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A4M, American Academy of Anti-Aging Medicine.

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At the December meeting in Las Vegas, Dr. Kugler presented **Alternative Therapies in the full recovery of non-ablatable Atrial Fibrillation and greatly enlarged Left Atrium (with case histories).**

Hans J. Kugler, PhD (patient), Ulrich Friedrichson, MD, PhD, Fouad Ghaly, MD, and Paul Ward, PED.

Dr. Hans Kugler has written several books on anti-aging:

“Slowing Down the Aging Process.” Pyramid Publications, New York, NY

“Dr. Kugler’s Seven Keys to a Longer Life,” Stein & Day, NY, Hardcover

“Dr. Kugler’s Seven Keys to a Longer Life,” CBS-Fawcett, NY, paperback edition.

“The Anti-Aging Weight-Loss Program,” Stein & Day, NY, hardcover.

“Tripping the Clock,” Healthquest Publications

Dr. Kugler is also co-author, with leading researchers in anti-aging medicine, in a series of volumes in “Anti-Aging Medical Therapeutics.”

Dr. Kugler’s “practice what you preach” is obvious from his pictures. His involvement with practicing physicians in developing special treatment protocols, and his fitness-

based life includes participating in sports events, riding horses, and flying airplanes. See “Lean Body Mass” on home page.

Disaster strikes. In early 2002, quite some time after a devastating car accident (- a truck going through a red light broad-sided Dr. Kugler’s small 450 SL Mercedes -), Dr. Ghaly, an associate of Dr. Kugler, diagnosed a severe heart condition; the impact of the accident had damaged the heart past the point of no return; A-Fib (highly irregular heart beat), left atrium 6.8 (bubbled out, normal is less than 4.0), ejection fraction 28% (normal is minimum 50%, heart murmur of 4 (on a scale of 1 – 6). That’s why, after the accident, and despite the involvement of expert doctors, Dr. Kugler’s health kept deteriorating to a point where merely walking 50 yards would get him out of breath, and why he had also lost 18 pounds of muscle mass. After every possible attempt to treat this condition had failed, Dr. Kugler was advised: “Nothing else medicine can do for you. 3 to 4 drugs, and a pacemaker/defibrillator for the rest of your life.”

THEY SAID IT COULD NEVER BE DONE: With the help and advice of heart experts from all around the world, Dr. Kugler designed his own recovery program using the same “Multi-Factorial Approach” that was so effective in his longevity studies (Roosevelt University, Chicago), and resulting in 100% average life span increases on cancer-prone lab animals.

100% Heart recovery - - all quoted parameters back to normal. This case history will be published in a peer-reviewed medical journal. Back to the gym, re-building lost lean body mass, riding horses, and flying airplanes; passed 2 aviation medical exams. Here are two recent pictures.



AND NOW THERE IS A NEW BOOK IN THE MAKING: It starts out with the devastating car accident that led to a heart injury (atrial fibrillation, left atrium 6.8, ejection fraction 28%) for which orthodox medicine has no treatment protocol besides “4 drugs and a pacemaker/defibrillator”, with no hope for ever passing an aviation medical

again. - - - until Dr. Kugler, combining European and US anti-aging techniques, developed his own recovery program that brought him 100% back to normal, passing aviation medicals, and doing weight-lifting workouts in the gym. The book contains a total approach - - from essential anti-aging lifestyle factors to advanced European embryonic cell extracts, Gene-recovery, incorporating NASA developments, and even stem cells for effectively increasing average and maximum lifespans.

As director of the “HK Stem Cell Laboratory”, Dr. Kugler is in the forefront of leading-edge anti-aging research, evaluating the effects how health-related conditions affect and actually change your genes, will show you why a blood analysis will, in the near future, be combined with GEA (Gene Expression Analysis) so that you know how to treat, or not to treat, your genes for optimum anti-aging.