

Editor's Choice,
Best of the Best,
America's Most Promising
Companies and Practitioner
By Adrienne Papp



Judi Smith, Co-Founder of ICBR

The International Clinic of Biological Regeneration Rolling Back Time Since 1981.

Modern medicine has given us many miracles, but sometimes it's alternative thinking that can lead to remedies and curatives not included in the sphere of traditional medical techniques.

Case in point: When medical student C. Tom Smith was bombarded with what should have been a lethal dose of ionizing radiation in the fifties, he immediately began researching possible remedies in the hope that he could help what was considered a hopeless situation. His research

took him to Europe, studying alternative therapies and nutritional remedies, which helped not only save his life, but also added more than 50 years to what should have been a death sentence.

In 1981 Dr. C. Tom Smith and his wife Judi started a clinic based on cell therapies using embryonic tissue and were determined to make the treatments affordable to a wide variety of patients at clinics close to the U.S. (cell therapies are not currently approved in the U.S.)

"We started with a little office in Nuevo Laredo, Mexico and soon outgrew that and moved our practice to Matamoros," says Judi Smith, co-founder and Director of the International Clinic of Biological Regeneration (ICBR). "We now have thirty-seven years of experience in boosting the health of the immune and endocrine systems, helping to reverse the aging process and fending off chronic disease."

The International Clinic of Biological Regeneration currently offers clinics in Tijuana and Cancun, Mexico and Nassau, Bahamas.

"We can provide relief for a host of maladies," says Smith, "including weakened immune system, adrenal fatigue, low libido, chronic fatigue and metabolic syndromes involving high blood pressure, high cholesterol and high blood sugar levels."

Meeting Judi made a difference in my life. Just the sheer knowledge that she provides a comprehensive approach to heal-

ing by engaging the entire body as opposed to looking at one part or another is a relief. She did give me my confidence back. It is also lovely to talk to her; she is very engaging, which truly makes you feel at home. And, that is what we all want. She is just a phone call away: 1-800-826-5366 or icbr.com



Dr. Kristy Van Kirk

The Most Passionate Doctor I Have Ever Met

Former beauty queen Dr. Kristy Van Kirk has a well-established medical reputation in her hometown of Cheyenne, Wyoming, and is continuing to expand the services she can offer her patients. After graduating from the University of Wyoming she attended the University of Washington School of Medicine and completed her OB/GYN residency at the University of Iowa Hospital and Clinics, where she was selected to be Chief Resident.

Returning to her hometown, Van Kirk began her practice at the Cheyenne Woman's Clinic, dedicated to assisting women at various stages of their lives, whether it be pregnancy, advising on surgery or helping with graceful aging.

"I feel it's important to relate to my patients on an emotional, as well

as a clinical level," Van Kirk says, "being supportive and teaching them how to listen to their bodies, to be in tune with it, and able to heal themselves is key to me. My work in OB/GYN also taught me about the mind/body relationship. Making the right lifestyle choices, optimizing one's health for the best possible outcome through exercise, diet, sleep and stress control are all important factors in a woman's health."

2019 promises to be a big year for Van Kirk, with plans for an alternative therapy clinic near the Woman's Clinic, in Cheyenne, WY, which is near the world famous Lodge & Spa at Brush Creek Ranch, a convenient stop for people traveling from the Denver International Airport to Brush Creek Ranch in Saratoga, WY.

"As I continue my education and research I see an opportunity to combine the strengths of traditional medical treatments and pharmaceuticals with other health and wellness therapies," Van Kirk explains. "I've also recently joined the American Academy of Anti-Aging Medicine, and will be offering hormone therapies, nutritional plans and other integrative resources to my patients as part of an overall health program. In my view, health is either a 'pay now or pay later' proposition. My business logo is a Tree of Life with a DNA base, representing the lifestyle we choose to lead through nutrition, exercise, stress management, relationships, spirituality, love (of self and others), gratitude, supplements, sleep, work, environment, nature exposure, and so many other things that nurture our Tree of Life to flourish."

Tel: 307-823-2968 / Dr. Kristy Van Kirk



Dr. Donald Zone Single Handedly Changing How We Look at Health on a Biochemical Level Through Education

From Cardiology to an Anti-Aging Zone

For many years Dr. Donald Zone had a prominent career as a cardiologist in Erie, PA, treating heart disease congenital heart defects, rhythm disorders and heart failure.

"If you had a heart attack and they wheeled you in through the emergency room doors, I was the person you saw waiting for you," Dr. Zone says.

Early in his career Dr. Zone had an epiphany while attending Case Western Reserve University in Cleveland, where he observed advanced medical techniques like angioplasty that inspired Dr. Zone in his approach to heart health, and even encouraged him to explore more preventative therapies as he retired from cardiology.

"It's was just fascinating to see how far the technology had come and over the years I was able to see the tremendous explosion of medical knowledge, but now my mission is more of an educational one, hoping to let people know they can take responsibility, through lifestyle choices, for their own health," Dr. Zone says. "Things like diet, stress reduction techniques like meditation and exercise are so important from an

early age, to maintaining healthy cellular activity and therefore overall health. That was the other explosion I've been able to witness more recently, the emphasis on biochemistry and the understanding of disease at the metabolic level and the workings of RNA and DNA. All of those things contribute to who we are and what our health is likely to be."

In addition to training other doctors in ways to help prevent heart disease, Dr. Zone has embarked on a program called "Heart Healthy Today" that involves a blog with lots of preventative lifestyle information and a book by the same title.

"The field of heart health has come such a long way over my career, and now people have access to many advanced procedures and the pharmaceuticals that can help maintain cardiovascular health, but what we can do for ourselves can also be equally effective, especially in the long term, for maintaining heart health. It's a very simple principle, and in short, I refer to this health advice as 'starting on the inside'. By offering this information and the book, it's my attempt at providing what I consider to be a modern day house call."

<http://www.HeartHealthToday.com>



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