

Dr. Mathur's Angel Longevity Medical Center Supports Functional Medicine Awareness for Chronic Disease Day



Studio City, CA – When Dr. Anju Mathur experienced health complications years ago, the shortcomings of her medical

practice really hit home. While traditional medicine suppresses the symptoms of illness, she realized that actual healing needed to occur at a root level. She began to investigate alternative treatments for her own transformation, which led to the establishment of her functional medicine office, the Angel Longevity Medical Center. For over 15 years now, Dr. Mathur has been administering prescriptions that infuse her patients with long-term health and Blue Zone-tempered wellness to defy the effects of aging. In acknowledgment of Chronic Disease Day in July, Dr. Mathur is hoping to expand awareness of alternative healing modalities.

Around the world, there are Blue Zone areas that host individuals with good health and lower rates of chronic diseases who live past the age of 100. As a holistic and functional medicine practitioner, Dr. Mathur works to secure similar results for her patients. With aging, the risk of prolonged illnesses, like cancer, diabetes, heart disease, and Alzheimer's is increased. The power of self-rejuvenation decreases with senescence and brings symptoms that include muscle mass loss, weight gain, kidney issues, inflammation, and high blood pressure. Functional medicine differentiates from traditional methods by uncovering the root causes of persistent health issues and autoimmune disorders. This alternative medicinal approach allows Dr. Mathur to focus on extending one's lifespan.

Through customized diagnoses, Dr. Mathur and her staff hone a creative combination of resources that boost the immune system and promote prolonged renewal at a cellular level. Dr. Mathur's prescribed health plans typically include combinations of natural medications, hormone replacement therapy, IV treatments, fitness, and nutrition coaching. As a menopause specialist, she has also successfully guided hundreds of women through midlife changes with her attentive

treatment methods.



“Blue Zones are areas of the world where people live their longest lives, but you can achieve the blue zone effect no matter where you are when you are consciously maintaining a healthy state of living and that is my fundamental goal for my patients,” explains Dr. Mathur. “Functional medicine is a very personalized, and yes, pro-aging approach to physical restoration. Every patient has unique traits that revolve around their genetics and environment. When these traits are analyzed and understood, an individualized program is created for the patient which targets the root cause of their ailments. When the malfunctions of the body are targeted at the base, the body can begin to align and correct itself and the life span is lengthened.”

In addition to achieving wonderful results in restoring her patients to health and vitality, Dr. Anju Mathur is the founder of Angel Pure MD, an assemblage of health supplements made of natural ingredients. The product line consists of Angel Calm, Super Food, Adrenal Fuel, Prebiotic, and Meno-Pro, which she uses in her private practice when dispensing medications for her patients.

Dr. Mathur is an active community philanthropist, providing support to numerous non-profit agencies. A few of her favorite organizations include The Boys & Girls Clubs, Drug-Free World,

and The Way to Happiness Foundation. An advocate of literacy for improving the social betterment of society at large, she has personally sponsored book campaigns distributing thousands of free books to youths for over a decade in communities as far as New Delhi, India, to local neighborhoods in Los Angeles, CA.

Dr. Anju Mathur trained and practiced as a medical doctor in the Greater Los Angeles Area and is board-certified in anti-aging medicine by the American Academy of Anti-Aging and Regenerative Medicine. She studied at Maulana Azad Medical College in New Delhi, followed by a residency at the Martin Luther King Jr./Drew Medical Center in Los Angeles. She trained in functional medicine at IFM, the Institute of Functional Medicine.

While Dr. Mathur works with her patients by providing them with the best natural medicines and lifestyle choices, her commitment to her community at large is also commendable. A society enabled by healthy individuals not crippled with chronic ailments can create a Blue Zone world that benefits everyone. A true visionary in functional medicine, Dr. Anju Mathur advocates for a paradigm shift toward holistic care, one patient at a time!

For a consultation, make an appointment with Dr. Anju Mathur at <https://www.angellongevity.com>. Follow Angel Longevity Medical Center across all social media platforms and watch Dr. Mathur explain functional medicine on YouTube.

