

# Your Lifespan vs. Your Diseasespan: Where Do You Fall?



**Presented by Dr. Jim Herkimer**

CEO and Executive Director at Sports Conditioning  
and Rehabilitation (SCAR)

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# Webinar Details

- All listeners are muted to minimize background noise. Only the presenter and moderator will be audible.
- Questions will be addressed at the end of the webinar. Please enter your question(s) at anytime throughout the presentation by using the Go To Webinar “Question” feature in your control panel.
- A recording of the webinar will be made available for future viewing to all MFN members and webinar registrants.

# About the Presenter

Dr. Herkimer has been involved in health, fitness and rehabilitation for over 35 years. He is currently the CEO and Executive Director at Sports Conditioning and Rehabilitation (SCAR) in Orange, California. SCAR is a wellness and rehabilitation clinic providing a continuum of care for individuals through the life span. Throughout his career, he has had the opportunity to help a variety of athletes and individuals from all walks of life reach beyond their potential.



He has extensive experience working with all levels of athletes including those from major league baseball, NBA, NFL, NHL as well as multiple Olympians. He is a well-known author and speaker appearing on *Healthy Matters*, ESPN and local news shows. He has also worked closely with several nonprofit groups including the California Governors Council on Physical Fitness and Sport, The California State CIF Sports Medicine Advisory Committee, The Rehabilitation Institute of Southern California and Goodwill Institute of Orange County.

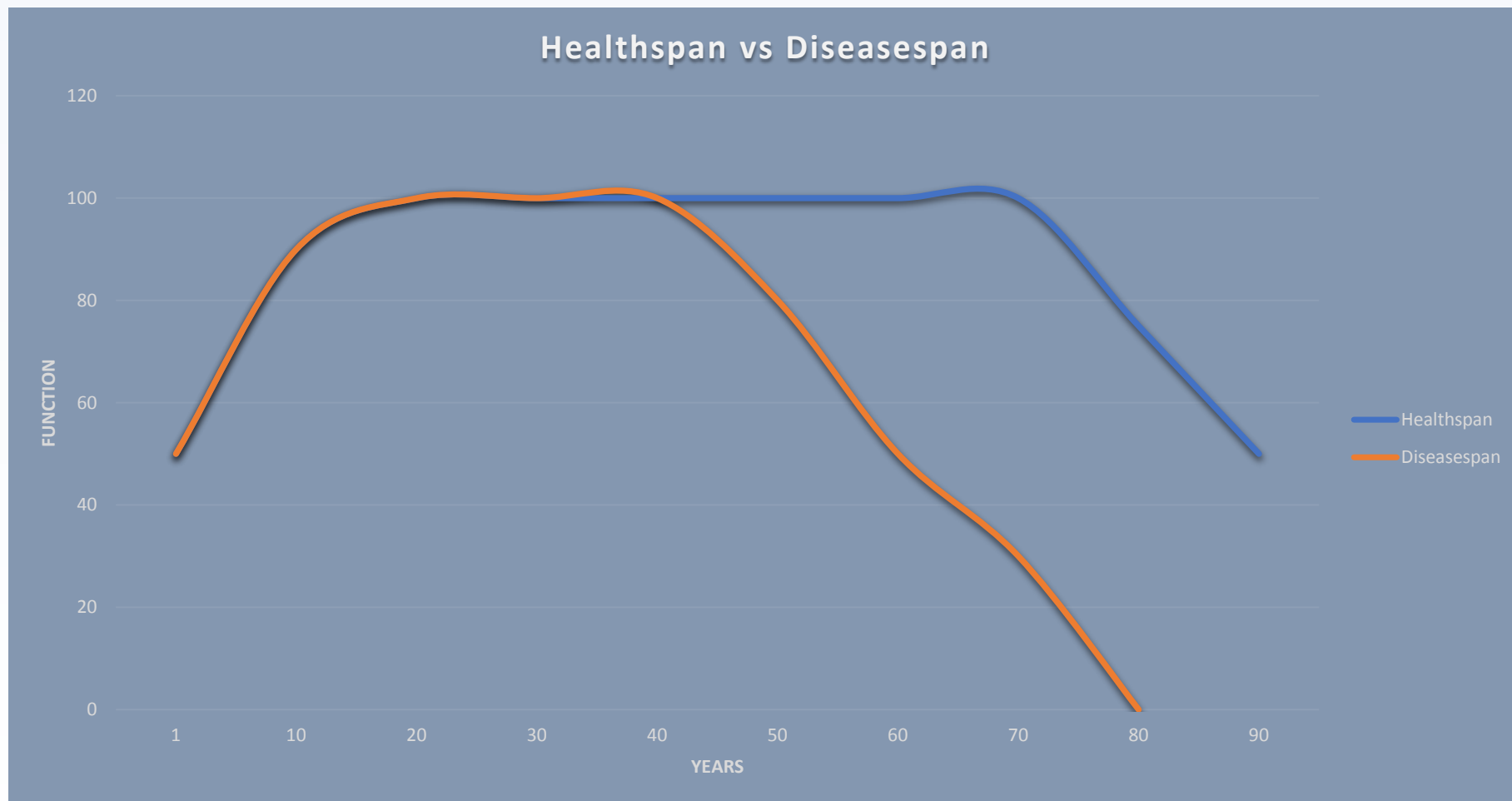
# YOUR LIFESPAN VS. YOUR DISEASESPAN: WHERE DO YOU FALL?

