



**A MONTHLY NEWSLETTER FOR OUR  
HIGHLY VALUED CENEGENICS PATIENTS.**



## **COLORIZE YOUR DIET & FIGHT GLYCATION: THE CAUSE OF CHRONIC DISEASE**

The best way to slow down the aging process is by eating colorful foods. They pack a strong defense against the glycation process—a combination of sugar and protein that causes cell damage, tissue inflammation and chronic diseases. This results in what is known as glycation end products, which means AGEs. You can neutralize this by eating a balanced, low-glycemic, color-provocative nutritional program.

Select healthy carbohydrates having a slower digestion rate, slower sugar- and starch-absorption rate and result in better blood glucose levels. That's important because the higher our blood glucose, the more we glycate—a natural process that causes glucose to attach to protein and lipid molecules, causing them to stick together within the cell and work less efficiently. Produced from the diet, accelerated glycation end products (AGEs) are the offshoots of this glucose-protein/ glucose-lipid reaction, which leads to cellular dysfunction, tissue inflammation and degenerative disease.

**Start managing your health by thinking color.** Those deep reds, vibrant greens, rich yellows and oranges found in fruits and vegetables are sending you a strong signal:

They're packed with disease-fighting, body-strengthening antioxidants. The different colors reflect distinctive phytonutrients that play a specific role in your body. When combined, they work synergistically to further enhance their benefits.

**Reds.** Loaded with lycopene; thought to help reduce risk of prostate cancer and fight heart disease. Contain vitamin A, C, melatonin (immune system support), potassium and magnesium. The reddish pigment in berries has powerful antioxidants, shown to combat pain and inflammation. Tomatoes, strawberries, apples, cherries, pomegranates, red grapes, beets, red cabbage, red/pink grapefruit, guava, watermelon, papaya.

**Yellows/Oranges.** Excellent sources of immune-enhancing beta carotene, a provitamin that resists carcinogens, is stored in the liver and metabolizes into vitamin A (a fat-soluble nutrient for youthful skin). Some are strong in vitamin C, vitamin B1, lycopene, polyphenol antioxidants (regulating nitric oxide, which helps prevent heart attacks), potassium, riboflavin and iron. Sweet potatoes, carrots, butternut squash, pumpkin, kale, spinach, corn, mangoes, carrots, apricots.

**Blues/Purples.** Steeped in nutrients linked to reducing some cancers and keeping your memory sharp.

Includes the essential trace mineral manganese, vitamin K, vitamin C, potassium, calcium, magnesium, fiber. Blackberries, blueberries, eggplant, grapes, plums.

**Greens.** Packed with cancer-fighting, eye-protecting nutrients, including lutein (eye health), beta-carotene and chlorophyll. They also contain vitamin A, vitamin C, B6, B9 and magnesium. Spinach, broccoli, romaine lettuce, collard and mustard greens, watercress, cabbage, Brussels sprouts, asparagus, kale (high in calcium).

**Whites.** Potential cholesterol-lowering allicin, a phytochemical thought to also help combat infections and reduce blood pressure. Garlic, scallions, onion, leek, chives.

**Keep control of your aging process.** Choose two to three colors on your plate at lunch and dinner. Remember, having more colors means more nutrients and better health.



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## CENEGENICS & YOU: ANOTHER PATIENT SUCCESS STORY

Managing your aging process for a longer health span is not theory—it works.

Our proven protocols based on solid science guide you on a journey of self-discovery toward self-development, self-empowerment and optimal health.

Not surprisingly, we frequently receive glowing testimonials from patients, who total over 15,000 worldwide . . . 1,500 are physicians and their families.

Dr. D. Kevin Lester—an orthopedic surgeon—ranks among them. This is his story of how the Cenegenics® approach and synergistic therapies transformed his life.



