AntiAging Step-by-Step Program Outline
1+ Year Program with Monthly Follow-ups

First visit
Second visit (3-5 days later)
Third visit (1-2 weeks later)
Fourth visit (4 weeks later)
Fifth visit (4 weeks later)
Sixth visit (4 weeks later)
Seventh visit (4 weeks later)
Eighth visit (4 weeks later)
Ninth visit (4 weeks later)
Tenth visit (4 weeks later)
11th visit (4 weeks later)
12th visit (4 weeks later)
13th visit (4 weeks later)
14th visit (4 weeks later)
15th visit (4 weeks later)
16th visit (4 weeks later)
17th visit (4 weeks later)
18th visit (4 weeks later)
19th visit (4 weeks later)
20th visit (4 weeks later)

FIRST VISIT

1. Patient needs to fill out all administrative forms. This includes
   A. Initial Intake Form
   B. Medical and Nutrition History Form
   C. Consent to Service Form
   D. Exercise and Diet Disclaimer Form

2. Review the forms with the patient. Determine if there are any contraindications to the
   supplements you will give (simply look at the labels on the supplement bottles). If there
   are any present, modify the supplement package accordingly. Also determine if there are
   any contraindications to an exercise program. In addition, determine if there are any
   allergies to food that will be recommended in the program. If a person has any disease or
   illness modifications in the program may also be necessary. If they smoke or use alcohol
discuss with them strategies to help reduce the negative effects from that particular behavior. This information can be found in the related chapter in your reference book “The Ageless Advantage.”

Once the forms have been reviewed perform the nutrition examination.

3. Examination

The Doctor or the chiropractic assistant can perform the nutrition examination depending upon the qualifications of the chiropractic assistant.

A. Take vital signs
   1. Age, sex, height, weight, temperature, respirations, pulse, blood pressure. (see related workbook pages for details).

B. Take anthropometric measurements
   1. Body circumferences, body fat and calculate BMI. (see related workbook pages for details).

4. When the examination is complete – tell the patient you will review the information and outline their individual specific antiaging program for their next visit. Explain to the patient that the program is a long term program with different aspects of health and antiaging being introduced over time and with follow-ups being necessary.

5. Give the patient a copy of “The Ageless Advantage: Your Complete Resource for Living Longer Through Diet and Lifestyle.” Tell them to read the preface, introduction, chapter 1, and chapter 4 for their next visit.

6. Give the patient the antiaging supplement package. This consists of XtraBoost powder, Immune Power tablets, Daily Dose capsules, and Healthy Heart powder or tablets. Explain why they are part of the program and what they can do for the patient. This information can be found in the workbook in section XI, Supplements and Educational material. Give them a list of optional supplements that are also available (a list of the optional supplements can be found in the workbook). Instruct the patient not to take any of the supplements until they are told to. The supplements are introduced at various times during the antiaging program.

7. Give the patient the Food Serving chart and review it with them. Make sure they know what a food serving is. In addition, give the patient the following forms to take home and complete for their next visit.
   A. The social activities worksheet
   B. The priorities worksheet.
   C. The Setting Goals worksheet
   D. Food Diary - Have them begin to record foods eaten from the different food groups.
8. Have the patient schedule for a follow-up within the next 3-5 days.

SECOND VISIT

1. Review with the patient the four completed forms previously given.
   A. Review the social activities worksheet with the patient. Discuss ways to make positive changes. Discuss any statement the patient circled as false and determine ways to change the behavior.
   B. Review the priorities worksheet with the patient. Identify the ones that are of greatest value and discuss how to focus on these and less on the negative or lower rated priorities.
   C. Review the setting goals worksheet with the patient. Determine what their short, medium and long term goals are in regards to antiaging, health, and wellness.
   D. Review the food diary and food servings chart and determine how well they are eating from the different food groups. Discuss ways to improve upon this. Have them continue using the food diary and tell them you will monitor their progress throughout the antiaging program.

2. Review the examination findings. Discuss their vital signs if abnormal. If their temperature is low, look at possible thyroid involvement particularly if they are overweight or plump. If so, SlimRx weight loss supplement should be added at this time as long as there are no contraindications. If pulse and blood pressure is abnormal, discuss the possibility of adding Healthy Heart tablets or powders at this time. They will be added later in the program so you are simply adding the product a little sooner.

