

PEARLS OF HEALTH

DATUK DR. SELVAM RENGASAMY

INTERGRATIVE
HEALTH CARE CENTRE
FOR PREVENTION &
REVERSING DISEASES



FEMCARE
SPECIALIST CLINIC

INTRODUCTION

Medical doctors are trained to treat injuries and diseases. Pharmaceutical companies develop and sell chemical band-aids to treat symptoms. In my view, both of these approaches to medical care are incomplete. Instead of trying to fix my patients after they have serious problems, my approach is to work towards preventive health care and reversal of diseases. I started FemCare Specialist Centre so that I can share my health knowledge with everyone. My recommendations to you are based on a combination of my ongoing review of medical research and my clinical experience with patients making nutritional and lifestyle changes to live happier, healthier, and longer lives. I want to give you actionable insight so you're able to make informed decisions about how to manage your health.

I want to give you practical tools to make yourself and your families not just feel better but live well.

PEARLS OF HEALTH

I offer you the tools to thrive in health and wellness. I call these tools the Pearls of Health. These are lifestyle choices that provide the foundation of good health.

At first glance, making changes in so many areas may seem overwhelming. I've found that the secret to success when making these improvements is to start small and focus on one area at a time.

- EAT A BALANCED WHOLESOME DIET
- BREATHE CLEAN AIR
- DRINK PURE AND ALKALINE WATER
- EXERCISE REGULARLY
- BALANCE YOUR HORMONES
- SUPPLEMENTS ARE ESSENTIAL
- REDUCE STRESS
- DETOXIFY REGULARLY
- ALKALIZE YOUR BODY
- GET ADEQUATE SLEEP
- HAVE REGULAR SUNLIGHT EXPOSURE

EAT A BALANCED WHOLESOME DIET

The wrong food choices stress our bodies. They cause our defenses to go into overdrive, our liver to work extra hard (trying to rid the body of toxins), our hormones to fall out of balance, and our immune system to be weakened. All of these responses contribute to aging. Food is also the primary delivery system for all those great antioxidants and anti-inflammatories, not to mention nutrients that have the power to influence our "good" genes (and perhaps turn off some of our not so good ones). Our food selections also have a powerful influence on our hormones, which in turn have a powerful effect on how we age.

Choose a diet according to your Blood Group

Reduce Carbohydrate intake like rice, mee hoon, thosai etc.
(Substitute with Brown Rice but in small amounts)

Avoid :

- White flour products
- White rice
- White salt
- White sugar



(All "White" foods are processed and are devoid of Vitamins and Minerals. They contribute to diseases).

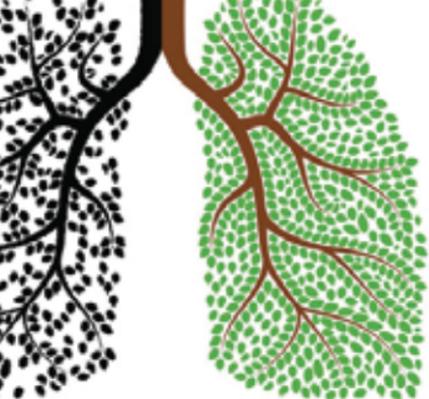
- Dairy products.
- Deep fried food.
- Reduce intake of meat unless from organically farmed.
- Red meat consumption as you age.
- "Transfats". This is the Hydrogenated oil so called "Vegetable Oils" which is solid at room temperature. Transfats are very harmful for health and are found in foods like Margarine, Mayonnaise, Cookies, and Biscuits etc.
- Usage of plastics, Styrofoam as drinks and food containers.

There is a trend towards becoming a vegetarian now. Vegetarians are often B12 deficient and they may not have the complete amino acids. Therefore they are often protein deficient as well.

However being a non-meat eater is good for the environment as meat farming is the largest contributor of methane gas, which is not healthy for the environment. In meat and poultry farming sub therapeutic doses of antibiotics are used to fatten the animals, which puts your gut microbiome out of balance.