Bass Player Clint "Payback" Sands Rallies Hip Hop Pioneers for Check Your Risk Campaign for Diabetes Awareness Month

New York, NY - Chuck D and Flavor Flav of Public Enemy, Coolio, Kid Frost and the Dogg Pound's Kurupt are just a few of the hip hop pioneer veterans who responded when bass player/ music producer Clint "Payback" Sands reached out to his friends, inviting them to sound the alarm and participate in the "Check Your Risk" (CYR) awareness campaign for National Diabetes Awareness and Prevention Month in November. The campaign, an initiative of Marci Kenon, founder of the New York-based Preventive Lifestyle Assistance Network (PLAN), alongside Alicia Hollins, founder of The Eight, a Riverside, CA based community service organization, was originally launched in November 2020, in an effort to break the chains that type 2 diabetes has on members of underserved communities. CYR encourages prevention with a quick online survey. The free "Check Your Risk" assessment can be taken at <https://www.checkyourrisk.org/survey>.

Actor Keith Robinson ("Dreamgirls"), rappers Ms. Toi, Spice 1, and Dana Dane are also a sampling of the many artists that joined the campaign effort and sent their video appeals. Participants DJ/producer Battlecat and lyricist Kokane shared stories of their struggles and triumphs in combating this lifestyle disease plaguing Blacks and Latinos throughout the country. New York City mayoral candidate Eric Adams gave support to the 2020 inaugural launch by providing a webinar hosted by The Eight and PLAN, the organizations run by Hollins and Kenon, respectively.

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“Thirty-four million people in the United States have diabetes,” laments Clint “Payback” Sands, who has played bass on numerous rap albums for artists including Ice Cube and Snoop Dogg, noting recent stats from the Centers for Disease Control and Prevention (CDC) site. In his promotional video for the new CYR campaign, he further reveals, “One in five don’t even know if they have it. I have type 2 diabetes. I was lucky. I only lost some toes. Hip-hop legend Biz Markie recently lost his life to complications related to type 2 diabetes. Knowing your risk can save your life.”

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The CYR video promotion seeks to encourage respondents to anonymously answer online eight questions devised by the CDC. They are then recommended to go for an annual exam that includes blood work and to take the results with them. They can also choose to be directed to online prevention programs and health challenges to assist them with proper nutrition, a variety of exercise programs, and the daily support and accountability they need to thrive.

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“While working with the CDC’s National Diabetes Prevention Program (NDPP), a couple of things became clear immediately,” says Marci Kenon, a Harlem-based certified lifestyle coach and fitness trainer who has personally stayed a step ahead of a 2012 prediabetes diagnosis. “People do not know they have prediabetes and type 2 diabetes. Both are preventable and reversible through positive lifestyle changes

in diet and exercise. I have been amazed by the health transformations of clients who have completed PLAN's DPP classes. But too few people know about these prevention programs and have access to them. We are trying to change that.

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The Eight's Alicia Hollins, who recently shed over 100 pounds and has spent years serving the needs of marginalized families in California's Riverside county adds, "What people don't know about their personal risk can hurt them. We know the power of influencers to aid in our mission to eradicate diabetes. With the help of a growing number of celebrities and corporate leaders, we are looking to reach far more people in underserved communities this year. Perhaps, we'll even reach our one million goal!"

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Take the Check Your Risk survey at <https://www.checkyourrisk.org/>.

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Check out Clint "Payback" Sands and his celebrity friends at <https://youtu.be/7lqs5lAHLbI> and https://youtu.be/YqCPkBad_cQ.

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For more information on PLAN and The Eight, go to <https://www.joinplanglobal.com/> and <https://www.theeight501c3.org/contact>.

Hip Hop Public Health Premieres Let's Talk About Salt Video Featuring Cheryl "Salt" James

Hip Hop Public Health held its virtual Remixing Public Health Gala live on Tuesday, September 22, 2020. The New York non-profit hosted over 500 people to celebrate the work they have been doing for over 15 years to inspire lifestyle changes and raise health literacy. It was at this event that they debuted their "Let's Talk About Salt" video featuring hip-hop legend Cheryl "Salt" James. The animated feature seeks to educate about better eating habits and the dangers of too much salt. The rapper, who is one-half of Salt-N-Pepa, said: "When blessed with a platform, you've got to use it for his glory and spread the word, whether it's for your mental, physical or spiritual health."

Hip Hop Public Health remixed the group's 1991 hit "Let's Talk About Sex" which sampled The Staple Singers' "I'll Take You There" because it opened up a dialogue about the A.I.D.S. pandemic at the time. The HHPH version was funded in part by The American Heart Association's New York City Community Impact Grant and encourages the prevention of hypertension. A group of artists, doctors, public health experts, designers and producers were engaged to create the song and was developed by an all-woman team of designers from Mylo The Cat and Cartuna.