   Tell them what their body fat is, their body circumferences, and BMI. Incorporate these results into their goals and modify their goals if unrealistic or too aggressive. For example, if their short term goal is to be 100 pounds less in weight, that might not be realistic but it would be for a medium term goal. Also if their BMI and/or body fat are high, tell them that weight maintenance is part of the program. Again, the SlimRx weight loss formula should be given here as long as there are no contraindications.

   This is an important step in the antiaging program. If you design a series of goals that are unrealistic or too aggressive the patient will not achieve them and they will quit the program. Goals need to be reachable. So effort needs to be placed in this session.

3. We must identify the amount of stress a patient has, where the stress is coming from and what they are currently doing to combat it. Give the patient the following forms and have them completed by their next visit.

   A. The stress awareness worksheet.
   B. The stress event hierarchy worksheet.
C. The stress coping thoughts worksheet.
D. The job stress worksheet.

4. Have the patient continue to use the Food Diary and monitor how well they are doing eating from the various food groups and categories.

5. Have the patient read chapter 3 and chapter 24 of “The Ageless Advantage” by the next session.

6. Give the patient Daily Dose Multivitamin and mineral supplement. Explain to them the importance of having adequate minimum levels of nutrients in the body. (this can be found in chapter 24 of The Ageless Advantage). Also explain to them that the goal of the anitaging program is to be at optimal levels of nutrient and food intake and this is the goal we are striving for and will achieve with the program.

7 Schedule the patient for a 1-2 week follow-up.

THIRD VISIT

This session will focus on Stress

1. Review the previously given stress worksheets from the last visit.
   A. The stress awareness worksheet – Discuss what caused the patient stress, discuss how to eliminate or reduce it, and identify the type of symptoms they typically experienced from the stress event.
   B. The stress event hierarchy worksheet, the stress coping thoughts worksheet, and the job stress worksheet – Use the patients stress coping thoughts and apply them to the job stress worksheet. For example, if they had a negative thought and negative behavior on the job stress worksheet, have them replace the negative thoughts with the new positive stress coping thoughts that the patient just listed.

2. Breathing exercises will now be given. The first step is to determine how the patient is currently breathing. Are they chest breathing or abdominal breathing (see details under Breathing in the Stress Reduction Exercise section). Determine this with the patient in the office using a massage table or a chiropractic table.
   A. Give the patient the abdominal breathing exercises. Have them perform the exercise for 5-10 minutes one to two times per day for 3 weeks. Then increase the time of the exercise to 20 minutes for an additional 3 weeks.

3. Give the patient the record of general tension worksheet to use in conjunction with the breathing exercises and all relaxation exercises in the future.

4. Give the patient XtraBoost Stress and Energy supplement. Explain why they need to
take this on a daily basis (this information can be found in the workbook under the section on supplements).

5. Check to see that the patient is still on the previously given supplement, Daily Dose and if not, stress the importance of being so.

6. Determine appropriate caloric needs of the patient.

   A. Calculate Daily Energy Expenditure of the patient (see workbook for details)
   B. Calculate Daily Energy Needs in grams of Fat, Protein, Carbohydrate (see workbook for details)
      Example – if you determined from calculation A that their total caloric need per day is 2000 calories to maintain weight and they are at an appropriate weight then this calculation will tell you how many grams of fat, protein and carbs they should eat a day. So if we use 2000 calories, we will use the antiaging formula diet breakdown of 50% carbohydrates, 25% fat, 25% protein. So they can have 1000 calories carbs, 500 calories protein and 500 calories fat (see workbook for converting to grams)
   C. Calculate Daily Water Needs of the patient (see workbook for details)

Discuss the results with the patient. You now can tell them how many calories they need to maintain or lose weight and how many grams of protein, fats and carbohydrates they need per day. Have them use this information with previous information they received regarding eating from the appropriate food groups. Have them continue to eat from the different food groups while paying attention to the amount of calories they are consuming as well as grams of fats, proteins and carbohydrates.

7. Review the food diary record with the patient. Determine how well they are eating from the different food groups. Discuss ways to improve upon this. Have the patient continue keeping a record until their next visit in 4 weeks.

8. Have the patient read chapters 10,11,12,13 of “The Ageless Advantage” by the next session.

9. Schedule a follow-up in 4 weeks.

FOURTH VISIT


2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.