**Food Is Not Only Nutrition
But Also Information
For Your Genes.**



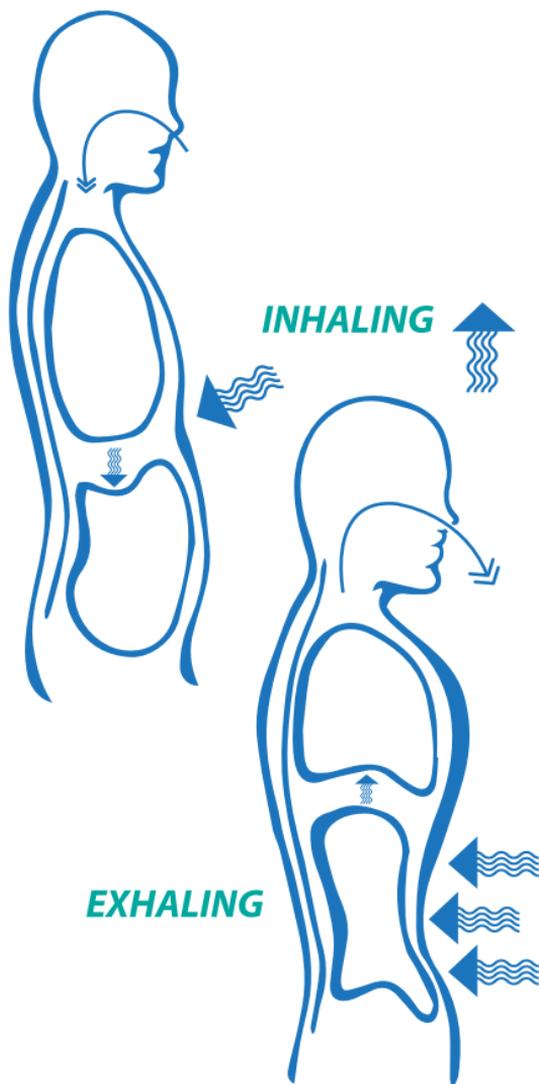


BREATHING CLEAN AIR

Most of us fail to do deep breathing which will ventilate the entire lungs.

This deep slow breathing should be an abdominal breathing and not chest breathing. We can also practice rapid breathing through the nose as a means to activate our chakras. This is called the Breath of Fire. Correct breathing is important and will ensure good oxygenation for our cells. Deep breathing also removes carbon dioxide thereby helping to alkalize our body.

Remember Cancer can only grow in low oxygen saturation.



DRINKING PURE & ALKALINE WATER

Drinking adequate water is very necessary and it should be pure and alkaline. Our body weight is 70% water and our blood is 90% water. The daily intake should be at least 2.5 liters and water should only be drunk half an hour before and about 2 hours after meals. The daily amount should be increased for those who lose more water through sweating (exercise, sauna, etc.). Adding Himalaya or Celtic salt to drinking water 2 to 3 times a day is beneficial to prevent dehydration. Consuming 12 to 14 grams of salt a day is good for our health.



REMEMBER

Acute Dehydration makes you thirsty which is not a symptom in Chronic Dehydration. Water Retention and Oedema after drinking water means you could be low in Sodium, Potassium or Thyroid Hormones.



EXERCISE REGULARLY

AN ACTIVITY FOR ALL AGES

There isn't a long-lived society on earth in which the members are not active. They may not go to gyms, but they shepherd goats, climb mountains, tend gardens, milk cows, walk, and do all the other active things that people have done for eons. Exercise can help you control blood sugar, weight, and blood pressure. It can elevate your "good" cholesterol and reduce your risk of heart disease. It can even lower your risk for Alzheimer's disease. A single 30-minute bout of aerobic exercise can improve mood, measures of positive well-being, and vigor, even in people with major depressive disorder. It can certainly lower stress, and recent research shows that exercise actually helps you grow new brain tissue. Suffice it to say that exercise is one of the most effective "natural cures" on earth, and it is particularly effective against the vast majority of the diseases of aging.

