

Healthy Aging Diet Newsletter

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Issue: # 91

October 2017



Physicians, Nurses & Nutritional Therapist

Greetings!

Are you sick and tired of being tired and sick? Isn't it time to lose those excess pounds & inches! Time to look and feel your best?

Try one of our Healthy Aging Diet Wellness & Weight Loss Plans! Go from a fat storing machine to a fat burning machine and lose an average of 15 pounds per month on our prescription HCG and Ketogenic diet!

Let our medical professionals help you get back on track and eat healthy for life! We can provide you with an individualized plan and the support you need to reach your goals!

Lose a Little or A Lot & Regain Your Health!

We will customize a Wellness and Weight Loss program just for you! Try one of our Healthy Aging Diet Weight Loss Programs and add support products like Rx HCG, LDN, Sermorelin, Oxytocin, and Lipotropics, B12, Vitamin & Mineral injections!

If you are looking to order **Metagenics medical food** professional products you can order the entire NonGMO line including their protein bars and shakes online just go to or CLICK

Here: www.healthyagingdiet.metagenics.com The password is HealthyAgingDiet! Get 20 % OFF your first online order and 10% OFF online orders after that!

We also have back in stock our original **Healthy Aging Diet protein shakes in chocolate and vanilla!** Due to cost increase, the price is \$49.95.

Please write a great review/testimonial on Yelp for us!! You will get a **FREE ThinnerG or Fat Burner shot!** But only if you have enjoyed our service or had great results! If you like us please tell the world but if you don't please tell only me! Thanks so much!

October Specials

Oxytocin with Chromium! Cuts the Appetite and Emotional Eating!

Purchase Rx Oxytocin sublingual tablets
(approx. 7 weeks depending on dosage)
ONLY \$149 Reg \$182 SAVE \$33

Initial HCG Weight Loss Appointment Coupon Special!

Includes: Initial Appointment with Doctor & Nutritional Therapist, BP, Body Comp, Weight, Measurements, HAD Workbook, Powershot (1- HCG weekly shot with B12) & 2 Follow-ups. (Follow-ups expire 60 days from initial appointment So USE Them!)
ONLY \$250 Reg \$360 SAVE \$110

PLUS SAVE \$28.50 - \$50 OFF!

Your first purchase of the 5ml HCG w/B12 (Dailies ONLY)

Reg \$227.50 ONLY \$199 SAVE \$28.50 OR

7.5ml HCG w/B12 Reg 341.25 ONLY \$291.25 SAVE \$50

HCG SPECIALS!

HCG NEW PURCHASE Options:

**ONE- 2500 (2-2.5 weeks depending on dose) Rx HCG with B12
Reg \$113.75**

**One- 5000 (4-5 weeks depending on dose) Rx HCG with B12
Reg \$227.50 ONLY \$210 SAVE \$17.50**

**One- 7500 (6.5-7.5 weeks depending on dose) Rx HCG with B12
Reg \$341.25 ONLY \$291.25 SAVE \$50**

(PLUS SHIPPING to home or FREE Ship to Clinic)

Initial Sermorelin Appointment

Includes: Lab test (we must know your IGF1 level), Appointment with Dr Mullen, Sermorelin Workbook, BP, Body Composition, Weight & Measurements.
REG \$249 ONLY \$199.95 SAVE \$50 plus

Second lab after 6 months and yearly after that
REG \$149 ONLY \$129 SAVE \$20

SERMORELIN Special

Purchase one 6ml Sermorelin
ONLY \$240 Reg \$270 SAVE \$30
OR purchase two 6ml Sermorelin
ONLY \$420 (\$210 each) Reg \$540 SAVE \$120!
(Shelf life good 1 year)
(Plus Shipping to home)

Testimonial Special!

Bring in or email your Weight Loss Testimonial with Before & After Pictures,
AND Receive one FREE Healthy Aging Diet Cookbook!
(\$25 value)

Rx Renewal Special!

Renew your prescriptions w/ Dr Mullen if it's been over a year
Includes: Body Comp, weight, measurements & BP.
Reg \$125 ONLY \$99 SAVE \$26
Add a 5ml HCG w/ B12 REG \$227.50 ONLY \$199 SAVE \$28.50!
OR 7.5 ml HCG w/B12 REG \$341.25 ONLY \$291.25 SAVE \$50

Injection Specials!

Choose Fat Burner OR ThinnerG injections!

\$30 each

OR SAVE \$51 & purchase package of 10 for \$249

Refer A Friend Special!