3. Give the antiaging diet recommendations (found in workbook).
4. Give the individual antiaging foods (found in workbook).

5. Combine the individual antiaging foods into a diet specific for the patient using the sample antiaging diet provided in the workbook as a guideline. The quantity of food is based upon their previously determined daily caloric needs.

6. Review the patient’s record of general tension. How are they doing with their relaxation exercises. Give the patient the next set of relaxation exercises, the Progressive relaxation exercises. Tell them to continue with the previous breathing exercises and simply add these new ones.

7. Review the food diary record with the patient. Determine how well they are eating from the different food groups. Discuss ways to improve upon this. At this time they no longer need to use the food diary. It will be used again at a later visit.

8. Give the patient the social interaction chart and review it with them. Have they made any progress in this area? Do they still need to make changes?

9. Check to see that the patient is still on all supplements given to this point, Daily Dose and XtraBoost. If not, stress the importance of being so.

10. Have the patient read chapters 14-23 of “The Ageless Advantage” by the next session.

11. Schedule a follow-up in 4 weeks.

FIFTH VISIT

This session will focus predominately on exercise.


2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.


4. Recheck all vital signs. Make sure the patient is in good enough health to begin an exercise program.

5. An exercise program needs to be given. Determine which level of exercise the patient can begin at. This is based upon their overall health, any disability present, and current activity level. For example, if a person has not exercised in many years, do not put them in an advanced exercise program.
If the person has exercised before and is familiar with various types of exercise programs and is in overall good health, you can start them at level 3 – beginner exercise program. I hesitate to begin anyone beyond level III to start. However, you may have an occasional patient that can start at level IV. If they have an injury or have been sedentary for months to years, start them at level 1 or 2.

If patient starts on Level I –
- Give the patient stretching exercises
- Give the patient physioball seated and prone exercises
- Give the patient physioball exercise chart
- Give the patient the exercise diary chart – this can be used to record what they did during their exercise session

If patient starts on Level II –
- Give the patient stretching exercises
- Give the patient all physioball exercises
- Give the patient physioball exercise chart
- Give the patient theraband exercises
- Give the patient the exercise diary chart – this can be used to record what they did during their exercise session

If patient starts on Level III – IV – V
- Give the patient stretching exercises
- Give the patient either the beginner, intermediate, or advanced exercise program and chart
- Determine which program is most appropriate for the patient. If they are intermediate or advanced determine if they will be on a 3, 4, or 5 day a week program. Also determine if they will be on a split program (see workbook for details)

6. Determine the patient’s exercise intensity and instruct the patient how to calculate their exercise intensity (found in workbook).

7. Instruct the patient how to determine their exercise heart rate. Give them a copy so they can use this as an easy reference (found in workbook).

8. Give the supplement Healthy Heart. Discuss the importance of heart health and how a healthy heart is important when engaging in an exercise program as well as in a long term antiaging program. Check to see that the patient is still on all supplements, Daily Dose and XtraBoost and if not, stress the importance of being so.

9. Review the record of general tension and how they are doing with their relaxation exercises. Give the patient the next set of relaxation exercises – the meditation exercises.
10. Review their current antiaging diet. How is the patient doing? Are changes necessary? Are they eating the recommended foods at adequate levels. Are they eating from all food groups?

11. Review the patient’s goals. Are they being met? Are they realistic? Do changes now need to be made?

12. Have the patient read chapters 2, 7, 8, 9 of “The Ageless Advantage” by next session.

13. Reschedule the patient in 4 weeks.

SIXTH VISIT


2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.

3. Review the patient’s record of general tension. Give the patient the next set of relaxation exercises – the visualization exercises.

4. Review how well the patient is doing with the antiaging diet and make changes if necessary.

5. Review the patient’s exercise program. No changes should be made at this time unless the patient started at level I. They can now proceed to level II. They should remain at level II for 8-12 weeks and then progress to level III, if they are able to. Not everyone will be able to progress to the next level at this time. Some patients may need to stay at level I for an additional 4 weeks, until their next visit.

6. Recheck weight, BMI, bodyfat, body circumferences.

7. Review their social interactions and activities. Have them complete a new chart with you and discuss where improvements need to be made.

