

Testosterone Replacement, Dentistry and Chiropractic in Chandler Arizona

By Mike Wasdin

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At Solaris Medical we provide general medical care including conventional and/or natural medical treatments or prescriptions for hormone replacement, spinal and joint pain, diabetes, medical weight loss, minor laceration repair, and common colds.

Natural Hormone Replacement with Pellet Implants

Subcutaneous implantation of testosterone hormone pellets can increase sex drive, energy, focus, lean muscle tissue, drive, and decrease irritability in both men and women while subcutaneous implantation of estrogen hormone pellets relieves persistent menopausal symptoms in perimenopausal and postmenopausal women. The result is an enhanced quality of life and sense of wellbeing. These rice grain sized pellets are bio-identical hormone pellets have been around since the late 1940's. They are making a come-back as more alternative and health-conscious minded adults are tired of "being tired" and who want more out of life. This anti-aging movement involving testosterone and growth hormone started in the 1990's and has been more recently been popularized by Suzanne Somers and Sylvester Stallone.

Bio-identical Hormone Replacement Therapy (BHRT) & Anti-aging Hormone Optimization

Starting from age 27 to 28, the hormones of both men and women begin to steadily decline and continue to decline as we age. However, these drops in hormones generally need an average of 5 to 15 years before an accumulative loss is marked enough for you to realize that you're not who you once were. A comprehensive lab (blood) work-up is first analyzed to reveal deficiencies in hormones that rob you of your energy, strength, vitality and health.

Typical menopausal symptoms in women due to estrogen deficiency may include hot flashes, night sweats, weight gain, irritability, anxiety & depression, bloating, and loss of libido.

Typical andropausal symptoms in men and women due to testosterone deficiency may include loss of drive and motivation, loss of libido, loss of strength & stamina, poor muscle tone & loss of lean muscle tissue, abdominal weight gain & increased fat, joint pain, and a lack of mental clarity. **WE DO NOT PROVIDE GYM MEDICINE.** You must be at least 30 years or older for consideration. Exceptions include those under 30 who have frank deficiencies.

Typical symptoms of adult growth hormone deficiency may include poor recovery, poor stamina, poor sleep, increased obesity (especially abdominal weight gain), sagging skin, poor energy, thinning skin, poor lean muscle and weakness.

Deficiency of DHEA may include anxiety, depression, and brain fog.

Symptoms of thyroid deficiency may include weight gain, fatigue (especially in the afternoon), dry hair, dry skin, cold hands, cold feet, and constipation.

Hormone treatments in the order of effectiveness can include topical creams, intramuscular injections, and subcutaneous implantation of testosterone and/or estradiol hormone pellets. Creams are not as highly

recommended as shots or pellets since the transdermal administration (via the skin barrier) may disallow as effective dosing as intramuscular or subcutaneous administration that by-pass the skin. The net result is the restoration of your quality of life, more independence, improved energy, increased strength & stamina, enhanced mental clarity & acuity, and improved cardiovascular morbidity factors because of the increased lean muscle and decreased fat tissue.

Functional Medicine

Functional medicine was coined in 1993 by the leaders of the anti-aging movement. Today, many anti-aging doctors, including myself, believe that functional medicine encompasses:

1) Patient uniqueness - each individual is unique; an ailment may have different remedies depending on the individual's needs or beliefs or physiology.

2) Patient centered approach - given our individuality, the given treatment is specific to the patient. There is no "cookie-cutter pattern" to the healthcare delivery. The treatment may involve nutritional therapies, manual medicine (chiropractic or osteopathic manipulation), nutritional IV's, bio-identical hormone replacement, exercise therapy, pharmaceuticals (drugs), or surgery.

3) Preventive care - wellness is not the same as palliative care. In palliative care, the doctor prescribes a remedy for a specific symptom that may or may not address the underlying cause. Wellness care is proactive, and encourages steps to be taken on a semi-regular basis to prevent illness. This could mean getting manipulation and massage to prevent headaches and stress, or taking vitamin C every day to prevent colds & flu's, or optimizing your hormones to prevent fatigue, obesity, menopause, andropause, and illness.