Refer a friend or loved one and YOU receive
one FREE Healthy Aging Diet Cookbook!

(\$25 value)

Rewards given after new client completes initial appointment.

Good October 1st thru October 31st 2017

Tacoma Clinic ONLY!

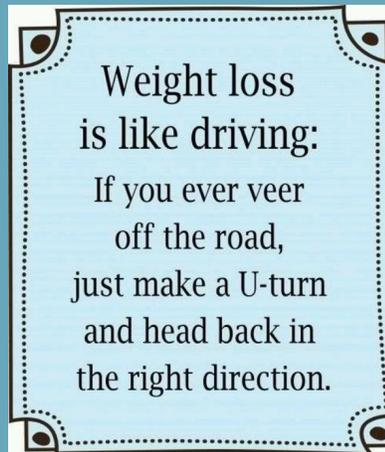
FREE Consultations by phone or in person!

No Cash Value

Packages do not include tax and/or shipping

No substitutions

Therapy Injection Bar for Wellness & Weight Loss!



Therapy Injection Bar: Prescription HCG Injections & Tablets, Lipotropic, Vitamin & Mineral Injections

(Prescription Required)

***Proprietary Injections**

***HCG** Injections & Oral Sublingual Tablets:

Prescription Bio-Identical hCG (human chorionic gonadotropin) injections and sublingual tablets that help facilitate faster weight loss, and can be used in combination with B12. This is our most popular and effective weight loss combination, you get the benefits of HCG and B-12 combined in one injection

which can be self injected in the comfort of your home or at our office by one of our medical staff.

***Lipotropics:** Lipotropics is a fancy word for three naturally occurring amino acids that are essential for the health of your liver. They enhance the function and increase the flow of fats and bile from the liver and gallbladder. By definition, a lipotropic substance decreases the deposit, or speeds up the removal of fat within the liver. These powerful compounds can help detoxification in the liver thus enhancing the liver's role of decreasing fat deposits and speeding up metabolism of fat and its removal. The key amino acids used to make these shots are: Choline, Methionine, Inositol (MIC). Your liver is the organ responsible for removing fat and toxins from your body, so if it is healthier, it will work better for you. We can also add B12 to our lipotropic injections to give you a huge energy boost, which helps you to burn calories and increase activity levels. Vitamin B12 is essential for helping to form new, healthy cells in the body. Lipotropics have been used successfully by weight loss doctors for the rich and famous for years.

***B-12 Injection:** Vitamin B12 is known as the "energy vitamin" because it gives a real energy boost. Used in the breakdown of fat and helps remedy fatigue, stress and it may speed up the metabolism. Vitamin B-12 is involved with synthesizing and regulating DNA, cellular metabolism, energy production, and fatty acid degradation. Many medications, certain medical conditions, and the normal aging process can lead to B-12 deficiency. Injections of B-12 can improve energy levels and assist in the weight loss process.

***Fat Burner Injection:** The liver is the most important organ involved with weight loss. If the liver is damaged by toxins or stressed with excessive metabolic tasks, it will be less able to process ketones and eliminate small fat globules. This

proprietary blend compounded at our pharmacy has Vitamin B12 with Lipotropics to enhance the weight loss process plus an extra additive: L-Carnitine. L-Carnitine is an amino acid that may help increase fat burning, increase energy levels, decrease appetite and may help build muscle mass. This injection also has B-Complex Vitamins and is promising for those stuck on a plateau or beginning to show signs of gaining weight. We add Chromium to the Fat Burner shot and call it the ***ThinnerG** Injection which has the added benefit to help with hunger and cravings.

***R & R Injection:** Most Americans are deficient in magnesium. Restoring magnesium levels can help calm the nerves and muscles, improving irritability, food cravings, mild anxiety, muscle spasms, menstrual cramping and help you rest & relax. We combine a high dose Magnesium in our R & R injection to help you adjust to some of the stresses associated with dietary changes. Magnesium has been reported to help people who have insomnia, feel tense and stressed, and frequently have muscles cramps, and/or depression and anxiety.

Injection Pricing above in Monthly Specials

Call Dana for more info! 253-272-4244

These statements have not been evaluated by the Food & Drug Administration. In keeping with government regulations, we make no therapeutic or medical claims on our products.

*Disclaimer: These statements have not been approved by the FDA and are not intended to diagnose, treat, cure or prevent any disease.

