

Forever Ageless

by Ron Rothenberg MD and Kathleen Becker MA, RN • softcover 389 pages

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- Lose 12% of your body fat in six months
- Restore energy
- Rejuvenate your skin - reduce wrinkles
- Improve memory and cognition
- Heighten overall performance
- Increase sexual vitality

Dr Rothenberg graduated from Columbia University of Physicians and Surgeons in New York in 1970 and completed his residency in Emergency Medicine at the Los Angeles County-USC Medical Center in 1975. Dr Rothenberg received an academic appointment to the University of California, San Diego School of Medicine in 1978 and was promoted to full Clinical Professor of Family and Preventive Medicine in 1989. In addition to his work in the field of antiaging medicine, Dr Rothenberg is also an attending physician at Scripps Memorial Hospital in Encinitas, California.

As a pioneer in the field of antiaging medicine, Dr Rothenberg was among the first group of physicians to be recognized for his expertise in this rapidly emerging field. Dr Rothenberg was the 10th MD in the world to become fully board certified in the specialty of antiaging medicine and is currently a Board Examiner for the American Board of Antiaging Medicine.

Dr Rothenberg founded California HealthSpan Institute in 1998 with a commitment to transforming our understanding of and finding treatments for the disease process called aging. Dr Rothenberg is dedicated to the belief that the process of physical aging can be slowed, stopped, or even reversed through existing medical and scientific interventions. Challenging traditional medicine's approach to treating the external symptoms of aging, California HealthSpan Institute works toward preventing the disease processes typically associated with aging by addressing the internal causes before they become external symptoms. Dr Rothenberg believes that a hormonally correct diet, appropriate exercise, bio-identical hormone replacement therapy, brain-boosting exercises, supplements and medications and stress reduction interventions can help individuals improve the quality and quantity of their lives by increasing HealthSpan, not just lifespan.

Ms Becker has over thirty years of experience in the healthcare field as an accomplished clinician specializing in cardiovascular and trauma nursing and as a successful healthcare administrator, with national certification in Nursing Administration. In addition to her healthcare credentials, Ms Becker also holds a Master's Degree in Business, Organizational Management. Ms Becker has worked closely with Dr Rothenberg to create, implement and promote a medically-supervised, comprehensive patient-focused antiaging program that provides the best possible treatment outcomes to preventive medicine today.

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