Dr. D. Kevin Lester before Cenegenics

Dr. D. Kevin Lester was a 51-year-old orthopedic surgeon who had accomplished many of his life goals—serving as a medic-emergency and surgical technician in the US Air Force National Guard with a sergeant status, earning a medical degree with an orthopaedic internship and later entering private practice.

He pressed the edges of medicine and even went on to hold a patent on the Kirschner Vector™ Pressfit Hip Prosthesis with another pending patent on an Easy-In Hip Fixation Device. He also taught at the university level, supervised postdoctoral scholars, became an international lecturer (fluent in English/Spanish) and a prolific author.

On top of that, he had a great wife and great children. But something wasn't quite right. Normally, Dr. Lester was a happy, enthusiastic guy. Now in his early 50s, he felt as if someone had let the wind out of his finely guided sails.

*I had gained some weight—I'm 6'4" and not really overweight. But all my life I had been a jogger. At lunchtime, I would typically jog for 40-45 minutes and then cool down for 15 and dress really fast so I could be back seeing patients.*

*When I hit my early 50s, that routine went out the window. I couldn't recover fast enough and found myself unable to jog.*

*One evening, I went to bed at my typical early 9 pm time. My wife had been noticing that I wasn't communicating with the kids very much. She sat next to the bed and said, "What can we do to make you happy?"*

*I looked at her and said, "Nothing."*

*It was the perfect question because nothing would make me happy. . . and I had always been a happy guy.*

The following day, Dr. Lester called three of his medical confidantes, telling them about his situation. His family doctor prescribed antidepressant medicine, which he tried for about a week or two. Although he felt somewhat better, he still wasn't himself.

Then he visited his internal medicine buddy, who said, "Let's get some labs."



Dr. D. Kevin Lester today

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Dr. D. Kevin Lester today

## WHEN I BEGAN, MY BODY FAT WAS 24%.

It turned out his testosterone levels were really low. The internist put Dr. Lester on testosterone therapy—the same protocol confirmed by his urologist. He began feeling better and kept that course of treatment up for about two years . . . but still wasn't his usual self.

*I began thinking there must be a lot of other guys in the same condition I was in. At some point, I learned about Cenegenics and spoke with one of the cofounders, then signed up for their Physician Training & Certification program.*

*That's when I realized there was much more science to age management medicine and learned about the harmony of hormones—as well as the important balance between anaerobic and aerobic exercise, weights and non-weights, and the synergistic power of adding a low-glycemic diet and the right supplements to my personalized program.*

*When I began, my body fat was 24%. I looked at another guy who was at the meeting and thought, "Boy, I hope I don't look like you." Well, as it turned out, his body fat was 24% too. Apparently, we tend to be "nice" to ourselves as we enter those 50s.*

*I've always been a sweet tooth/high-carb guy—and totally unaware of the importance of low-glycemic diets. For a long time, I thought if I exercise really hard, I could get and stay in good shape. I had done that for about a year on my own before Cenegenics and had no idea the nutraceuticals would make me much more active.*

*As a physician, I had been trained to recognize vitamin deficiencies and diseases related to that. . . which frankly, none of us have ever seen because you have to be practically starving or eating some crazy diet to get a vitamin deficiency.*

*I tell patients, when your car is running and it's time to get tuned up, you think, "I don't need a tune-up my car runs fine." Then you finally take it in to get tuned up, and it runs beautifully when you bring it out. Taking vitamin B-12 and other nutraceuticals contribute to getting and keeping your body tuned up.*

*The benefit of the low-glycemic diet was huge. It makes you feel and move better. And different people benefit by it more; I benefited by it quite a bit.*

*So I started the program. Instead of running, I did weights and rode the bike a lot. I found that by being on the program, I had more energy, more enthusiasm and better concentration.*

*In fact, I had started taking flying lessons prior to my Cenegenics program. I had my orthopedics down pat from practicing the field for 25 years, but learning a new activity like flying wasn't easy. Being on the Cenegenics program changed that because I could think more clearly.*

