

## 

#### Introduction / Our Mission

#### Services

- HRT for Men
- HRT for Women
- Anti-Aging
- Body Optimization

#### Categories

- Men
- Women
- Body Optimization
- Anti-Aging
- Medicines
- How to Get Started

<u>2 FREE</u> SwoleAF Products For Every New Signup and Refill of our 10 week TRT packages. \$110 Value



## 

We have one mission at Swole Alternative Medicine: to help you achieve all of your health, wellness, and fitness goals so you can live your best life. Getting older doesn't have to mean feeling older. No matter your age, we want you to experience the energy and vitality of your youth. At Swole Alternative Medicine, we provide comprehensive, science-backed specialty services that will help you look, feel, and perform at your absolute best. We welcome all types of patients with all types of health conditions and goals. Whether you're a competitive athlete, weekend warrior, or someone who just wants to transform their health and experience a higher quality of life, we're here to support you.



## SERVICES """"

Our goal is to improve the health-related quality of life for each and every one of our patients. We accomplish this by providing telemedicine consultations which include laboratory analysis and legally prescribed Hormone Replacement Therapy (HRT) for men and women. We have formulated an exclusive line of products and services specifically tailored to enhance the human body and performance. We order lab work and can work seamlessly with your personal physician to obtain testing and manage your care at your request.

2 FREE SwoleAF Products For Every New Signup and Refill of our 10 week TRT packages. \$110 Value



## HRT FOR MEN

We offer several Hormone Replacement Therapy packages designed to fit your specific needs and health goals. These include Testosterone Replacement Therapy with and without HCG, plus Growth Hormone and Secretagogue options. We also offer a wide range of peptides to further aid your treatment.

#### **Common Indicators of Low Testosterone In Men**

Generally, the most common complaints associated with lower testosterone is a decrease in libido, sexual desire and/or erectile dysfunction.

Although the effects of low testosterone are often associated with problems concerning sexual health in men, continuing to live with low testosterone can be draining on your overall health and well-being. The greater number of symptoms that are experienced, the higher the probability that low testosterone is the culprit of the issue.

The following are additional symptoms associated with low testosterone:

- Decrease in strength and muscle tone
- Increase in stored body fat, particularly around the midsection
- Loss of energy and increased feeling of lethargy
- Loss and depletion of motivation
- Brain fog, difficulty focusing and loss of mental clarity
- Greater experience of fatigue, feeling tired shortly after starting the day
- Interrupted sleep cycles
- Depression, increase in mood swings and irritability
- Decreased sense of feeling healthy

#### **Factors That Affect Testosterone Levels**

Generally, men over the age of 40 have a 7-12% decline in their testosterone levels after mid-afternoon, which is why blood tests to check testosterone levels are administered in the mornings. Additionally, men who consume a high protein diet have higher testosterone levels. With all of the additives to our food, men start to experience low testosterone as early as their late 20's.

#### What to Expect After HRT:

- Reduction of brain fog and increase in mental clarity
- Reduction of fatigue and increase in energy and vitality
- Increase in lean muscle mass
- Decrease in body fat
- Decrease in waist circumference
- Restored sexual function including an increase in libido, desire and erections
- · Lower cholesterol levels and lower risk for heart disease
- Improved general sense of well-being and greater feelings of motivation
- Decrease in blood sugar



#### **How to Get Started**

Choosing the most effective HRT plan for you will depend on our team having a full understanding of your goals and health conditions.

We offer telemedicine consultations for your convenience. We will also ask you to submit current blood test results dated within 6 months of your consultation because this will allow us to better understand the scope of your condition and offer the right therapy for you. If you don't have current blood test results, we can order them for you. We do accept insurance for blood work only.

Everything you discuss with our consultants is protected and confidential, so we urge you to be 100% transparent about what you want to accomplish so we can get your body dialed in.

Throughout this process, our team will be with you every step of the way. We will track your progress in order to help you fulfill your health goals. Our patient intake forms are straightforward and can be easily submitted through our website.

We encourage men of any age and health condition to schedule a FREE consultation with us to determine the most appropriate protocol to help you achieve a healthier and happier life.



## HRT FOR WOMEN

Because women's hormonal needs are a lot different from men, we offer a dedicated HRT protocol for our female patients. As we age, our hormones begin to degenerate and we experience biological shifts in appearance, mood, energy level and clarity of mind. HRT can help combat these changes and restore your energy, strength, youth and vitality.

