

Dr. Smith Live

I have an incredible show for you tonight. We are going to focus on how to reverse your biological clock. Also we will be addressing the most common patient complaints. Lastly, we will be talking about stem cells and how to rejuvenate your body.

There are two ages: chronological age and physiological age. We cannot alter the chronological ages but we can reverse the physiological age by repairing the cells, tissues, and organs.

Most common Physical Complaints:

1. I just don't have the energy I use to have.

Ans. Possible remedies

- a. diet: eat more raw foods especially salads, raw juices, smoothies, sashimi and meats cooked medium rare. Consume more fresh fruits.
- b. Exercise regularly: cleanses the lymphatics, tissues, and organs of toxins and waste products.
- c. Check out your thyroid and adrenals.
- d. Constipation: Cleanse the colon.
- e. Take organic food grade supplements: vit. C, D₃, E, B-complex, Ribose
- f. Eliminate exposure to EMFs (electromagnetic fields): cell phones, wi-fi, etc.
- g. Check pH. Too acid lowers your oxygen levels
- h. Take organic, cold pressed oils: safflower, sunflower, and walnut.
- i. Hormone levels could be low: Thyroid, testosterone, and progesterone.

2. I am very stiff upon waking.

Ans. Take Zymessence regularly to dissolve scar tissue. Check your acid/base balance. Too acid lowers your oxygen levels. Fluoride causes deposition of calcium in soft tissues. Hypothyroid.

Take Betacol (liver detoxifier): it contains Wulzen, which is an anti-stiffness factor which will increase flexibility especially for arthritic patients. Possible constipation issue.

3. I have constant low back pains.

Ans. There are multiple causes:

- a. Muscle weakness due to a low thyroid.
- b. Vit. E deficiency: Standard Process Labs' Cataplex E made from green peas.
- c. Bite problem: If you have dentures, they may be worn down and loss of vertical height. Or a malocclusion or interference on a tooth or crown/cap.
- d. Cranial distortions especially the temporal bones. These bones have an interlink with the pelvic bones.
- e. Psoas muscle spasm due to kidney problems or you could have spasms of the internal pterygoid muscle due to a bite imbalance.
- f. Could have adrenal weakness causing low back pain.
- g. Could have muscle dysfunction of the temporalis muscles which relates to the quadratus lumborum muscles, which stabilizes the low back.
- h. Could have a sacroiliac weakness or SI joint problem.
- i. Constipation: reflex pain to the low back.
- j. Bulged or herniated disc.

4. My leg muscles cramp up during the night.

Ans. Real muscle cramps are due to calcium deficiency. Also a deficiency of magnesium, potassium, and vitamin E from green peas could cause muscle spasms and an underactive thyroid could also be the cause.

5. I have constant neck pain.

Ans.

- a. Could be a bite or malocclusion problem.
- b. Bulged or herniate disc.
- c. Lumbar subluxation or fixation affects upper cervical vertebrae - Lovett Brother Relationship.
- d. Cranial distortions
- e. Muscle strain.

6. I have insomnia.

Ans. Multiple causes:

- a. Too much exposure to blue light from the computer or television.
- b. Adrenal glands are too active.
- e. Hypothyroidism which causes the adrenals to become overactive.
- f. Too acidic: need more minerals in the diet.
- h. Intestinal toxicity.
- i. Essential fatty acid deficiency (omega 6 and omega 3).
- j. Hormone imbalance: estrogen dominant.
- k. Low level of melatonin.

7. My hair is thinning and it comes out in clumps when I brush.

Ans. Invariably it's an underactive thyroid that causes the hair to thin out and fall out. Other potential causes are:

- a. Anemia
- b. Too much sugar.
- c. Biotin deficiency
- d. Excess Dihydrotestosterone (DHT): DHT can link to receptors on hair follicles in your scalp, causing hair to grow out looking thinner and more brittle, as well as fall out faster. DHT can also make it take longer for your follicles to grow new hairs once old hairs fall out. Pumpkin seed oil blocks DHT; 400 milligrams of pumpkin seed oil every day for 24 weeks. Forskolin 11 to 12 afternoon increases energy. Progesterone prevents testosterone from converting into estrogen and Di Hydro Testosterone or DHT. (Estrogen becomes DHT much easier than Testosterone
- e. Deficiencies in B6 and B-12.
- f. Celiac disease is an autoimmune condition that causes digestive dysfunction in response to eating gluten, a protein commonly found in foods like bread, oats, and other grains. Hair loss is a symptom of this condition.
- g. Alopecia areata: autoimmune condition in which your body attacks the hair follicles on your head and elsewhere in your body.

h. Herbs to increase testosterone: ASHWAGANDHA, Horney Goat Weed, Forskolin, Maca Gold, Spirulina, Beet Root (HELPS IMPROVE BLOOD FLOW + ENHANCE SEXUAL FUNCTION), Tumeric, MORINGA OLEIFERA.