Weight bearing and resistance exercises can boost the levels of your hormones especially Testosterone and Human Growth Hormone (HGH). These must be combined with cardio related exercises like brisk walking, treadmill walking and running and also stretching and flexibility exercises to maintain flexibility of joints.

BALANCE YOUR HORMONES

Hormones are extremely important for Health, Vitality and for Prevention of diseases and Premature Aging. HORMONES ARE LIKE FUEL FOR YOUR CAR ENGINE. With adequate hormones when you are in your 20's, you have abundant energy, good sleep, better ability to handle stress, no problems tolerating cold temperatures, and certainly much less Infections, Cancer, Diabetes, Hypertension, High Cholesterol etc. This ability to enjoy Life and Health take a dip from the age of 25 onwards due to a decline in Hormones.

Sometimes you may have excess hormones like Insulin and Estrogen. This is equally bad for health. For example high insulin level means that you are a Prediabetic and prone to MANY of the common age related diseases like Heart Diseases. High Insulin levels also increase the risk for Premature Aging, Cancer, Arthritis etc.

High levels of Estrogen in women predispose them to Uterine, Ovarian and Breast Tumors and Cancers, Premenstrual Syndrome, Heavy and Painful Menses etc. High Estrogen levels in men will increase their risks of Erectile Dysfunction, Prostate Enlargement, Prostate Cancer and Heart Attack.

The work that hormones do is subtle-yet when they fall out of balance, the effects on your health may be anything. Hormone Profile Test and Special Marker Tests will tell you of your deficiency and excesses of hormone, identify premature aging, helps you to recognize the underlying cause(s) of diseases and predict the risk of common age related diseases like Diabetic, Hypertension, Stroke, Alzheimer's, etc.

We can help to identify your future health risks

Help us to help you to enjoy a healthier and longer life.

WE ONLY PRESCRIBE NATURAL OR BIO IDENTICAL HORMONES.

No synthetic hormones are used



SUPPLEMENTS ARE ESSENTIAL

Supplements: Natural Therapy

I like to think of supplements as a technology, a kind of modern-day delivery system for nutrients. The more we know about the diseases of aging, the more we understand how specific nutrients can help. Often, the doses of those nutrients needed for a therapeutic effect are simply way more than are going to be available in the average diet, even a diet constructed according to the best longevity principles. My treatment works on this principle. Customizing. A comprehensive report released by the Council for Responsible Nutrition (CRN) found that consistent use of multivitamins with minerals and such single-nutrient supplements as calcium and antioxidants (vitamins C and E) demonstrated substantial positive impact on the immune systems of elderly people and played a key role in protecting eye and brain function and maintaining bone mass. Optimal dosage is necessary for optimal health. This optimal dose is much higher than that recommended by FDA/RDA.

Most of us will require some basic Supplements such as:

Everyday Essentials

- Multivitamins and Multi Mineral formula
- Molecularly distilled Omega 3 Fish Oil (Flax seed oil for Vegetarians)
- Vitamin D3 unless you are less than 50 years of age and get adequate sun exposure (however only blood test can confirm if you are adequate in D3 levels)
- Vitamin C (recommended adults dose is 4-6gms per day. My intake of vitamin C is 8-10gms). Animals produce their own Vitamin C and hence they are free from Infections like Common Flu, Chicken Pox, Dengue, Ebola and even Cancer. We human have lost the ability to make our own Vitamin C and hence supplementation is vital.
- Glutathione - you should only take glutathione precursors and not glutathione itself because it's a large molecule, which is poorly absorbed. The precursors amino acids are cysteine, glutamine and glycine that help the cells in the body to produce glutathione. Glutathione is known as the Master Antioxidant, Master Detoxifier and a Maestro to the Immune System. Glutathione levels get depleted with aging, environmental toxins and pollution, electromagnetic radiation, stress, consuming "white foods", etc. predisposing us to chronic degenerative diseases like Diabetes, Heart Disease, Arthritis, Parkinson's, Alzheimer's and even Cancer.
- COQ10 – helps to produce ATP (Energy unit for your cells).

