

# AGED *to* PERFECTION

## DR. ROGER GARCIA



### PERFECTION IN YOUR PRIME

Do you long for the mental and physical stamina of youth? Is your retirement fund swelling while fading vitality threatens the fruits of your labor? Will your future be walking the vineyards of Italy, or will your strength only stretch to a quiet bottle of vino? If you dream of restoring your sense of adventure and passion, then this book is your wake-up call.

Certified anti-aging specialist Dr. Roger Garcia has spent his career developing what all doctors want for their patients: the route to a future of vibrant health and longevity. He journeyed through the broken bodies and spirits of hospital emergency rooms, family practices, addiction centers and cosmetic clinics. He even joined the very elite ranks of physicians who are licensed as trial lawyers in an effort to deliver and legally protect the preventive medicine that he knew would lead to a lifetime of health and vitality for his patients.

Despite his vast knowledge, Dr. Garcia's humility, compassion and openness set him apart as a superior healer. With simple language and inspiring examples, he explains important breakthroughs in age-delaying treatment, including naturally safe, bioidentical hormones, optimal nutrition, effective exercise, healthy relationships and powerful attitudes. But, more importantly, he explains how taking action in every area can massively amplify the outcome and actually reduce age-related symptoms.

The foundation for Dr. Garcia's approach is using bioidentical hormones, which are safe, plant-based supplements that are molecularly identical to human hormones, to restore what age and environmental or lifestyle factors have destroyed. Dr. Garcia shows how they help to steadily rebalance the body, healing its intricate systems and turning back our biological clock for more vibrant, youthful vitality.

Wealth without health is meaningless.

*Age well. Age to perfection.*

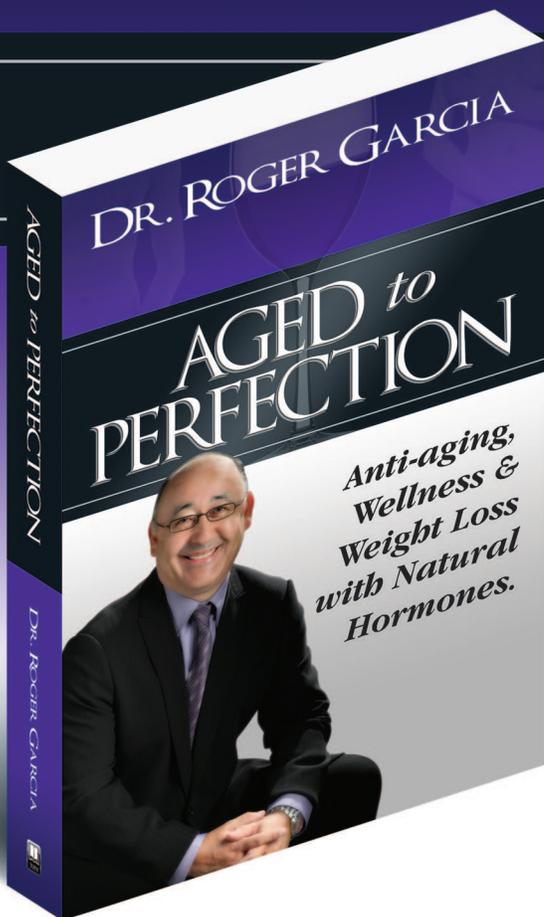


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## BIOGRAPHY

Dr. Roger Garcia believes that mankind was born to enjoy the blessings of a long life and good health. The father of twin daughters, aged six, he holds both medical and law degrees and lives his beliefs in a vigorous lifestyle, which includes adventures such as running with the bulls in Spain.

He received his medical degree in 1983 from the Ohio University College of Osteopathic Medicine, a discipline emphasizing the whole person and the connection between the musculoskeletal system and disease. Inspired by this training, he has devoted his practice to preventive medicine. His interest in age-related health issues led to board certification from the American Academy of Anti Aging Medicine. In addition, he holds a Fellowship in Functional and Regenerative Medicine through the American Academy of Anti-Aging Medicine. He also has certifications in Family Medicine and Emergency Medicine, and as an Independent Medical Examiner.

Dr. Garcia believes the solution to most age-related health problems is a healthy lifestyle of good nutrition, fitness, stress reduction and hormonal balance using bioidentical hormone therapy. In his medical practice, he knows first-hand the satisfying benefits. In contrast, as director of the Bellevue Hospital's emergency department (Ohio), where he also serves as assistant professor of emergency medicine for his alma mater, he often sees the despair of a life cut short because it was not lived in good health.

He is president of Great Lakes Emergency Physicians, Inc., an urgent care development company, and holds a legal degree from Capital University Law School, class of 1996 and worked as an of-counsel at a prominent Columbus, Ohio law firm. He is a Fellow of the American College of Legal Medicine and the American College of Osteopathic Emergency Physicians.

His book, *Aged to Perfection: Anti-aging, Wellness & Weight Loss with Natural Bioidentical Hormones* (2010), is a testament to his passion in helping people succeed in achieving superior health and longevity.

For more information, check out:

**[www.AgedtoPerfectionBook.com](http://www.AgedtoPerfectionBook.com)**

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