- **Cenegenics® Profile No. 700**
- **Dr. Kevin Lester**
- **Age:** 57
- **Body Fat:** dropped from 24% to 14%
- **Passions:** his family, flying, hiking, biking
- **Board-Certified:** orthopedic surgeon
- **Military Service:** medic-emergency/surgical technician in US Air Force National Guard, sergeant status
- **Medical Degree:** University of California at Irvine College of Medicine
- **Internship:** orthopaedic internship at Los Angeles County's University of Southern Medical Center
- **Residency:** Penn State University at Hershey
- **Private Practice:** specializing in total joint replacement & age management medicine
- **Achievements:** holds patent on Kirschner Vector™ Pressfit Hip Prosthesis, patent pending on an Easy-In Hip Fixation Device, international lecturer, prolific author of multiple scientific articles
- **Bilingual:** English/Spanish
- **Future:** boundless, thanks to Cenegenics

### Becoming a believer . . .

*After being on the program awhile and changing my diet, my body fat went down to 14%. And now I hardly drive a car. I used to fill my gas tank once a week like everybody else in the U.S. Now I fill my tank every six weeks because my work allows me to bike ride to basically one or two places per day. I don't have to dart all around. And sometimes my ride is as long as 12 miles . . . it just takes me an hour to get to work rather than half an hour.*

*So now I ride a bicycle everywhere I go and have a great time of it. I'm senior in my career and can work when I want to, but I work a lot when I work. And I don't have to run all around town to do my medicine.*

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## BUT IN 2007, I DID THREE TRANS-SIERRA HIKES.



Dr. D. Kevin Lester today

### NEXT ISSUE:

- **A special article**

*Inflammation Accelerates Aging: What You Need To Know.* Literature is beginning to mount on how silent inflammation is the underlying cause of most chronic diseases, such as obesity, heart disease, cancer and Alzheimer's. Next month's article tells you more—and what you can do to prevent silent inflammation.

- **News from your Cenegenics® Service Teams**

- **More helpful health tips**

*Not only does the program give you long-term benefit, but every day a short-term benefit.*

*Trans-sierra (walking east to west side of sierras or vice versa) is something the "big boys" do. I'm an aerobic guy and have been a hiker too. But for the past six years or so, I would make a lot of excuses why I wouldn't hike. But in 2007, I did three trans-sierra hikes—even though I hadn't done even one before.*

### Changing people's lives . . .

Dr. Lester not only has experienced the difference in his own life, but as a Cenegenics physician affiliate, he now helps others enjoy healthy aging.

*I practice orthopedics on Monday, Tuesday and Wednesday. I have a large hip/joint replacement practice and work quite hard, seeing lots of patients on those days.*

*But on Thursdays, I only see my age management medicine patients. It's a totally different experience. And by the end of Thursday, I have the biggest smile in the world because I know I've really changed people's lives.*

*One of my patients said to me that after starting the program he felt wonderful. He said, "I drove my sons up to the mountains and typically I would wait for them all day while they hiked and fished, then we would drive back together. They're 20, and this year I walked faster than they did."*

*It's extremely satisfying to get such a rocket response in improving the health of people who were already healthy, but you made them a lot healthier. I have 100% satisfaction from my patients—and the satisfaction I get as an age management medicine physician is immeasurable.*

### The Cenegenics difference . . .

According to Dr. Lester, his wife no longer has to ask what it will take to make him happy because he's back to his enthusiastic self—and it shows. He's even venturing out into other business areas that he might have been inhibited to do prior to starting his Cenegenics program because he had been in a middle-aged rut.

And he says, "Not only do I have more youthful energy, but every day my strength and abilities are getting better and better."

As a Cenegenics patient, you can do the same, living out your years with optimal health, vigor and an enhanced sense of well-being. Continue to promote your better health. Call your Cenegenics Patient Team today at **866.953.1510**.

**Thank you for your continued confidence in Cenegenics.  
Providing medical excellence is our goal.**