Special Supplements

You may need special Supplements if you have medical disorders like Chromium, Zinc and Sugar Blockers for Diabetes; Magnesium, Potassium and COQ 10 for Hypertension and Heart Diseases etc.

Optimal Nutrition (Organ Specific Essentials)

Most of us as we age would like to protect certain important organs. We at FemCare Specialist Clinic can further customize organ specific supplements that consider all of your unique supplement needs. For instance like Brain, Heart, Supplement etc. These are products that are completely unique to each patient. They can be modified at any time to meet specific patient requirements.



REDUCE STRESS

Stress Management: Not a Luxury



It usually doesn't kill quickly and dramatically but rather slowly, insidiously, and deliberately. Stress exacerbates virtually every disease of aging and many others as well, such as Herpes, Asthma, Allergies, and Acne. Stress slows down recovery from serious illness. Stress shrinks areas of the brain that are intimately involved with memory and thinking. It increases the risk of heart disease. It decreases the effectiveness of the immune system.

MANAGING STRESS

IS NOT A LUXURY

A photograph of a woman from behind, with her arms outstretched horizontally. She is wearing a white top. The background is a bright, slightly hazy sky with some clouds. The overall mood is one of openness and freedom.

It's an important part of your longevity program (arguably the most important part of all). Stress reduction, or stress management, doesn't have to be done in expensive spas or yoga retreats. It can be as simple as walking in the park, having dinner with friends, taking warm baths in candlelight, listening to relaxing music, or reading and meditating.

Stress is one of the main causes of Premature Aging and Diseases. Chronic Stress will eventually deplete your Adrenal Hormones (DHEA and Cortisol). When this happens, you will not be able to handle stress well. You may experience Lethargy (especially in the morning), Anxiety and Irritability. You may experience giddiness due to Low Blood Pressure and Low Blood Sugar. Palpitations and Sweaty Palms are not uncommon. Eventually you run the risk of developing Hypertension as well.

There are herbs that can decrease cellular sensitivity to stress called adaptogens. These herbs help restore balance to the adrenal gland. They are Ashwagandha, Licorie, Maca, Siberian Ginseng, etc.).

Adding B-Vitamins, Magnesium, Zinc, Selenium and Vitamin C will boost Adrenal Health further. However the master for Adrenal health will be Vitamin C and Glutathione.

Stress and anxiety wreak havoc on your immunity. Enter your day happy and relaxed, and you greatly increase your chances of a healthy, productive day. Never start the day on the go.

The breakfast must have minimum or no carbohydrates. No coffee or intake of sugar. It is ideal to have protein, nut and seeds, vegetables and virgin coconut oil in the morning.

DETOXIFY REGULARLY

Detoxification: An Age Old Time Out

The almost ancient practice of detoxification has been around forever, whether as part of religious purification rites or as part of a natural healing program. The ability to give our systems a much-needed rest from the daily assault on our cells of toxic foods and environmental pathogens is a deeply valuable asset in our quest for a long and healthy life.

The reason detoxification is a pillar of health is because it helps combat every one of the Four Horsemen of Aging: oxidation, inflammation, glycation, and stress. I think we can all agree that our bodies (not to mention our minds and souls!) are assaulted with toxins on a daily basis—from the air we breathe, the water we drink, the chemicals in our soil, the medications in our medicine cabinet, the hormones, antibiotics, and steroids in our meat, and the hundreds of other minor exposures we rack up just in the course of daily living. It's a good thing to give the body (and the mind) an occasional rest from the constant onslaught and perhaps a little help getting rid of the excess garbage that's accumulated.

