

# BioFit Medical Group

THE LEADER IN ANTI-AGING MEDICINE FOR MEN | *By Mark Henkle • Photography by Ethan Kaminsky*

## ARTHUR SCHOPENHAUER, THE GREAT GERMAN

philosopher, said, “All research passes through three phases. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as self-evident.”

In the past 10 years, testosterone replacement for men has gone through all three phases. Low energy, depression, diminished libido, and erectile dysfunction are now recognized as symptoms of low testosterone. We are bombarded with commercials touting the benefits of testosterone replacement, and the same doctors who vehemently opposed the idea 10 years ago are now giving their patients samples of testosterone gel. BioFit Medical Group was one of the first medical practices to identify the benefits and safety of testosterone replacement, and the first medical practice to specialize in hormone replacement for men.

“You can’t just hand your patient a packet of testosterone gel and expect good results,” says Dr. Jeffrey S. Dunham, BioFit’s medical director. “You need to follow the patient closely to ensure he’s achieving optimal testosterone blood levels. I usually start my patients on a 10 percent testosterone gel from a compounding pharmacy or testosterone injections, since the 1.62 percent gel packets available at retail pharmacies rarely result in optimal blood levels. I also monitor other lab tests, including estradiol, thyroid, and growth hormone levels. It’s like any other area of medicine: The more closely you follow the patient, the better the outcome.”

Each new patient spends two to three hours with the doctor, which includes a complete medical history and physical examination, a Bod Pod® body composition analysis, laboratory testing, and a detailed discussion about the patient’s goals and how hormone replacement therapy may help him achieve those goals. There is also a significant amount of time devoted to the Low-Glycal Diet™, the diet developed by Dr. Dunham specifically for his patients, which is critical in achieving the maximum benefit from hormone replacement therapy.

“It takes a while to explain the diet,” says Dr. Dunham. “There are a lot of misconceptions about diet and nutrition, and most patients don’t understand what’s making them fat. But once they get it, it seems obvious.”



*Dr. Jeffrey S. Dunham, age 60, BioFit medical director and Harvard Medical School graduate.*

In 2012, Dr. Dunham launched the Low Glycal Diet™ app for iPhone, iPad, and Android devices, making it easier than ever for patients to follow the diet. It incorporates glycemic load and calories to calculate the number of “glycals” in a meal, which is a better predictor of how fattening that meal will be. In the first six months, the app had more than 25,000 downloads, putting it in the top 1 percent of all diet apps available from the Apple App Store.

To date, it’s had more than 100,000 downloads encompassing over 100 countries.

The success of the app has attracted the attention of the publishing industry. In January 2015, Dr. Dunham signed a contract with Page Street/Macmillan Publishing to write his first book, *The Low Glycal Diet: How to Shed Fat Effortlessly Without Being Hungry or Cutting Out Carbs*. The book is scheduled for publication in



Above: Dr. Dunham demonstrates *The Low-Glycal Diet* app with a patient. Right: Dr. Dunham's first book, *The Low-Glycal Diet*, will be released by Page Street/Macmillan Publishing in December 2015.

December 2015. Prospective readers can pre-order on Amazon.com, Barnes & Noble, Books-a-Million, Indie Bound, and wherever books are sold. In the book, Dr. Dunham explains in simple, easy-to-understand language the scientific basis of the diet, and provides sample meal plans with 100 delicious, low-glycal recipes.

"The Low Glycal Diet™ works equally well for men and women," says Dr. Dunham, "so I encourage my patients to share it with their wives and friends. You never have to be hungry on the Low Glycal Diet™; you just need to eat the right foods and know how to combine them."

While the benefits of testosterone replacement are now emerging as "self-evident," growth hormone replacement is still in its early phase of acceptance. It's only been a little over 15 years since the FDA approved growth hormone for patients with adult growth hormone deficiency. Growth hormone levels decline with age in almost an identical manner as testosterone levels, and almost all men over 40 will have suboptimal testosterone and growth

hormone levels. Replacing growth hormone to more youthful levels results in more energy, better sleep, and stronger erections. Heart, lung, and immune function are improved. Patients heal faster after surgery and recover faster from injuries. There is increased collagen synthesis and, as a result, skin is firmer with fewer wrinkles. Hair appears thicker, stronger, and healthier. There is a significant increase in lean body mass and dramatic fat loss. In a word, patients feel and look "younger."

"Growth hormone replacement can dramatically improve quality of life in men who are growth hormone deficient," says Dr. Dunham, "but just as patients taking testosterone require close monitoring to assure the best results, so do patients taking growth hormone."

Patients travel to Palm Springs from more than 25 states and three foreign countries to see Dr. Dunham because of his detailed and knowledgeable approach to hormone replacement for men. His patients include celebrities, CEOs, doctors, nurses, and other healthcare

professionals. He even has patients who are on the faculty at Harvard Medical School.

At 60, Dr. Dunham practices what he preaches, and has been on the BioFit program for the last 17 years. He has an M.D. from Harvard Medical School, a Ph.D. in biology from M.I.T., and a master's degree in public health from the University of California, Berkeley. He is certified by the American Board of Preventive Medicine and is a member of the American Academy of Anti-Aging Medicine. Learn more about BioFit Medical Group at [biofitmedical.com](http://biofitmedical.com). Learn more about The Low-Glycal Diet and diet app at [lowglycaldiet.com](http://lowglycaldiet.com).