#### **How Hormonal Imbalances Affect Women**

The optimal physical, mental, and sexual performance you enjoyed in your 20s were a result of balanced hormones. Hormonal imbalances cause a decline in those areas as you age. By returning key hormones to younger levels, we can drastically improve your quality of life, energy levels, metabolism, and vastly increase sexual desire and function. This can also decrease the potential for life-changing diseases and medical conditions and provide you with a foundation to become healthy again.

Our treatments are for both menopausal women AND non-menopausal women because menopausal symptoms may occur years before the actual onset of menopause begins.

#### Non-Menopause Symptoms:

- Diminished skin elasticity
- Decreased mental focus
- Decreased sex drive
- Loss of muscle tone
- Loss of skin glow
- Weight gain
- Depression
- Fatigue



#### **Progesterone Replacement Therapy**

Progesterone is one of the most powerful steroid hormones in the female body that gets produced after ovulation and during the second half of the menstrual cycle. Progesterone acts to stimulate and regulate various functions in a female's body, such as controlling menstrual cycles after ovulation and supporting pregnancy. It also plays a vital role in sexual desire.

#### **Common Symptoms of Low Progesterone:**

- Increased fatigue
- Constant hot flashes
- Loss of memory
- Sensitive breasts

#### **Benefits of Progesterone:**

- Increased libido
- Weight loss
- Diminished effects of depression
- Protection against breast cancer and endometrial cancer
- Improved overall well-being and health
- Relief of menopausal symptoms

#### **Testosterone Replacement Therapy for Women**

While testosterone is commonly considered a "male" hormone, it's essential in women too. It's naturally produced in the ovaries and helps balance estrogen levels, increases libido, improves overall mood, and promotes bone growth.

#### **Benefits of Testosterone for Women:**

- Improved sleep
- An overall increase in the quality of your life
- · An increase in strength and muscle tone
- Increased bone density
- Enjoyable and painless sexual intercourse
- Thicker, fuller hair
- Decreased body fat
- Stronger bones
- An increase in your lean body mass
- · Increased energy and stamina
- Increased sexual drive and pleasure sensations
- Improves pain receptors for pain management
- Lowers triglyceride and LDL cholesterol levels
- Improved cognitive functions, including memory and focus
- Reduced menopausal symptoms such as night sweats and hot flashes



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### ANTI-AGING TREATMENTS

Most of the traditional medical community has considered aging to be a fundamental fact of life, but now that we're in the age of advanced technology and medical breakthroughs, we can combat the aging process and enhance our quality of life.

The primary goal of anti-aging treatments is to ease ailments related to aging. We accomplish this by treating the primary sources of aging in order to extend people's lifespan as well as maintain optimal health with youthful attributes.

Anti-aging medical treatments incorporate traditional, alternative and holistic medicine methods in order to attain the most effective result for our patients. Regardless of the patient's age, our anti-aging treatments provide solutions for staying healthy and improving the way a patient's body functions.

#### What Exactly is Aging and What Causes it?

Aging is defined as the continuous breakdown of metabolic processes. Each organ and tissue in the body ages at various rates, and this distinction is a result of deregulation of hormones and chronic inflammation.

All human beings pass through a number of stages in life beginning from infancy to adulthood, with the youth phase being the time when a person is usually the healthiest. Optimal health, ideal muscle mass, a healthy immune system, peak hormonal capacity, strong working memory and brain cognition are all traits associated with youth.

While there are numerous theories related to aging, there are three biochemical progressions in aging that have been firmly established. These are glycation, methylation and oxidation.

#### What is Glycation?

Glycation is used to describe the process by which glucose and/or additional sugar molecules bind themselves to proteins. The binding effect of the glucose and/or sugar molecules causes a brown discoloration of tissues and a cross linking of proteins. As a result of this cross linking, a number of chemicals are produced that damage tissues. The glycation process also has a negative effect on protein and inhibits DNA, which makes a cross linked DNA molecule useless.

#### What is Methylation?

Methylation is an essential body process which maintains and keeps tissues healthy. Methylation can turn off certain abnormal genes in DNA so that future DNA cells are blocked from generating the abnormal cells.