Some of the Detox methods are:

- Liver Detox with Vitamin C and Glutathione
- Gut Detox with Fiber Drinks, Probiotics, Prebiotics
- Regular Fasting
- Drinking Alkaline Water
- Drinking Organic Vegetable Juice daily before breakfast
- Steam Bath
- Soaking in a tub with Himalayan bath salts, Epsom salts with baking soda
- Chelation to remove heavy metals like Lead, Mercury etc.
- Far Infra Red Sauna (FIR Sauna)
 - Helps to detox your body of Heavy Metals, Petrochemicals etc.



**"Detoxification is the missing link in nutrition wellness,"
"People need to take a break from their substances.
A detox can give body a rest so it can rebalance."**



ALKALIZE YOUR BODY

We need water to digest food and remove waste through the kidneys and skin. Water provides cushioning and lubrication for our joints, keeps our skin cells plump, assists delivery of nutrients via the bloodstream, and protects the intestinal tract lining from damage by enzymes that digest food. Water plays a role in breathing, body temperature management, brain functions, and a long list of other processes. In short, we need water and plenty of it to maintain good health.

Acidosis is a condition caused by an acid-alkaline imbalance in the body. Recent studies show that chronic, low-grade acidosis has an impact on everything from decreased bone and muscle mass to the formation of kidney stones in adults. Other research indicates that an acid imbalance may be linked to heart disease and diabetes.

Acidosis is unhealthy because it creates an imbalance in the body's pH levels. Ideally, the body's pH should be slightly alkaline, in the range of 7.2 to 7.4.

Your Tissues and Blood should be Alkaline for better health.

- 70% of your Body Weight and 90% of your blood is made of water. Hence, keeping your blood and tissues alkaline is one of the most important health pillars.
- Water consumed should not only be pure but also alkaline and NOT ACIDIC.
- An Alkaline Body also detoxifies better.
- Cancer cells, Viruses, Bacteria and Fungus can grow only in an Acidic Body.
- Acidity also contributes to many Diseases like Diabetes, Hypertension, Arthritis etc.
- Drugs add further to the acidity of the body.

The best ways to alkalize your body:

- Drink Organic Vegetable Juice
- Drink alkaline water
- Drinking lemon water also helps
- Eating raw sprouts in an empty stomach
- Baking soda (Food grade)

GET ADEQUATE SLEEP

Remember the saying **"YOU GROW IN YOUR SLEEP"**? There are many benefits of going to bed early and having adequate quality sleep. You need about 8 hours of sleep at night to be healthy and you need to sleep in a Dark room. Hormones like Growth Hormone and Melatonin are produced during your sleep.

- Melatonin, which the body produces at night, helps you to fall asleep and stay asleep. It is the most powerful Natural Anti-Oxidant and Cancer Fighting agent that your body produces during your sleep. Aging reduces our ability to produce sufficient amounts. Most aging people can enjoy many health benefits by taking the Natural Sleep Hormone, Melatonin.
- Vitamin D from sun exposure helps you to produce Melatonin at night. Besides, if you are in deep sleep between 12am to 3 am, your body will produce hormones, antibodies and detoxify.
- Circadian clocks that drive rhythmic fluctuations in hormone levels primarily regulate your sleep cycle. Therefore early to bed and arise early keeps a person much healthier.
- Furthermore, when you enjoy good sleep; your Stress Hormone, Cortisol is low during sleep, which helps in healing.
- Better sleep can be enjoyed if you have a light and early dinner (Eating supper is unhealthy).
- Avoid drinking coffee after 6.00 p.m.
- Meditation helps to sleep better by increasing melatonin levels.



