly undergo anti-aging and will not only look but will also feel years younger. With dedicated effort will stay that way for years to come, perhaps well past the age of one hundred years.

The face will look years younger, and the complexion lightens. Dark patches on the skin can be removed or considerably lightened. This is the concept of **Beauty Inside Out**. 80% of the focus of the treatment must be inside the Body and the balance 20% must be in the form of topical treatment. This kind of treatment would have effects that will maintain over a longer period of time. Topical treatment with intracellular penetration, can also be now added to rejuvenate the skin and tighten it, reduce the wrinkles and create an instant face lift. Combining the capabilities of intracellular nutrition with Cosmetics results in a new concept called **CosmeNutricials**. For more information visit: www.CosmeNutricials.com

Going inside the body to cleanse the major excretory organs like the colon and kidneys will reduce the toxic load on the skin. Dark patches and skin discoloration can be greatly reduced and / or removed with ease. If the insides of the body are not clean, no amount of topical applications and cleaning procedures will really be effective in the long run. The severity of pimples and acne can also be reduced by proper detoxification and cleansing the body from inside. This is the basis of **Beauty Inside Out and Natural Aesthetics**.

Prescription strength therapeutic doses of nutrition are administered either orally or topically and are designed to alter cell wall membrane permeability to carry nutrition to the center of the cell where it is really required.

The result of intracellular nutrition is very dramatic. People with deathly pale skin, due to low hemoglobin and serum iron, can be given a rich red glowing look and the ferritin levels can be brought towards the upper limits of the standard pathological reference range within a few weeks.

Table 6 below gives Anemia Profile with Standard Reference Range and Optimum Values to help achieve that healthy red glowing skin.

Anemia Profile	Std. Ref. Range	Optimum Values
Hemoglobin	F: 11.5 to 15.0 g/dL M: 12.5 to 17.0 g/dL	F: 14.0 g/dL M: 16.0 g/dL
Serum Iron	35 to 150 µg/dL	100 µg/dL
Ferritin	F: 10 to 291 ng/mL M: 22 to 322 ng/mL	F: 200 ng/mL M: 250 ng/mL
TIBC	250 to 450 µg/dL	350 µg/dL
Transferrin Saturation	14 to 50 %	25 - 30 %

Table 6 - Anemia Profile with Optimum Values

Table 7 below gives a Clinical Study of a patient with persistently low hemoglobin levels for the past few years which was corrected with therapeutic doses of Intracellular Organic Iron and B-Complex supplements.

Patient particulars: Female, Age: 37 years, Height: 5ft. 5 inches, Weight: 70.6 Kg., Diet: Meat Eater (Ref:NA)			
	*2000-2003	# 10/03/2003	## 12/09/2003
Hemoglobin	7.7 g/dL (Average value)	10.5 g/dL	11.8 g/dL
Detoxification		Whole Body	Whole Body
Intracellular Nutritional Therapy		Prescription Strength Organic Iron + B - Complex (Forte)	
*Patient had low levels of Hemoglobin for a few years before Detoxification in spite of continuous Iron supplementation including Ferrous Sulfate, and other Ferrous preparations.			
* Before Detoxification. Detoxification was started in July 2003.			
# After 12 weeks of Whole Body Detoxification + Intracellular Nutrition.			
## After 20 weeks of Whole Body Detoxification + Intracellular Nutrition.			
## Result: Hemoglobin Level was successfully raised within 20 weeks of whole body detoxification and intracellular therapeutic doses of Organic Iron and B-Complex supplements.			

Table 7 - Case Study No. 3 for Rich Red Glowing Skin

Intracellular nutrition also finds topical application in the form of Gels to revitalize the skin, repair it, remove wrinkles, and tighten it to give a natural face lift. As we all know, nutrition is the foundation of a healthy skin and the ability to formulate topical nutrition with intracellular penetration is the secret to naturally anti-aging the skin and repairing it.

C) CosmeNutricials - Intracellular Nutrition in Cosmetics

Cosmetics which used to be totally synthetic just a decade back have progressively moved in recent times towards addition of natural ingredients like Herbs and Aromatherapy Oils to a base of synthetic chemicals.

The last few years has seen a growing number of cosmetics on the market place with Vitamins and Antioxidants added to their chemical base called Cosmeceuticals. But the technology to change the permeability of the cell membrane and to efficiently carry nutrition to the center of the cell, where it is most required and to extract the toxins from within the cells was so far non-existent. The result was that, these cosmetics did not show dramatic results, when used even for prolonged periods of time. Cosmetics continued to be a business of gorgeous packaging and expert marketing aimed at luring the consumer.

Today, the business of gorgeous packaging and alluring marketing in cosmetics is being fast replaced by new products called CosmeNutricials where nutrition and antioxidants impede and repair the damage to aging skin cells. This results in the skin becoming soft, radiant, flexible and younger looking with a healthy glow. CosmeNutricials, the next generation of technology to cosmeceuticals.

CosmeNutricials are formulated by combining the knowledge of Orthomolecular Medicine (term coined by Nobel Laureate Linus Pauling way back in 1968) with natural ingredient based cosmetics in line with **Western Herbology** and **Aromatherapy**. This has helped to further the concept of cosmeceuticals to the next level of sophistication where nutrition can be easily carried to the inside of the cell and toxins simultaneously removed from within with great ease by altering the cell membrane permeability.

