

# Live Healthy, Longer!

## Passer Restorative Therapies

By Janette Calabro

**Jeffrey Passer, MD, wants his patients to look younger,** live healthier, and feel better. Since 1980, Dr. Passer has been running the innovative, restorative health practice Passer Restorative Therapies. He aims to help women and men achieve their goals in weight management, nutrition, anti-aging, and wellness therapies to last a lifetime, even if you're 95 years old!

From hormone replacement therapy to thyroid replacement therapy, from anti-aging therapies to weight loss, Dr. Passer has your back. "I've been interested in weight management and metabolic disease or longevity medicine for a long time," Dr. Passer explains. "I've always been what you might call a disruptive physician. I don't always follow standard medical recommendations."

The anti-aging industry gets a lot of attention, but Dr. Passer prefers to think of it as just healthy living. He spends a lot of time researching not just lifespan extension but "health span" extension. That means living not just longer, but healthier, too. He recommends lifestyle changes that can kick out big hitters like diabetes complications, cardiovascular challenges, Alzheimer's disease, and cancer. What does he recommend?

As it turns out, the key lifestyle changes he recommends are nothing we haven't heard before...but we may not really be following the guidelines. In short, he recommends a good diet, sufficient exercise, high-quality sleep, and positive social relationships. "These things don't require medication or expenditure, other than time and spending a little more at the grocery store to make wise choices," Dr. Passer points out.

At Passer Restorative Therapies, the protocol is individualized and personalized for each patient. An appointment often starts with collecting lifestyle history and family history, as well as specialized blood tests measuring metabolic and genetic factors. The Age Manager Program measures biological age (not chronological age) with methyl markers. There's body fat analysis and even a blood test that screens for cancer, if the patient wants it done. On the first appointment, expect to talk about sleep hygiene, nutrition, and a commitment to lifestyle changes.

"Everybody has a set of genes," Dr. Passer says. "Your genes have a coating that acts as a light switch. You can turn them on and turn them off, which can age you faster or slower. Your lifestyle affects about 80 percent of those biological markers; only 20 percent of it is genetic."

Genes can change, he says, and that's where a patient can turn their risk around. "The basic goal is to extend your health span so you can live a healthy life," Dr. Passer asserts.

Dr. Passer believes that sugar is addictive and is one of the biggest diet culprits of disease today—much worse than fat.



Jeffrey A. Passer, MD, FACP

"A high-fat diet is not that bad," he says. "It's only when you combine it with sugar that it becomes worse than sugar by itself." He notes that some of the largest health risks in our society today are cardiovascular disease and prediabetes, but the fact that they're common doesn't make them inevitable! Risk can be measured and reduced. "As you change from a high-carbohydrate diet to a low-carbohydrate Mediterranean-type diet, you can lose weight, decrease your insulin level, and decrease damage to the vascular system," he says. "That way, you don't end up with heart attacks or strokes."

Longtime patient Steve D. says, "Jeff Passer has been my primary care doctor for more than 20 years. I am a 60-year-old man, but I feel and act like I am 35. Jeff has always been there to counsel, help, monitor, and treat me through the years. He is an excellent physician and a caring human being."

Dr. Passer believes that the implementation of healthy aging and longevity carries great promise for the future. Effective weight-loss drugs, when properly prescribed under medical supervision, are an important tool. The ability to measure disease risk in each individual patient means that disease is preventable for a longer period of time.

"If you slow down aging, you slow down disease, and we can slow down aging for sure," Dr. Passer asserts, if we think of aging as a disease that we can treat. "The wave of the future is getting the government to fund research on medications or supplements that are specifically designed to slow down aging." This will also lower the costs of health care. If the medical community can spend its resources preventing chronic disease instead of treating it, the price tag decreases overall. Instead of limited existence under the care of skilled nurses, Dr. Passer concludes, "people can be out enjoying their lives." Doesn't that sound fantastic?

Passer Restorative Therapies is located at 10020 Nicholas Street, Suite 105, in Omaha. The practice can be reached by phone at 402-934-1660 or online at [passerrt.com](http://passerrt.com). **WE**