

Summer Health Tips

The Secret to Feeling Younger

As you age, it is inevitable that your body begins to experience some wear and tear. You may start noticing headaches or backaches you didn't have when you were younger, or you may notice that you need a 3pm caffeine fix to make it through the end of your work day. As the body ages, you may feel that you have less energy and sometimes go through mood swings associated with hormonal imbalances caused by menopause and/or andropause in men. It's also quite common to experience joint problems or new aches and pains. It may also be more difficult to perform tasks and sports that you found much easier five or ten years ago, when you were in better shape. **This doesn't mean you have to surrender your body to the aging process and give up. It simply means you need to put a little bit of thought and effort into new ways to overcome these physical and emotional symptoms of aging.**

The secret to feeling younger is to give your body the nutrients it needs to keep performing and to maintain a good energy level so that you can still enjoy all of your old activities and not feel exhausted each day. Sometimes this is as easy as taking a multivitamin or a specific supplement that replaces some lost nutrients such as calcium, zinc, Vitamin B or another vitamin. **Hormone replacement therapy often also helps patients relieve their depressive symptoms or low energy by rebalancing the body's hormones that are off kilter from the process of aging.**

Feeling younger is not impossible, in fact it's easy! If you are looking for some easy, affordable options for boosting your energy, alleviating pain and regulating your mood, give us a call today at (210) 338-8228 and we can meet with you, learn about your symptoms and your lifestyle and help you come up with an individualized plan that will get you feeling younger, more energized, and at ease with life, regardless of your age! We look forward to meeting and speaking with you!

Simple Steps to Looking Younger

As we age, we all have those days where we look at the mirror and frown. We notice gray hairs, or that we're balding. Sometimes it's a new wrinkle that wasn't there before. Don't get down on yourself about a wrinkle or some extra weight around your middle. There are plenty of ways to change your appearance and rejuvenate your skin and body so you feel and look several years younger.

We are the anti-aging specialists with years of experience in the industry. **We have an assortment of treatment options that can help get you looking younger fast.** Popular treatments include Botox, Juvederm, Restylane and other facial rejuvenation procedures and anti-aging skin treatments, hormone replacement therapy, laser hair removal and/or hair replacement. We also offer vitamin and supplement therapy, and **our tried and tested 5-step wellness & preventative program, which personally helped me lose more than 55 pounds earlier in my life.**

If you are seeing the effects of aging and want to improve or enhance your look, contact my office today at (210) 338-8228 to make an appointment with me. We will meet, discuss your situation and what you're looking for, and together come up with a treatment plan to address your concerns about aging and make you happier with your appearance. Give me a call and get started looking younger right away!

Join our 5-step wellness & preventative program

After years of research and training, Dr. Vernon Williams has designed a comprehensive prevention & wellness program. Our objective is to help individuals achieve optimum quality of health and longevity of life by optimizing hormones and nutrition.

Sign Up Today

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