



# YA Youthful & Ageless™

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Editor's Choice of the Best,  
America's Most Promising  
Anti-Aging Specialists,  
By Adrienne Papp

## The Power of Passion



**D**r. Marlene Roberts has developed a thriving practice as a nurse practitioner in Los Angeles, combining training as a doctor of clinical psychology and anti-aging medicine that gives her the tools to view a patient's health from all angles.

"Early in my career, I was working in the cancer ward. A lot of young people were being treated for a variety of cancers. I knew then I would need to acquire more knowledge to deal with both patient and family," Roberts says.

From Roberts' point of view, a comprehensive patient overview is the best way to start with anti-aging medicines and therapies. "I look at the internal components that reflect our physical health, including an emphasis on the psychological profile," Roberts explains. "I'm passionate about the mind/body connection. Wellness starts in the head. In the next ten years I believe we'll see a whole new approach to medicine, one more focused on combining medical science and the mind/body connection. I'd call it 'preventative wellness.'"

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## Rachael Cabreira Offering Innovative Longevity in Sexual Health



**R**achael Cabreira is part of a multiorganizational groups of experts at Innovative Wellness who provide a variety of services to men and women suffering with pelvic and sexual disease issues.

"My goal is to provide resources, education and health services for an optimum quality of life," Cabreira says. "That outcome is the result of a multi-discipline, holistic approach that can keep people healthier, longer. In the medical industry we're good at keeping people alive, but we're not so good at keeping people healthy. What we try to do is to connect the physical, emotional and the spiritual to support optimum health and have our patients embracing life."

Recent studies show that 45% of women have some form of sexual dysfunction, and 60-80% of women have sexual issues related to menopause. 80% of these cases can be solved with a holistic approach to the problem.

"We need to get to know our bodies intimately again," Cabreira says. "We are dedicated to helping patients find that vitality, that passion for life again."

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## The Extraordinary and Beautiful Dr. Joy Kong: The Anti-Aging Queen



**D**r. Joy Kong is one of a new generation of medical specialists who has learned to incorporate many disciplines to help her patients.

With an education that includes stops at San Francisco State University, NYU and UCLA, Dr. Kong also grew up understanding the benefits of Eastern medicine and the healing effects it can have on even seriously ill patients.

"I was always looking for an opportunity to combine different disciplines and treatment methods," explains Dr. Kong. "I believe in rejuvenating a person from the inside out. That's a very powerful approach to healing and applies to chronic conditions as well as anti-aging techniques."

Dr. Kong applies a "big picture" approach to her patients, looking at their health from many points of view - physically, psychologically and spiritually. "Most of my treatments involve IV therapies," says Dr. Kong, "but I have also become specialized in the use of stem cells. The potential for the use of stem cells in regenerative medicine is immense."

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