CosmeNutricials are *totally natural and so safe that you can even eat them*. Their base and other ingredients are totally natural. They are made from Organic Components classified as Herbal Dietary and Nutritional Supplements - No dangerous chemicals with side effects are used in their formulation.

The science and art of CosmeNutricials guarantees a fabulous skin into the forties, fifties, sixties, seventies and beyond. Even a 90 year old skin can show dramatic results right after the first few treatments. The hardened skin and sagging face of an eighty year old can be made to look ten to fifteen years younger with a taut and supple skin which may rival that of a fifty year old. This is an **Instant Face Lift** and **Reverse Aging** in reality - a goal now within the grasp of any motivated person in the privacy of their own home and at their own pace.

CosmeNutricials have shown us the best way to keep the aging process at bay, especially for Professionals whose careers depend upon their looks. Aging is caused by Intrinsic and Extrinsic factors. Intrinsic factors are passage of time. Extrinsic factors are pollution, chemicals, harsh soaps, detergents, shampoos, and cosmetics based on chemicals. All these take their toll with unabated Free Radical Damage of the skins cells which ultimately causes premature aging. Synthetic Hormonal pollution emanating from the presence of Petrochemical products in our modern world is the prime cause of dry and aging skin today.

An inherent limitation especially of Brown skin - which scars easily and develops uneven pigmentation, is easily avoided. As a matter of fact irregular pigmentation and dark spots can be reduced with ease.

Here I would like to mention the use of:

- (1) **Ester C - Fat soluble Vitamin C;**
 - (2) **Alpha Lipoic Acid;**
 - (3) **DMAE - Dimethylaminoethanol; and**
 - (4) **Alpha & Beta Hydroxy Acid**
- to repair and rejuvenate the skin to give that instantaneous face lift.

- (1) **Ester C** helps in the treatment of skin in the following manner:
 - (a) Fine lines and wrinkles even on severely sun damaged skin.
 - (b) Helps simulate the growth of fibroblasts cells that produce collagen and elastin in human skin. By boosting collagen production, sagging skin can be made firm once again for a more youthful appearance.
 - (c) Sunburned, inflamed and irritated skin can be calmed down.
- (2) **Alpha Lipoic Acid** which is both water and fat soluble helps us in the following manner:
 - (a) Works to improve the overall appearance of the skin and make it look fabulous by reducing lines and wrinkles, under eye bags and puffiness, enlarged pores and acne scars.
- (3) **DMAE** - for that instantaneous anti-aging face lift
 - (a) Helps boost antioxidant activity to reduce free radical damage.
 - (b) Helps firm the skin on the face and whole body - legs and arms for instance.
 - (c) Helps reduce fine lines around the lips.
 - (d) Helps give fullness to thin lips and to make them attractive.
- (4) **Alpha and Beta Hydroxy Acids** are powerful antioxidants which help in the following manner:
 - (a) Repair and rejuvenate rough, dry skin with fine lines.
 - (b) Remove uneven pigmentation and age-spots.

Two of the most popular Alpha Hydroxy Acids are derived from food. Lactic Acid is derived from milk and Glycolic acid is derived from sugarcane. Glycolic acid helps exfoliate the skin, removing the dead cells to give the skin a younger appearance.

The legendary Queen Cleopatra used milk baths (containing lactic acid) to give a glow to her beautiful skin.

Prescription strength formulations can be made using a natural base like Aloe Vera Gel by adding Antioxidants like Ester C, Alpha Lipoic acid, DMAE, Alpha & Beta Hydroxy acids and fortifying the same with Intracellular nutrients to achieve our goal of anti-aging skin.

Summary

To have a beautiful skin and youthful glowing face and body for the rest of your life, one needs to understand the concept of **Beauty Inside Out!** Simply put, you cannot have a beautiful skin if the inside of your body is full of toxins and the various organs and systems of the body are not functioning in unison with each other.

To have a beautiful skin, eighty percent of our focus should therefore be inside the body to get it properly detoxified and to remove any nutritional / hormonal imbalances. The balance twenty percent focus should be on topical treatment through the use of CosmeNutriticals.

Combining the science of CosmeNutriticals with the science of Herbal Detoxification and Rejuvenation will result in the Reverse Aging of the Body and Skin.

Detoxification and intracellular nutrition will form the basic foundation for true anti-aging of the skin and the body. A Holistic approach is used to treat the body using orthomolecular medicine with intracellular nutrition and western herbology to help anti-age the skin and body.

These natural treatments we have discussed today are complementary to mainstream medical treatments and can serve as both pre or post treatment procedures and also help in enhancing and maintaining the good effects of the surgical and dermatological procedures that are being discussed in this Master Course in Anti-aging.

For the complete text of this presentation please visit:
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I am giving these website links to download and study this information for those of our colleagues who could not attend to this Tutorial due to pressing emergencies at their own Clinics. Please feel free to pass on or e-mail this information to anybody who will benefit from this information.

Thank you for your patience and giving me this opportunity to talk to you today.

I am truly honored to be invited to speak to you today.

Namaste!

by
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Holistic Educator &
Natural Health Counselor to Doctors

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