* HCG has not been approved by the Food and Drug Administration as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that hCG increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or "normal" distribution of fat, or that it decreases the hunger and discomfort associated with calorie-restrictive diets. Results may vary and cannot be guaranteed.

Medical supervision and compliance with our program is required".

Dana's Journey with Graves Disease! Part III



Dana Luchini, NTP

I have been diagnosed with Graves Disease and my thyroid has a nodule. While those words are hard to say, I have to admit that after receiving my diagnosis from Endocrinologist Dr. Matthew Davies at Swedish Hospital in Seattle, and working with my friend the best Naturopathic Physician Dr. Elissa Mullen, I am starting to feel a lot better! In fact, I know in my heart and soul I am going to beat this thing!

My update: For the past 7 months I have been following my thyroid expert Michelle Corey's anti-goiter healthy food and nutritional supplement program for hyperthyroidism. And I am happy to report I am beginning to feel like my old self again and even better! I am feeling stronger and more coordinated with Pilates, walking and stretching. I can't believe it was one year ago that I fell down the stairs and fractured my tailbone! Which I believe had a lot to do with the onset of my hyperthyroidism symptoms. But I think the fall saved my life! It slowed me down, I was doing way too much for way too long! Having to lay down to heal always gives you the opportunity to reflect on your life and the insight on how you got here in the first place. It was the beginning of my journey to bring back balance and to learn to speak my truth. I have always been a people pleaser but now it was literally killing me!

The most severe and life threatening part of Graves disease is the over abundance of thyroid hormones running through your system. It made me

anxious and my heart race and that can lead to heart attack or stroke! But luckily I now have that completely under control with Bugleweed tincture which I take 3 times per day to calm my thyroid down and it works great along with breathing exercises!

The other major issue for me was going to the bathroom. I would literally eat and poop and eat and poop all day long! Which is why people with hyperthyroid lose weight and people with hypothyroidism usually gain weight because they are constipated! But that symptom has finally diminished greatly in the last 2 weeks. As of yesterday my weight is finally back to normal after dropping 12 lbs in 1 month back in February!

About 6 weeks ago, I added an anti-viral protocol to my program and I think we hit the nail on the head! I believe as do other medical professionals that the EBV (Epstein Barr virus) can live in the ear drum which I have had vertigo and ear issues for several years now. EBV is the virus that causes Mononucleosis. So if you got Mono you have EBV which when under control and you are not experiencing stress you wont even know you have it! The only good thing about having this virus is those people rarely get colds and flu as EBV gobbles up the invaders! But if you are out of balance perhaps with poor eating choices, emotional or mental stress, unhealthy relationships or work load, lack of exercise, heavy metals/toxicity then EBV can become active in different organs causing an array of illnesses and diseases. It has also been found in biopsied thyroid nodules which is where I believe my EBV has been hiding out and causing havoc stimulating my thyroid into overdrive. But I think I found the answer!

I believe this anti-viral, anti-inflammatory, expectorant, blood purifier, anti-bacterial, anti-fungal, anti-depressant, anti-parasitic tincture protocol from Barlow Herbal Specialties with Lomatium Dissectum (LDM), Dandelion root, Red root, Black Walnut hulls, Sarsaparilla, Blue Vervain and St Johns Wort has killed

or in reality has put the Epstein Barr virus to sleep/dormant. Now all I have to do is not stress, stay calm and not try to control everything! I am learning that I can only do so much everyday. The days of being wonder woman are over! I laid the boundaries, reduced stress and now my life is back in balance once again!

Dr. Davies is totally on board with my program and as long as my next set of blood tests at the end of October keep going in the right direction I can avoid the prescription medications! Those medications while slowing down the production of thyroid hormones also have a lot of negative side affects that would keep me from ultimately healing fully and most likely make me feel worse. Beta blockers keep you from healthy digestion and other symptoms I am not willing to chance as I want to heal completely from this disease and help others in the process. So I will let you know the results next month!

I have left the Graves info below in this email so if you know anyone with these issues please share my journey!

So what is Graves Disease?

It affects 2-3% of the population, almost 10 million people. Without treatment, Graves' disease can lead to heart problems, weak and brittle bones, and even death. "Thyroid storm" is a very rare, life-threatening condition that can occur if overactive thyroid is not treated.

