



Man Oh Man! Fabulous local resources for men's health and wellness ... from the inside out

by Sarah F. Berkowitz

In an attempt to sustain a "work hard, play hard" lifestyle trend, the 21st century professional male is looking for ways to maintain sanity and cope with increased pressures. Some turn to natural means, such as massage therapies, chiropractic care and balanced exercise. Others, unfortunately, find themselves turning to unhealthy habits that provide the "quick fix."

Quick Fix for Stress—or Recipe for Disaster?

The use of drugs or alcohol raises the level of dopamine in the brain to produce an artificial feel-good sensation that is often desired after a long day at work. Consistent use eventually overstimulates the dopamine receptors until they are damaged and unable to support themselves with their own chemicals. This disrupts the natural functioning of the brain and the body's chemical production, leading to depression, anxiety, inability to handle stress, and a deeper need for drugs or alcohol. Luckily, advances in natural medicine have found a way to treat and correct this imbalance.

An Executive Solution

In 2006, Mike Sanders opened up ExecuCare Addiction Recovery Center in metro Atlanta and then a second facility in Slidell, Louisiana. The focus of treatment at ExecuCare is on restoring the brain's balance, allowing it to function as it did prior to any physical dependency on alcohol or drugs.

The process is a 10-day, discreet, outpatient treatment that utilizes Neurotransmitter Restoration (NTR) therapy, a process of bathing neural cells with an IV solution of vitamins, minerals and amino acids that is individually suited to each client's type of addiction.

"When patients come in, they are just looking for some relief," Sanders explains. "It's amazing to see the light begin to shine in their eyes after just a few treatments, and they realize that there is hope."

Sanders knew firsthand the importance of addressing the problem of convenience and efficacy within a short time span. He struggled with addiction to prescription drugs and alcohol for years following a painful surgery, and found his life turned around after going through an effective 10-day approach to treatment that included NTR therapy.

Although extensive follow-up care and counseling referrals are incorporated, the quick and effective method implemented at ExecuCare enables professionals to return to business and personal activities without fear of major disruption to their job or home life.

Sanders is pleased to be able to offer a new alternative for the busy professional, and works with Drugs Don't Work, a national program that offers insurance incentives to businesses that provide drug education programs and materials to their employees. "The time is now for a new healthy lifestyle trend among professionals in our fast-paced and competitive world. ExecuCare ARC has the ability to help professionals renew themselves and reclaim their lives."

For more information about the services offered through ExecuCare ARC, including further information about NTR treatment, visit www.execucarearc.com or contact Mike Sanders at 770-817-0711.

Finding Answers to Age Old Problems

Dr. Allyn A. Brizel and Dr. Daniel Paunesky of Renaissance Medical Center are helping men and women in the Atlanta area slow down the aging process using neutraceuticals and herbal supplements. Brizel and Paunesky give clients a fresh start on life with services ranging from nutritional counseling and vitamin therapy to cosmetic work and medically supervised weight loss programs. They promote a holistic outlook on health and aging that seeks to replace overused and over-prescribed drugs with natural remedies.

Brizel explains that aging men experience what is known as Age Related Androgen Deficiency (previously known as andropause). This change is much more gradual and less noticeable than the female counterpart, menopause. Recently, more men are becoming aware that there are natural ways to reverse this function of the aging process.

Renaissance is one of the only centers offering a wide variety of options for natural hormone replacement therapy. Using liquid injections, dissolvable tablets, or gels and creams, clients are taking advantage of the latest advancements in natural choices for hormone replacement that result in a tangible difference in the way they feel within days of treatment.

Although the typical patient at Renaissance is 40-60 years old, Brizel remembers his oldest client, a 98-year-old man, coming in to check his vitamin intake. "He just walked in on his own two feet, looking great." The staff at Renaissance utilizes nutrient analysis and other tests to determine vitamin levels and other health factors, such as good and bad cholesterol in the body.

To learn more about Dr. Brizel and Dr. Paunesky and their specialty services at Renaissance Medical visit www.atlanta-antiaging.com or call 770-777-7707.

Work Out, Work Up and Relax

The Spa at the Four Seasons Hotel Atlanta in the heart of the city offers a variety of health-driven services designed specifically for men. Of the thousands who cross their threshold each year, a majority of the spa's clients are male, including business travelers and local Atlantans alike who are searching for top rated service and a five-star environment.

Andrew Pachman, a family law attorney from Orme-wood Park, appreciates the excellent service at the spa. Pachman had been a member of the Four Seasons Fitness Club for years and began taking advantage of the spa services as soon as they opened. His favorite is the sports massage, and Pachman particularly enjoys the convenience of the location as his offices are located above the hotel. He adds, "The staff is professional, friendly and greet visitors by name. The appointments are timely, the spa is lovely, and it's clear that they are striving to be the best at what they do."

Spa visitors may enjoy the hotel's 62-foot saline saltwater

pool for laps, a leisurely swim, or a relaxing lounge by the pool. A Jacuzzi, whirlpool and sauna are available to guests for additional health benefits and the option to relax and unwind before or after treatments.

Not surprisingly, The Spa utilizes mostly organic and all natural products, including several private line labels exclusive to the Four Seasons. Products used for massage and detox services include essential oils, natural enzymes and antioxidants. "Your skin is the largest organ on our body," says Nicole Miller, Spa Director. "What do you want to feed it—chemicals or food?"

A luxurious example of the wide variety of massages offered is the Four Seasons Signature treatment. This exclusive journey covers the four seasons of life and begins with a refreshing winter prelude, a cooling scrub to the back, hands and feet. Spring follows with a warming floral body wrap. Next is a summer medley of complimentary massage techniques, including Lomi Lomi, Thai massage, reflexology and aromatherapy. The seasonal journey concludes with autumn, a deeply relaxing herbal scalp treatment. Whoever said "you can't have everything" hasn't been to the Four Seasons Spa and experienced the ultimate in healthy relaxation.

For more information about the spa and fitness center at the Four Seasons, visit www.fourseasons.com/atlanta/spa.



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