

LIVING

HOME | FAMILY | STYLE | LIFE

Accessories in Excess!

Does a mortgage payment worth of designer sunglasses indicate a problem?

ALL ABOUT *Accessories*

1 SIMPLE DRESS
20 MARVELOUS ACCESSORIES
3 Distinct Looks

7 SECRETS TO HOME
ACCESSORIZING HOST A
MEMORABLE MOTHER'S
DAY BRUNCH WILL SUMMER
TUTORING GIVE YOUR KIDS
AN ACADEMIC EDGE?



TAKE THE **FIRST STEP** IN
YOUR **JOURNEY** TOWARD
BETTER HEALTH AND
A BETTER LIFE WITH
CENEGENICS®

JACOB ROSENSTEIN, MD

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Ageing is inevitable, but how we age doesn't have to be! Now you can take control of your health and your life with the most exciting age management medical system in the world – Cenegenics®. Attracting national attention, Cenegenics® has been featured on television news programs such as 20/20, The Today Show, Nightline and 60 Minutes and by The Associated Press and GQ Magazine. Cenegenics® partners with you to create a personalized, multi-faceted program that meets your health goals and successfully manages your aging process. The result? You enjoy youthful aging with a more vigorous, healthier lifestyle.

CENEGENICS® NOW IN ARLINGTON

Dr. Jacob Rosenstein is proud to bring Cenegenics® to the Arlington area. A neurosurgeon who has practiced in Arlington since 1985, Rosenstein is a walking advertisement for the benefits Cenegenics® can help you achieve. Before becoming a certified Cenegenics® affiliate physician, Rosenstein experienced the program first hand and immediately recognized the benefits of a program that focuses on preventing diseases that result from poor eating habits and not enough exercise - many of which are typically associated with age.

“Cenegenics® gave me back my youth,” says Rosenstein. “I had reached the point where I was feeling what I thought were the inevitable signs of ageing and needing to slow down because of fatigue and lack of energy. While I had once been able to easily do a full day of surgery and patient care,



I found that it was getting a lot tougher to maintain that pace, and in my line of work I have to be at 100%, 100% of the time. Cenegenics® has changed my life and easily added ten years to my working life. I feel now the way I did in my 20's and 30's!"

WHAT IS CENEGENICS?

Cenegenics® is a wellness program that helps to prevent and reverse such chronic diseases as heart disease, hypertension and diabetes, allowing you to age in a healthy way. The unique Cenegenics® protocol is your gateway to the next generation in medical science ... a comprehensive, evidenced-based approach to age management.

Cenegenics® is medicine beyond the conventional approach of quick, routine exams and the yearly physical. Dr. Rosenstein uses in-depth diagnostics to uncover your strengths and weakest health links. Patients begin with the Executive Health Evaluation, a comprehensive assessment that includes 90 different blood labs and other tests, many of which are never completed during a traditional physical, as well as a physical fitness assessment. These tests measure body fat, muscle mass, bone density and cognitive abilities to provide a detailed picture of your overall health and risk factors.

Following this evaluation, Dr. Rosenstein will meet with you to explain your test results and prescribe a customized regimen of nutrition, exercise, nutraceuticals and hormone optimization when indicated to maximize your health.

Youth is no longer wasted on the young with **CENEGENICS®**

A unique program of nutrition, exercise and hormone optimization, when clinically indicated. Benefits may include:

- Decreased risk of aged-related disease
- Improved muscle tone
- Decreased body fat
- Increased energy
- Increased sex drive
- Improved focus

Improve your quality of life, feel years younger than your age and stave off age-related disease with **CENEGENICS®**.

"I realized that many of my patients would benefit from Cenegenics®," says Rosenstein. "In fact, even my sons are now following some of the aspects of the program in an attempt to keep up with me – and they're in their 20's!"

Cenegenics® isn't a "one size fits all" kind of program, but every treatment plan includes four critical elements: nutrition, exercise, nutraceuticals and hormone optimization when testing indicates less than ideal levels.

NUTRITION

The Cenegenics® food plan maximizes the results of any supplementation by keeping blood sugar and insulin levels low. Your personalized food plan will center on a diet high in essential fats, lean protein and fiber and low in saturated fats, refined flour, and sugars.

EXERCISE

Exercise is part of any healthy lifestyle, regardless of age. As a Cenegenics® client, you'll meet with an exercise physiologist to review your physical strengths and weaknesses and develop a balanced exercise program specific to your needs.

NUTRACEUTICALS

Even a healthy diet needs to be supplemented with vitamins, minerals, essential fatty acids and antioxidants. Cenegenics® uses "pharmaceutical grade" nutraceuticals, the highest quality available. They guarantee quality, purity, and potency.

HORMONES

An important component of the Cenegenics® program is monitoring hormone levels and providing hormone supplementation when levels are deficient. Many people may not realize the significant impact hormones have on their lives and that hormone levels naturally decrease with age. In addition to supplementation, Cenegenics® works to optimize hormone levels through other methods, such as improving sleep quality, reducing stress, better nutrition and increasing physical activity.

LIVE YOUR BEST LIFE TODAY

Take this opportunity to be proactive and take control of your health. Learn more about Cenegenics® online at www.cenegenics-drrosenstein.com or call to speak one-on-one with Dr. Rosenstein. Your best life is waiting! 📞



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