Common signs and symptoms of Graves' disease include:

- Anxiety and irritability
- A fine tremor of your hands or fingers
- Heat sensitivity and an increase in perspiration or warm, moist skin
- Weight loss, despite normal eating habits
- Enlargement of your thyroid gland (goiter)
- Change in menstrual cycles
- Erectile dysfunction or reduced libido

- Frequent bowel movements
- Bulging eyes (Graves' ophthalmopathy)
- Fatigue
- Thick, red skin usually on the shins or tops of the feet (Graves' dermopathy)
- Rapid or irregular heartbeat (palpitations)

Graves' ophthalmopathy

About 30 percent of people with Graves' disease show some signs and symptoms of a condition known as Graves' ophthalmopathy, luckily I do not have this symptom. In Graves' ophthalmopathy, inflammation and other immune system events affect muscles and other tissues around your eyes. The resulting signs and symptoms may include:

- Bulging eyes (exophthalmos)
- Gritty sensation in the eyes
- Pressure or pain in the eyes
- Puffy or retracted eyelids
- Reddened or inflamed eyes
- Light sensitivity
- Double vision
- Vision loss

Graves' dermopathy

An uncommon manifestation of Graves' disease, called Graves' dermopathy, is the reddening and thickening of the skin, most often on your shins or the tops of your feet.

When to see a doctor?

A number of medical conditions can cause the signs and symptoms associated with Graves' disease. See your doctor if you experience any potential problems related to Graves' disease to get a prompt and accurate diagnosis.

Seek emergency care if you're experiencing heart-related signs and symptoms, such as a rapid or irregular heartbeat, or if you develop vision loss.

Causes

- Enlarged thyroid
Enlarged thyroid
Widespread enlargement of your thyroid can expand the gland well beyond its normal size

(outline) and may cause a noticeable bulge in your neck.

Graves' disease is caused by a malfunction in the body's disease-fighting immune system, although the exact reason why this happens is still unknown.

One normal immune system response is the production of antibodies designed to target a specific virus, bacterium or other foreign substance. In Graves' disease - for reasons that aren't well understood - the body produces an antibody to one part of the cells in the thyroid gland, a hormone-producing gland in the neck. Normally, thyroid function is regulated by a hormone released by a tiny gland at the base of the brain (pituitary gland). The antibody associated with Graves' disease - thyrotropin receptor antibody (TRAb) - acts like the regulatory pituitary hormone. That means that TRAb overrides the normal regulation of the thyroid, causing an overproduction of thyroid hormones (hyperthyroidism).

Cause of Graves' ophthalmopathy

This condition results from a buildup of certain carbohydrates in the muscles and tissues behind the eyes - the cause of which also isn't known. It appears that the same antibody that can cause thyroid dysfunction may also have an "attraction" to tissues surrounding the eyes.

Graves' ophthalmopathy often appears at the same time as hyperthyroidism or several months later. But signs and symptoms of ophthalmopathy may appear years before or after the onset of hyperthyroidism. Graves' ophthalmopathy can also occur even if there's no hyperthyroidism.

Risk factors

Although anyone can develop Graves' disease, a number of factors can increase the risk of disease. These risk factors include the following:

- Family history. Because a family history of Graves' disease is a known risk factor, there is likely a gene or genes that can make a person more susceptible to the disorder.
- Gender. Women are much more likely to develop Graves' disease than are men.
- Age. Graves' disease usually develops in people

- younger than 40.
- Other autoimmune disorders. People with other disorders of the immune system, such as type 1 diabetes or rheumatoid arthritis, have an increased risk.
- Emotional or physical stress. Stressful life events or illness may act as a trigger for the onset of Graves' disease among people who are genetically susceptible.
- Pregnancy. Pregnancy or recent childbirth may increase the risk of the disorder, particularly among women who are genetically susceptible.
- Smoking. Cigarette smoking, which can affect the immune system, increases the risk of Graves' disease. Smokers who have Graves' disease are also at increased risk of developing Graves' ophthalmopathy.

Complications

Complications of Graves' disease can include:

- Pregnancy issues. Possible complications of Graves' disease during pregnancy include miscarriage, preterm birth, fetal thyroid dysfunction, poor fetal growth, maternal heart failure and preeclampsia. Preeclampsia is a maternal condition that results in high blood pressure and other serious signs and symptoms.
- Heart disorders. If left untreated, Graves' disease can lead to heart rhythm disorders, changes in the structure and function of the heart muscles, and the inability of the heart to pump enough blood to the body (congestive heart failure).
- Thyroid storm. A rare, but life-threatening complication of Graves' disease is thyroid storm, also known as accelerated hyperthyroidism or thyrotoxic crisis. It's more likely when severe hyperthyroidism is untreated or treated inadequately.