8. I experience frequent urination.

Ans. The bladder is controlled by a valve, which is nothing more than a sphincter of smooth muscle. Smooth muscle is controlled by the B-complex vitamins.

Cataplex B from Standard Process Labs

9. I lost my libido.

Ans. Both men and woman can experience this issue sometime in their life.

Studies show that about 33% of American women have low sex drive.

Common causes for a loss of sexual desire and drive in women include:

- **Interpersonal relationship issues.** Partner performance problems, lack of emotional satisfaction with the relationship, the birth of a child, and becoming a caregiver for a loved one can decrease sexual desire.
- **Sociocultural influences.** Job stress, peer pressure, and media images of sexuality can negatively influence sexual desire.
- **Low testosterone.** Testosterone affects sexual drive in both men and women. Testosterone levels peak in women's mid-20s and then steadily decline until menopause, when they drop dramatically.
- **Low progesterone:** Increases libido.
- **Medical problems:** Mental illnesses such as depression, or medical conditions, such as endometriosis, fibroids, and thyroid disorders, impact a woman's sexual drive both mentally and physically.
- **Medications:** Certain antidepressants (including the new generation of SSRIs - SSRIs (Prozac, Priligy, Lexapro, Paxil, and Zoloft) are usually the first choice medications for depression because they generally have fewer side effects than most other types of antidepressant), blood pressure lowering drugs, and oral contraceptives can lower sexual drive in many ways, such as decreasing available testosterone levels or affecting blood flow.

- **Age.** Blood levels of **androgens** fall continuously in women as they age.
Any natural or synthetic steroid hormone that regulates the development and maintenance of male characteristics in...

- In females, it is primarily due to reduced estrogen and testosterone levels and an increase in DHEA. Women who used hormonal birth control had a 40 percent increased risk of developing depression after six months compared to women who did not.

- Consuming high amounts of GMO unfermented soy can impair sexual function, causing loss of libido.

10. Loss of libido in men.

Ans. Low libido can sometimes be caused by a single factor but is more often related to multiple factors that each contribute in their own way. Among some of the more common causes are low testosterone, medications, depression, chronic illness, and stress. Progesterone keeps testosterone from converting to estrogen.

11. My skin is wrinkled and leathery.

Ans. A lack of essential oils (omega 6 and omega 3): Clinicians Preference. Hypothyroidism causes leathery skin. Progesterone prevents prematurely aging of the skin.

12. My doctor diagnosed me as having osteoporosis.

Ans. Hypothyroidism. Low progesterone (increase bone density).

13. I often get dizzy when I get up from a lying position.

Ans. This symptom is indicative of weak adrenal glands. The solution is to support the adrenals nutritionally with proteins, B-complex vitamins, minerals, essential fatty acids, and adaptogenic herbs like cordyceps, Reishi, Ashwagandha, Rhodiola and Schisandra.

14. As I age bright lights, fluorescents, and bright sunlight bothers my eyes.

Ans. This complaint is a sign of weak adrenals. When the adrenals are weak the pupils cannot accommodate to bright lights.

15. Why are my hands and feet always cold?

Ans. This symptom is indicative of an under active thyroid. The body shunts the blood away from the extremities to help keep the core organs warm.

16. Why do I gain weight even if I just look at food?

Ans. Weight gain most often is the result of low metabolism, which is due to hypothyroidism. Estrogen dominance due to low progesterone levels.

17. Why is my skin always itchy?

Ans. A lower metabolism results in a build up of wastes within the cells. Any time there is itchiness it is a symptom of toxicity and/or hypothyroid.

18. It seems the older I get the more mental fog I experience. Why?

Ans. When the thyroid gland decreases function, the brain cells work less efficiently. Low testosterone. Too acidic.

19. My allergist told me that my allergies are due to old age. Is that true?

Ans. No. When the liver gets congested and the thyroid decreases function, the body develops allergies. Certain chemicals like glyphosate can cause allergies. Essential fatty acid deficiency will cause food allergies.

20. Is apathy and depression a natural occurrence of aging?

Ans. No. It is a symptom of a hormone imbalance involving the thyroid, testosterone, and progesterone. Also a decrease in neurotransmitters, serotonin and dopamine can cause apathy and feeling the blues.

21. Now that I'm over sixty I have been getting more cavities in my teeth. Is this part of growing old?

Ans. No. Increase in tooth decay is due to a lower thyroid function.