Multi-platinum composer Q. Worthy co-wrote the song with Stephanie Chambers and co-produced it with Jose Sanchez. The track was remixed by producer, DJ, percussionist, and BYLR Radio Station co-founder, Dee Wiz. Hip Hop Public

Health’s founder and renowned neurologist, Dr. Olajide Williams, hypertension expert Dr. Andrew Moran from the New York-Presbyterian/Columbia University Irving Medical Center, and board member Dr. Olugbenga Ogedegbe from New York University’s School of Medicine also weighed in with medical oversight.

SWV, Jordin Sparks, Ashanti, James “Jimmy” Maynes and members of En Vogue were present to offer congratulations to Salt. Advisory board member Darryl MC McDaniels from Run DMC and Public Enemy frontman Chuck D. spoke and reminded everyone of the power of hip-hop. Dr. Olajide Williams co-founded the non-profit in 2006 with legendary artist Doug. E. Fresh who hosted the gala and emphasized: “We must emerge from this moment with supporters like you, knowing that we did everything we could to help close the disparity gaps and save lives.”

To learn more about Hip Hop’s Public Health Gala visit www.hhph.org.

Holistic Practitioner Desiree Arnold Presents “Women’s Midlife Revolution Summit 2018” A Free Teleconference



Trinidad – With society continuing to place great emphasis on youthfulness, for many women, aging presents its own unique midlife crisis. Desiree Arnold understands firsthand the emotional and physical toil on women upon reaching their 40's and beyond. A holistic practitioner, naturopath and the founder of Lively Up, a web portal dedicated to menopausal transition, Arnold wanted to nurture women through a passage that she feels should be celebrated not vilified. She took it upon herself to consult female experts from around the world for their insight and advice and the "Women's Midlife Revolution Summit" is the result of her efforts. A free online conference set to launch October 23rd through November 2nd the "Women's Midlife Revolution Summit 2018" is available at www.womensmidliferevolutionsummit.com .

Shifting the perception of aging, midlife and menopausal transition from a negative outlook to an exciting journey is a rapidly emerging concept in this new day of women reclaiming their power. Older women, in particular, are garnering media attention for feats no longer just designated to a younger generation. The "Women's Midlife Revolution Summit 2018" presents a wonderful opportunity for women to learn, bond and share in the privacy of their homes as Arnold interviews 22 professionals, releasing two new interviews per day over an 11-day period. Female nutritionists, doctors, herbalists, holistic therapists, authors, life coaches, entrepreneurs,

hormone experts, and physical trainers have all been gathered to lend credence to the joy of seasoned womanhood.Â

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“Living decades beyond midlife is still a newfangled phenomenon that many of us are now embracing. But for many of us, the thought of living beyond 50 for another 30, 40, or more years is shaded by fears of chronic disease, high medical bills and even living alone. Menopausal transition prepares the body, mind, and soul for that third stage in our lives where we actually can become masters of life as empresses and goddesses. The ‘Women’s Midlife Revolution Summit 2018’ presents theÂ opportunity to take action now and learn to understand and treat ourselves in ways that favor long healthy meaningful years and decades, to which we can gracefully look forward to,” explains Arnold, who was born and grew up in Switzerland and has lived for the past 23 years on the island state of Trinidad and Tobago.



Desiree Arnold, founder of
“Women’s Midlife Revolution
Summit”

Some of the topics to be covered over the 11-day period include understanding of the physical, emotional, energetical and spiritual changes during midlife; how hormonal changes affect us; nutrition for the midlife cycle; preventing chronic

disease; resurrection of the female archetype and inspiration and motivation to get moving with joy. Some of the professionals who weigh in with their wisdom include Dr. Judith Boice, ND, LAc, FABNO, naturopathic doctor, licensed acupuncturist, and Fellow of the American Board of Naturopathic Oncology; Jennifer Gibbons-Joseph, CPC, ELI-MP Managing Director of Conec Professional Life Coaching Services Ltd; Susun Weed, author of the Wise Woman Herbal series and the voice of the Wise Woman Tradition; Meiling, the tour de force behind her premier Caribbean fashion house; Yvonne Heath, author of "Love Your Life to Death"; and Makeda Smith, veteran entertainment industry publicist and creator of the FlyingOver50 dance movement brand.

For registration to and information about "Women's Midlife Revolution Summit 2018" go to <https://-womensmidliferevolutionsummit.com> now!

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