The sudden and drastic increase in thyroid hormones can produce a number of effects, including fever, profuse sweating, vomiting, diarrhea, delirium, severe weakness, seizures, markedly irregular heartbeat, yellow skin and eyes (jaundice), severe low blood pressure, and coma. Thyroid storm requires immediate emergency care.

- Brittle bones. Untreated hyperthyroidism also can

lead to weak, brittle bones (osteoporosis). The strength of your bones depends, in part, on the amount of calcium and other minerals they contain. Too much thyroid hormone interferes with your body's ability to incorporate calcium into your bones.

Next month I will share my Thyroid Diet, supplements and anti-goiter program. If you have a thyroid or autoimmune condition get Michelle Cory's book: [The Thyroid Cure](#)



"Let Thy Food Be Thy Medicine and Thy medicine Be thy food"
and "Wherever the art of Medicine is loved, there is also a love of Humanity."
Hippocrates, Father of medicine 431 B.C..

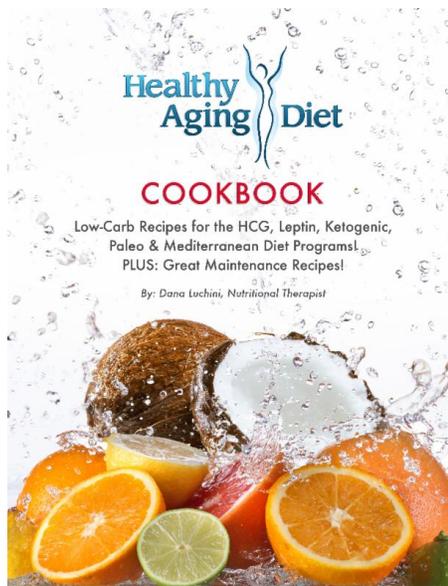
**Please Pass Dana Luchini's
Medical Weight Loss Video to a friend or
loved one and help them get healthy
today! If they start one of our healthy
weight loss plans
YOU GET A FREE Cookbook!**



Medical Weight Loss Clinic

Dana's Healthy Aging Diet Cookbook!

178 Low-Carb Recipes for "Clean" diets which include the HCG, Leptin, Ketogenic, Paleo & Mediterranean Diet Programs! Appetizers, Salads, Dressings, Sauces, Marinades, Soups, Poultry, Beef, Seafood, Vegetables & Dessert Recipes. Plus 14 NEW Diet & Maintenance Recipes for Breakfast, Lunch & Dinner! Healthy condiments, shopping and dining out lists.



Healthy Aging Diet Cookbook

Click **HERE** for

[Danas Cookbook on Amazon](#)

\$24.99 each on Amazon this week!

OR purchase in Clinic for Only

\$15 plus tax

Healthy Aging Diet Clinic

Wishing you a Fun & Safe Halloween!
We thank you for your support & patronage!

Yours in Health & Wellness,
Dana Luchini, NTP, Maria San Juan, LPN, Dr. Elissa Mullen, ND &
Dr. Jane Barnes ND

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Email: Dana@HealthyAgingDiet.com
Website: www.HealthyAgingDiet.com

Wellness & Weight Loss Clinic Hours
All Appointments by scheduled appointment ONLY

Tacoma: Maria in for shots by appointment:
Tuesday & Thursday 9am-1pm
Saturday 9am-11am
ALL other days and times by scheduled appointment ONLY!
Closed Sundays, Mondays & Holidays

**Save \$\$\$
REFER A
FRIEND COUPON!**

**CLIP &
SAVE!!!**

REFER a friend or family member and they can start the program for \$250 Includes initial appointment, powershot, 2 follow ups, Plus \$28.50 OFF first purchase of 5ml HCG w/B12 (dailies)!

Then YOU receive one FREE Healthy Aging Diet Cookbook (\$25 value).

Rewards given after new client completes initial appointment. No cash value.

Give this coupon to your friend to redeem for you on their initial appt!

REFERRED FROM _____

NEW CLIENT _____

**Healthy-Aging Diet
Wellness & Weight Loss Clinic (signage)
1310 S. Union, Bldg A, Ste #3A
Tacoma, WA. 98405
Call for Appt: 253-272-4244**

FREE Consultations!!! 1-855-429-3438 (DIET)

Offer Expires: October 31st, 2017 (No Cash Value)
Tacoma Clinic Referral Special