**HEALTHY SLEEPING HOURS
ARE FROM 10.00 P.M. TO 6.00 A.M**



HAVE REGULAR SUNLIGHT EXPOSURE

Getting exposure to Sunlight in the morning (8.30 a.m. to 10.00 a.m) and in the evening offers many health benefits through Vitamin D (our body manufactures Vitamin D from sunlight). Morning and evening sunlight as well as moonlight also have an alkalizing effect on the body. Having adequate Vitamin D levels bring numerous health benefits such as:

- Better Sleep.
- Reduced Osteoporosis, Osteoarthritis and Rheumatoid Arthritis (Calcium from diet or milk cannot be absorbed unless you have sufficient Vitamin D3).
- Reduce the risk of Heart Disease.
- Stronger Immune System.
- Prevention against Auto Immune Diseases
- Illness like Depression, Schizophrenia, and Autism are associated with Vitamin D3 deficiency.
- Reduced risk of Cancer of Prostate, Colon, and Breast etc.
- The current recommendation of Vitamin D3 intake is 4000iu to 6000iu per day for Adults. Children need smaller doses. (Sometimes I recommend much higher dose).
- Vitamin D2 is synthetic, costlier and has side effects. Vitamin D3 is far superior.

If you are 50 years old and above or if you are vitamin D3 deficient, it is better to supplement with Vitamin D3. Current Research suggests that Vitamin D3 deficiency can be linked to almost all diseases. My advice is to test vitamin D3 levels for all adults and children as well.

OUR SERVICES

We at FEMCARE SPECIALIST CLINIC offer customized, state of the art services for laboratory testing based on your individual needs and health goals.

- Detailed hormonal panels derived from blood, saliva and 24hr urine.

Blood Test (Serum)

The blood test measures free and bound hormones.

This represents circulating hormones detected at the time of the test. Serum is the test of choice for evaluation of glandular secretion.

24 Hour Urine Hormones Evaluation Test/ First Void Morning Urine

This test measures hormones released and circulating in the body in a 24hr period as well as metabolites of selected hormones. Urine is the test of choice for assessment of peripheral metabolism.

Saliva Test

Testing for hormones using saliva is a method, which has gained popularity in the recent years. This is due to the simplicity and noninvasive nature of sample collection. Saliva is used for selected situations such as cortisol and melatonin monitoring of AM/PM circadian rhythm.

CTC (Circulating Tumor Test) - Special Marker Test

CTC (Circulating Tumor Test) is a simple blood test that captures and assesses CTCs of epithelial cancers like breast, colorectal or prostate cancer and other epithelial cancers to offer a diagnosis and give prognostic information in cancer patients. CTC also offers very early detection of cancer even before Tumor Markers, PET scan, CT scan and MRI can detect. The test provides valuable prognostic information for more informed patient care decisions throughout the continuum of care.

- Identifies and counts the number of CTCs in whole blood detecting as few as one CTC in 7.5 mL of blood.
- Provides real-time information on progression-free survival.
- Provides prognostic information at baseline and as early as after the first cycle of treatment.
- Can be used for serial monitoring of patients throughout the continuum of care.
- Sensitivity test can also be performed on the cancer cells that can help to identify the chemo therapy agents and natural agents like Vitamin C, Curcumin and etc that can work without resistance.
- It helps identify the ineffective chemotherapy agents.

The CTC test can be used as a wellness screening method. Increased in the number of Circulating Tumor Cells can be a very early warning of cancer growth

Gene Testing :

We offer saliva gene testing for hundred Gene Polymorphisms.

Specialized Laboratory Services:

- Metabolic Analysis, Oxidised Cholesterol and other Special Tests.

PEARLS OF
HEALTH

by

DATUK DR. SELVAM RENGASAMY

Board Certified Anti-Aging Physician (American Academy of Anti-Aging and Regenerative Medicine – (A4RM) and International Hormone Society IHS, Fellow ACNEM (Australasian College of Nutritional and Environmental Medicine), Consultant Obstetrician and Gynecologist

PROUDLY HOLISTIC TRULY HEALING



FEMCARE SPECIALIST CLINIC SDN. BHD.

Address: No.207, Jalan Shah Bandar,
83000 Batu Pahat, Johor Darul Takzim.

Tel : 07-4386600 Fax : 07-4387788

Email : femcare@femcarespecialistclinic.com