8. Discuss sources of free radicals and how to avoid them (this can be found in the workbook).

9. Give the patient a new food diary record. Have them complete it for the next visit.

10. Give the supplement Immune Power and explain that the supplement contains many potent antioxidants and immune system boosters. This should be given after you discuss free radicals and antioxidants. Check to see that the patient is still on all supplements, Daily Dose, XtraBoost, and Healthy Heart and if not, stress the importance of being so.
11. Reschedule the patient in 4 weeks.

SEVENTH VISIT


2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.

3. Give the patient the 10 week autogenesis relaxation program. This is the last relaxation technique that will be given. They will do this for the next ten weeks. Review the patient’s record of general tension.

4. Discuss how well they are doing with their antiaging diet and make changes if necessary.

5. Recheck their weight, BMI, bodyfat, body circumferences.

6. Re-evaluate their exercise program. They may need to be increased to the next level at this time. If the patient started at level II from the beginning increase them to level III at this time. Please be aware that not all patients will be able to progress to the next level at this time. You will have to determine if they can or if they need to stay at their previous level.

7. Monitor their stress levels. Give the patient the following forms and have them completed by their next visit.

   A. The stress awareness worksheet.
   B. The stress event hierarchy worksheet.
   C. The stress coping thoughts worksheet.
   D. The job stress worksheet.

5. Check to see that the patient is still on all supplements, and if not, stress the importance of being so. The patient should continue on all four of the antiaging supplements forever. These include Daily Dose, XtraBoost, Healthy Heart and Immune Power.

6. Reschedule the patient in 4 weeks.

EIGHTH VISIT


2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.

4. Recheck all vital signs.

5. Have the patient continue on the 10 week autogenesis relaxation program. Review their record of general tension.

6. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

7. Re-evaluate their exercise program. They may need to be increased at this time.

8. Review the previously completed stress awareness worksheet, stress event hierarchy worksheet, stress coping thoughts worksheet, and job stress worksheet.

9. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

10. Review the social interaction and activity worksheet with the patient. Complete a new chart with them in the office and discuss changes that are necessary.

11. Reschedule the patient in 4 weeks.

NINTH VISIT

1. Have the patient continue on the 10 week autogenesis relaxation program. Review their record of general tension. Once the 10 week program is completed, have them continue with any of the relaxation exercises that they have learned. Record which one they will be doing once the 10 week program has ended. Have the patient continue to use the record of general tension in conjunction with the relaxation exercises.

2. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

3. Recheck their weight, BMI, bodyfat, body circumferences.

4. Recheck the patient’s goals. Are they making progress? Are changes necessary?

5. Re-evaluate their exercise program. They may need to be increased at this time. If the patient began at level III from the beginning, move them to level IV. Please remember that not all patients will be able to progress to the next level at this time. You will have to determine if they can or if they need to stay at their previous level.


8. Have the patient complete a new priorities worksheet and discuss with them.

9. Give the patient a new food diary record. Have them complete it for the next visit.

10. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

11. Reschedule the patient in 4 weeks.

TENTH VISIT

1. Recheck vital signs.


4. Recheck their weight, BMI, bodyfat, body circumferences.

5. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

6. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

7. Re-evaluate their exercise program. They may need to be increased at this time.

8. Review the patient’s food diary record. Make suggestions and changes if necessary.

9. Monitor their stress levels. Give the patient the following forms and have them completed by their next visit.

   A. The stress awareness worksheet.
   B. The stress event hierarchy worksheet.
   C. The stress coping thoughts worksheet.
   D. The job stress worksheet.

10. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

11. Reschedule the patient in 4 weeks.
11th VISIT

2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.
4. Review the social interaction and activity worksheet with the patient. Complete a new chart with them in the office and discuss changes that are necessary.
5. Review the previously completed stress awareness worksheet, stress event hierarchy worksheet, stress coping thoughts worksheet, and job stress worksheet.
6. Discuss how well they are doing with their antiaging diet. Make changes if necessary.
7. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.
8. Re-evaluate their exercise program. They may need to be increased at this time.
9. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.
10. Reschedule the patient in 4 weeks.

12th VISIT

1. Recheck the patient’s vital signs.
4. Recheck their weight, BMI, bodyfat, body circumferences.
5. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.
6. Discuss how well they are doing with their antiaging diet. Make changes if necessary.
7. Re-evaluate their exercise program. They may need to be increased at this time.
8. Give the patient a new food diary record. Have them complete it for the next visit.
9. Discuss sources of free radicals and how to avoid them. How well is the patient doing in this area?

10. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

11. Reschedule the patient in 4 weeks.

13th VISIT

1. Recheck their weight, BMI, bodyfat, body circumferences.


4. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

5. Have the patient complete a new priorities worksheet and discuss it with them.

6. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

7. Re-evaluate their exercise program. They may need to be increased at this time.

8. Review the patient’s food diary record. Make suggestions and changes if necessary.

9. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

10. Reschedule the patient in 4 weeks.

14th VISIT

1. Recheck the patient’s vital signs.


4. Review the social interaction and activity worksheet with the patient. Complete a new chart with them in the office and discuss changes that are necessary.
5. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

6. Monitor their stress levels. Give the patient the following forms and have them completed by their next visit.
   A. The stress awareness worksheet.
   B. The stress event hierarchy worksheet.
   C. The stress coping thoughts worksheet.
   D. The job stress worksheet.

7. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

8. Re-evaluate their exercise program. They may need to be increased at this time.

9. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

10. Reschedule the patient in 4 weeks.

15th VISIT

1. Recheck the patient’s goals. Are they making progress? Are changes necessary?


5. Recheck their weight, BMI, bodyfat, body circumferences.

6. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

7. Review the previously completed stress awareness worksheet, stress event hierarchy worksheet, stress coping thoughts worksheet, and job stress worksheet.

8. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

9. Re-evaluate their exercise program. They may need to be increased at this time.

10. Give the patient a new food diary record. Have them complete it for the next visit.

11. Check to see that the patient is still on all supplements, and if not, stress the
importance of being so.

12. Reschedule the patient in 4 weeks.

16th VISIT

2. Recheck Daily Energy Needs in Fats, Protein, and carbohydrates.
3. Recheck their weight, BMI, bodyfat, body circumferences.
4. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.
5. Discuss how well they are doing with their antiaging diet. Make changes if necessary.
6. Re-evaluate their exercise program. They may need to be increased at this time.
7. Review the patient’s food diary record. Make suggestions and changes if necessary.
8. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.
9. Reschedule the patient in 4 weeks.

17th VISIT

1. Recheck vital signs.
4. Review the social interaction and activity worksheet with the patient. Complete a new chart with them in the office and discuss changes that are necessary.
5. Discuss how well they are doing with their antiaging diet. Make changes if necessary.
6. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.
7. Re-evaluate their exercise program. They may need to be increased at this time.
8. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

9. Reschedule the patient in 4 weeks.

18th VISIT

1. Monitor their stress levels. Give the patient the following forms and have them completed by their next visit.

   A. The stress awareness worksheet.
   B. The stress event hierarchy worksheet.
   C. The stress coping thoughts worksheet.
   D. The job stress worksheet.


4. Discuss sources of free radicals and how to avoid them. How well is the patient doing in this area?

5. Have the patient complete a new priorities worksheet and discuss with them.

6. Recheck their weight, BMI, bodyfat, body circumferences.

7. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

8. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

9. Re-evaluate their exercise program. They may need to be increased at this time.

10. Give the patient a new food diary record. Have them complete it for the next visit.

11. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

12. Reschedule the patient in 4 weeks.

19th VISIT

1. Recheck their weight, BMI, bodyfat, body circumferences.


5. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

6. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

7. Review the previously completed stress awareness worksheet, stress event hierarchy worksheet, stress coping thoughts worksheet, and job stress worksheet.

8. Re-evaluate their exercise program. They may need to be increased at this time.

9. Review the patient’s food diary record. Make suggestions and changes if necessary.

10. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

11. Reschedule the patient in 4 weeks.

20th VISIT

1. Recheck the patient’s vital signs.


4. Recheck their weight, BMI, bodyfat, body circumferences.

5. Review the social interaction and activity worksheet with the patient. Complete a new chart with them in the office and discuss changes that are necessary.

6. Have the patient continue with the relaxation exercise of their choice. Review their record of general tension.

7. Discuss how well they are doing with their antiaging diet. Make changes if necessary.

8. Re-evaluate their exercise program. They may need to be increased at this time.

9. Recheck the patient’s goals. Are they making progress? Are changes necessary?
10. Check to see that the patient is still on all supplements, and if not, stress the importance of being so.

11. Reschedule the patient in 4 weeks.