At Solaris Medical, aka, Solaris Med Spa, we provide an optimal form of functional medicine in that we offer:

1) GENERAL MEDICINE that provides conventional and/or natural medical treatments or prescriptions for common colds, hormone replacement, spinal and joint pain, high blood pressure, diabetes, medical weight loss, minor surgery for laceration repair.

2) NATURAL MEDICINE that offers nutraceuticals, vitamin IV's, and bio-identical hormone replacement (estrogen, testosterone, growth hormone, thyroid, DHEA, progesterone, etc).

3) CHIROPRACTIC MEDICINE that includes spinal manipulation, physiotherapy, and exercise therapy.

4) DENTAL MEDICINE providing family and cosmetic dentistry for cleanings, fillings, crowns, dentures, restorative implants, Invisalign teeth straightening, and Zoom teeth whitening.

5) AESTHETIC MEDICINE that serves Botox, JuveDerm filler, laser hair reduction, and Portait Plasma Skin Rejuvenation.

Medical Weight Loss

While Lipo-Dissolve (Meso-Lipo therapy) is good for spot fat reduction, once you approximate your target weight, physician supervised medical weight loss at Solaris Medical, aka Solaris Med Spa, is an intensive

program aimed at helping you lose weight, reduce fat percentage, make better lifestyle choices, and optimize your health to promote longevity. Our program is NOT designed to encourage you to buy pre-packaged meals that may or may not be always available to you or even healthy, but rather help you to make the right choices so that eventual termination of the program will enable you to continue your path of wellness. The program helps you to improve your diet, exercise, and lifestyle, while reducing health morbidities, such as dyslipidemia, obesity, metabolic syndrome, and diabetes. Teamwork from both the patient and the doctor are expected. In addition to medications, weekly B-12 shots will help restore your energy. Indirect calorimetry, every 3 months, will identify your personal caloric need so you'll know how much to eat and/or how much to exercise to lose weight. You will be coached on your diet and exercise regimen. So come committed.

A comprehensive lab (blood) work-up is first analyzed to reveal any physiologic barriers to natural weight loss. The labs help identify if the weight gain is in part a result of an imbalance of hormones such as thyroid, insulin, testosterone, growth hormone, and/or cortisol. Metabolic testing through indirect calorimetry is assessed to determine how many calories you actually need to sustain bodily activities. This result is compared with your total caloric intake from your diet diary and your energy expenditure from your exercise. Weight gain and weight loss is ultimately an imbalance of caloric intake and caloric expenditure. To help you get control, a medication can be prescribed to suppress appetite and increase metabolism. The plan includes a weekly B-12 shot, a weekly weigh-in, medication, EKG, diet diary, metabolic testing, and accountability. Accountability is strongly encouraged. The client is expected to put forth effort to change their lifestyle that will promote health through better eating and exercise.

Call us today at 480-802-6617 to schedule your consultation or to find out more information. We are here to help you. A visit to Solaris Dentistry & Medical can change your life. Welcome!

<http://www.solarisdentistryandmedical.com>

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Kenneth McWilliams, NMD, MEd

A search for alternative and integrative medicine led Dr. McWilliams to study at several educational institutions. He completed a master of education in exercise science degree at the University of Houston and then attended the Southwest College of Naturopathic Medicine in Tempe, Arizona to become a naturopathic medical doctor (NMD). A practicing doctor since 1994, he started practicing integrative medicine in Arizona in 2004.

Dr. McWilliams maintains membership in the Arizona Naturopathic Medical Association, American Association of Naturopathic Physicians, American Academy of Anti-Aging Medicine, American Academy of Aesthetic Medicine, American Academy of Cosmetic Surgery, American Academy of Pain Management, Naturopathic Physicians Board of Aesthetic Medicine, Naturopathic Academy of Therapeutic Injection, and the International Hormone Society.

Category Health, Fitness, Medical
Tags Health, Fitness, Medical, dental, testosterone, hgh, estrogen, hormone, dhea, chiropractic, therapy, chandler, arizona
Email [Click to email author](#)
Phone 480-802-6617
Address 4917 South Alma School Road, Suite 1

City/Town	Chandler
State/Province	Arizona
Zip	85248
Country	United States