



Physician's Practice Focuses On Helping Patients Gain Vitality, Lose Weight, Slow Aging, and Avoid Disease

The human body is a complex and marvelous machine. Every human being wants a body that stays slim, resists aging, glows with vitality and avoids disease, as much as possible. You desire an energy-filled, long and healthy life. You're also concerned about hereditary risk-factors regarding disease and want to know how you can lessen the impact those factors may have on your future health.

You Can Experience
Everlasting
Radiant Beauty

Special Advertisement

Dr. Margaret R. Troxell specialized in family medicine for 14 years before founding the Anti-Aging Center. Although she was committed to her practice, she always felt she should be doing something more. Little did she realize events beyond her control would soon change the course of her life.

When her mother and aunt died from ovarian cancer, Troxell began investigating the causes of the disease. Knowing she was predisposed to the cancer, Troxell increasingly became convinced a proactive approach was the best way to fight a disease that had taken so much from her. As a result, the focus of her medical practice changed.



Dr. Margaret R. Troxell

Prevention of disease and aging has been Dr. Troxell's passion for eight years now. She takes an investigative approach to find the root causes of specific problems and create a balanced program of diet, exercise and bioidentical hormones for each individual. When the Women's Health Initiative was published, Bioidentical Hormone therapy became popular.

"Just knowing all of the environmental toxins we are exposed to on a daily basis from chemicals, foods and the air, spurred me to focus on prevention. My goal now is to empower patients and give them the information they need to learn more about preventative medicine."

The human body is a complex and marvelous machine. Every human being wants a fit body that resists aging,



Finding balance through Bioidentical Hormones

Dr. Troxell administers an extremely thorough physical examination to determine your intracellular levels of hormones, vitamins, minerals and other important substances, and then re-introduces those important elements into your body by either a topical cream or Bioidentical Hormone Pellet.

This tiny specially designed pellet will stay in your body for approximately three months and is typically engineered for women who have undergone a hysterectomy or men in need of testosterone treatment.



glows with vitality and avoids disease.

"This is not a quick fix. It takes a series of office visits as we investigate the causes of the patient's ailments, but they find it well worth their time and investment," Troxell explains. "The main purpose of my practice is to improve each patient's quality of life by showing him or her how to remain youthful."

Troxell's philosophy for an energy-filled, long and healthy life is based on education. Informing patients about hereditary risk-factors regarding disease and teaching them how to lessen the impact those factors may have on their future health is now a major focus of her practice.

Interestingly, more than half of Dr. Troxell's patients are men. And, she has never had a man miss an appointment.

"Once a man becomes a patient, his energy and stamina levels typically increase." It's important to remember over-the-counter vitamins or supplements may not be sold in the proper dosage, according to individual needs. Also, those products may not have been quality tested.

At Dr. Troxell's Anti-Aging Centre, each patient receives a thorough physical examination and complete family history. Intracellular levels of hormones, vitamins, minerals and other substances are then carefully measured through blood serum, saliva and urine tests.

The laboratory tests are sent to specialized, out-of-state labs and can reveal if the patient has a predisposition for diseases such as cancer, Alzheimer's, atherosclerosis or neuromuscular problems. "This tells us where there may be deficiencies or imbalances," says Troxell. "After the age of 30, those levels decline and lead to the aging process itself."

Based on the results of those tests, Dr. Troxell then targets any deficiencies and imbalances by prescribing tailor-made supplements, bioidentical hormones, and even anti-aging creams designed to address specific conditions based on the patient's individual genetic makeup.

The bioidentical hormones are typically a combination of progesterones, estrogens and androgens. Based on the patient's specific condition and medical history, these hormones are delivered to the system through either a topical cream, or a tiny time-release

Special Advertisement



“This is above-and-beyond, targeted, individualized medicine for each patient.”



Today, more than ever, everyone wants to feel and look better—to have a better quality of life. Perhaps, you have one or more of the following conditions:

- Fatigue
- Stress
- Anxiety
- Depression
- Sexual dysfunction
- Hormonal imbalance
- Dull complexion, hair, skin
- Weight gain, puffiness
- Vitamin and mineral deficiencies
- Mood swings
- Problems sleeping
- Difficulties with menopause or andropause
- Evidence of accelerated aging
- Potential genetic / hereditary risk factors for diseases
- Or, you may simply be sick and tired of being sick and tired

If you are willing to dedicate yourself to a comprehensive treatment program with the ultimate goal of improving the quality of your life, take the first step in the journey toward improved health. Make an appointment at Dr. Margaret R. Troxell's Anti-Aging Centre, 150 Lovell Road, Suite 105, opening in February. There is no need to travel anywhere else. The answers you seek are here in Knoxville—call today.

For more information about appointments and costs, please call Dr. Troxell's Anti-Aging Centre at (865) 966-5678. www.drtraxell@meta-ehealth.com

pellet placed under the skin. “Placement of the bioidentical hormones under the skin is a very simple procedure,” says Dr. Troxell. “We use a local anesthetic to numb the skin, make a small incision and use a tube-like instrument to safely guide the pellet to the proper subcutaneous location. It’s very much like getting a scratch.” The hormone pellet lasts approximately three months and is usually prescribed to women who have undergone a hysterectomy or men in need of testosterone treatment.



Office Manager Margaret Knox assists Dr. Troxell with the highest level of customer service.

Hormone delivery through topical creams requires no special procedure, but the cream must be applied daily. “Typically the topical creams are prescribed to perimenopausal women,” says Troxell. “And, its application must be alternated between different areas of the body each day.”

Supplements are prescribed based on the results of blood serum, urine and saliva tests which identify vitamin, mineral and antioxidant deficiencies. Based on that information, Dr. Troxell orders supplements to be specifically compounded to meet the needs of the patient. “This is a tailor-made medicine,” says Troxell. “It is based on the deficiencies identified in a specific patient. Taking a supplement specially compounded for a different person will not help the patient.”