But when someone suffers from chronic inflammation, the immune system consumes methyl groups in order to lower inflammation. As a result, this diminishes the positive benefits of methylation. Lower methylation causes a rise in homocysteine levels found in chronic inflammatory disorders such as diabetes, heart disease and lupus. Increasing the intake of methylators can greatly reduce the risk and severity of the aforementioned diseases.

#### What is Chronic Inflammation?

Many medical researchers consider chronic inflammation to be responsible for most of the changes related to aging. When a person has remained in a state of chronic inflammation for an extended period of time, toxic chemicals are released in the body which destroy healthy body tissues. The toxicity from chronic inflammation can result in conditions such as arthritis, dementia, diabetes, imbalance of hormones, thickening of the arteries and more.

#### What is Biochemical Oxidation?

Simple compounds whose chemical structure has a missing electron are known as free radicals. Due to the missing electron, free radicals are unstable and look for other chemical structures in order to acquire an electron.

Minor amounts of free radicals are beneficial in regular metabolism and play a role in a few common reactions such as breathing. However, when free radical production rises, cell membranes get damaged. The cell membranes then begin to produce a harmful chemical called Malondialdehyde, which can influence the glycation process.

#### What is Hormonal Deregulation?

Hormones play a key role in the quality of life and aging. It's clear that as hormonal imbalance occurs in the body, aging is accelerated. Hormones such as DHEA, growth hormone and melatonin must be revitalized and replaced during a person's lifetime in order to slow down aging and keep the body healthy and vibrant.



#### **How to Get Started**

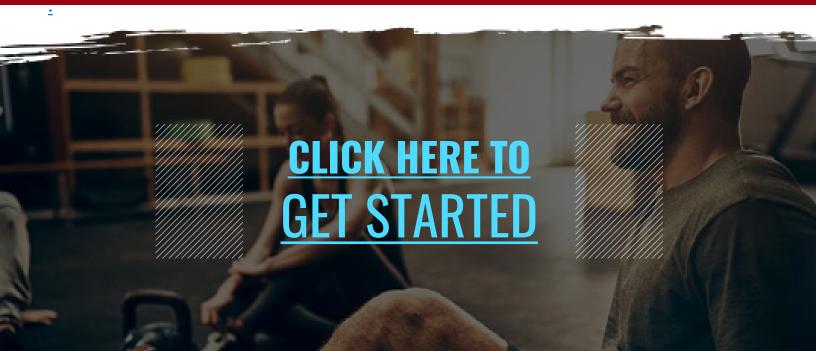
An anti-aging treatment program will improve your health, optimize your physical performance and restore your hormone levels to where they were in your mid 20's.

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- Anastrozole
- Exemestane
- Finasteride
- Tamoxifen
- Letrozole
- Phentermine
- Oxandrolone (Anavar)
- Oxymetholone (Anadrol)
- Metandienone (Dianabol)
- Metformin

- Sildenafil (Viagra)
- Tadalafil (Cialis)
- Progesterone
- ECA
- Liothyronine T3
- Levothyroxine T4
- Modafinil
- HCG
- Cabergoline
- Testosterone:
  - Cypionate
  - Propionate
  - Enanthate
  - TestosteroneBlend

- Nandrolone Deca
- GACO
- L-Carnitine
- Glutathione
- BCAA
- B12
- Lipotropic with MIC
- GH (Zomacton)
- Enclomiphene
   Citrate (Clomid)
- Stanozolol (Winstrol)
- Vitamin D

## GET STARTED TODAY

Whether you're new to Hormone Replacement Therapy or already have experience and want to transfer from another clinic, it's really easy to join us at Swole Alternative Medicine.

It just takes a few simple steps:

#### Fill out our new patient intake form

Our New Patient Intake Form allows us to get to know you better. It provides our medical experts an overview of your past and present ideal history, which will make your free consultation go a lot more smoothly.

#### Submit your lab test results

We require that you have lab results that are 6 months or newer. You can get labs on your own or we can help. We accept insurance for bloodwork. At minimum, we require a CBC and Metabolic panel, testosterone, and estrogen.

#### Schedule a free telemedicine consultation

Once your intake form and labs have been received, we'll email you to set up a free HRT consultation. You can ask all the questions you want, tell our medical team all of your goals, and we'll keep everything 100% confidential. Our team will get your body dialed in and make recommendations, BUT you are not obligated in any way to commit to us. It's a free consultation designed to help you out.



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