

What I Have Learned in the Past 6 Months



Looking and feeling better, preventing disease and living a longer, happier life are all goals of Anti-Aging and Regenerative Medicine- also known as Age Management Medicine.

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The last six months have been extraordinary for me as a physician.

In 25 years of practicing medicine, these six months represent only 2% of my time as a doctor but I have spent over 1200 hours researching and learning from thousands of doctors and researchers around the world about how to optimize health, the immune system and longevity.

To date, one fourth of the patients in my private medical practice have been exposed to the COVID-19 virus.

To date, NOT ONE of my patients has been hospitalized in the ICU or died from COVID-19.

This has proven to me, without a doubt, that a proactive program in Anti-Aging and Regenerative Medicine truly works to keep the immune system strong and the body in optimal condition.

To date, there have been 194,000 deaths in the US and 921,000 deaths worldwide from the viral pandemic.

These numbers are expected to continue to increase until the end of next year or until an effective vaccine or cure is found.

I am more convinced than ever that a proactive Anti-Aging program that emphasizes bio identical hormone balancing and replacement, peptides, nutrition, exercise and targeted supplements provides a significant advantage in the aging process and in maintaining a strong immune system.

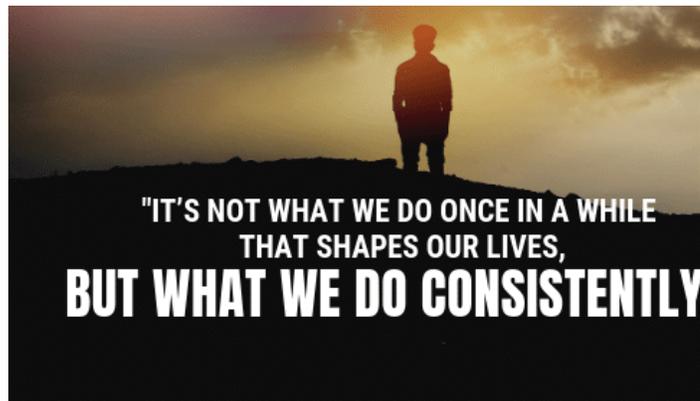
After 15 years of practicing Anti-Aging Medicine, I now have some patients who are in their 60s and 70s who look and feel as if they are in their 50s.

These patients started their program when

they were in their 40s and 50s and they have stuck with it.

It is truly remarkable what can happen when one is focused and consistent in life with achieving health.

The effect of taking daily, small, proactive actions is cumulative and adds up to years of good health.



Being consistent with your daily actions to improve your health is the one thing that you can do that will make the greatest impact on your health and longevity.

I have always believed in the power of Anti-Aging and Regenerative Medicine but I am more certain than ever that this approach truly makes a difference as I have witnessed with my own health, the health of my almost 106 year old grandmother and the health of all of my patients.

Wishing you a life of being consistent towards achieving your healthiest self,

Ana Casas M.D., Board Certified, Anti-Aging and Regenerative Medicine

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