



Dr. Margaret Troxell at her anti-aging clinic in Farragut

# Turning Back the Clock

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It's a youth oriented culture. No one seems to want to look his or her age, and many Americans seem to be obsessed with returning to their younger days. Not that there is anything wrong with being or feeling young and enjoying an active, fun-filled lifestyle. It's a great feeling, and it's nice to think that we might always feel good. And now it appears to be within our reach to age at a slower

rate and enjoy good health and high energy throughout our lives.

Dr. Margaret Troxell runs the Anti-Aging Center in Farragut. She is a small, energetic woman who is incredibly enthusiastic about her work. It's obvious that medicine and her practice are her life as she talks about the body and its complicated processes. Troxell is a doctor who practices a type of Sports Medicine that has to do with the aging process, or, more specifically, anti-aging. She is a former family practitioner who became concerned with the aging process eight years ago when her mother died of ovarian cancer, a condition that her mother was genetically predisposed to get. This event led Troxell to study the preventative medicine of anti-aging and to begin her anti-aging practice.

It is hard to pin an age on Troxell. Her breadth of experience would suggest that she has been around for a few years, but her skin has the texture of a 25 year old. She obviously practices what she preaches though her practice is not a cosmetic practice. It is not about Botox® or cosmetic surgery although she has no problem with patients indulging themselves. Her practice is about helping patients feel as good as they can at any age. She wants to bring patients to their optimum health level and then to a maintenance program so that they will continue to feel great. It's a side bonus of her practice that most of her patients also look younger when they feel good.


Many people age faster than they need to. They accept low energy levels and feeling bad as part of growing older. Troxell attributes many of these symptoms to depleted hormone levels. A woman's hormone levels start decreasing around age 30, and a man's does the same at around 40. Of course, a lot of other things come into play as well, such as vitamin and mineral levels, glucose metabolism and other like elements. Troxell believes that "you don't have to feel your age" and uses a battery of tests to find out what levels are deficient or excessive in an individual. Between the ages of 20 and 30 is when most people feel their



Dr. Troxell examines 63-year-old Coleman Bryan

throw other levels off. It's not a "quick fix" type of endeavor.

Troxell's center also offers DNA Snips Testing. This type of test can determine what diseases a person is genetically prone to develop whether it's cancer, Alzheimer's or even Parkinson's. The DNA test requires a cheek swab or a serum test, depending on certain factors. "It's helpful for a person to know what [diseases] one is predisposed towards because it makes it easier to eliminate specific risk factors," says Troxell. It is certainly good information for anyone with a family history of disease.

The whole idea of anti-aging is not to turn back time, but to maintain optimum lifelong health. Troxell says she "feels like a detective, looking for clues to make a person feel better." It generally takes about nine months to optimize a patient's state of health. After that, the patient can go on a maintenance plan. And the time it takes to feel the results varies among individuals. One person might feel the effects of therapy immediately, another might feel better in a week, and still another might take a month before any significant result is felt. But the end product is the same: people feel better. "The body is a whole system," says Troxell. "We're working from the inside out and people look better because they feel better." 

best, so she works to return the body's levels to that state.

Doing that is a big job and requires thorough testing of the blood, stool, saliva and urine. Troxell uses five different labs to process the samples, ordering tests that are not common and compiling the results into a full screen view of the patient's health. This picture allows Troxell to put together a diet and supplement plan that is tailor made to optimize the energy and health of the individual. Because everyone is so different, there is no single "one plan fits all" way to do this.

Troxell's therapies consist of an individualized combination of diet, exercise, supplements and hormones. Hormones are generally given as sub-dermal pellets or trans-dermal creams for women and sub-dermal pellets for men. Some of the more common imbalances she sees are lowered testosterone levels in men and elevated estrogen levels in women. Another prevalent deficiency is magnesium. However, simply feeding a deficiency doesn't work. For example, there are over 300 uses for magnesium in the body and adding a magnesium supplement is likely to



56-year-old Bea G. Sorensen visits Dr. Troxell for an evaluation.