Jim Herkimer, DPT, MS, ATC



*“Since I turned 50,  
things have just  
been falling  
apart!”*

*Said by hundreds of patients  
I’ve seen over the years*



## Some Basics

Integrative medicine  
Complementary medicine  
Functional medicine  
Anti aging medicine  
Age management  
Longevity medicine

MD's  
DO's  
DC's  
FNP's  
PT's  
RD's, Nutritionists, Acupuncturists, OMD's

# Foundations

DNA

Genetics

Epigenetics





## *More Foundations*

Telomeres

Telomerase

Senescent Cells

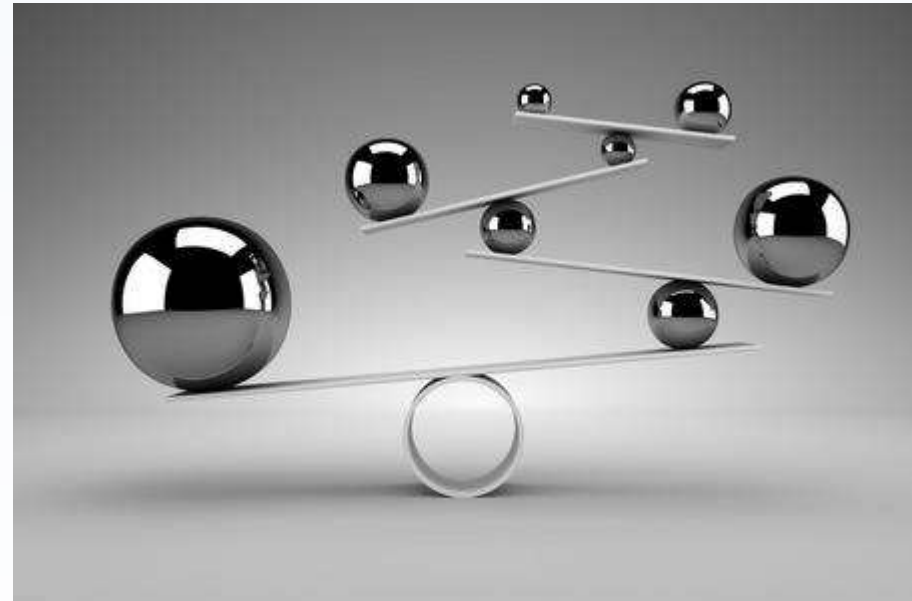


# Balance

Blastic vs Clastic

Lymph Movement vs Stasis

Hormone Balance between the Axis



## Balance is dependent on:

- Environment Stress
- Psychological Stress
- Food
- Chemicals
- Inflammation
- Oxidative Glycation



# Chronic Inflammation

## Diabetes

# Cardiovascular Disease

## Arthritis/ Joint Disease

## Allergies

## COPD

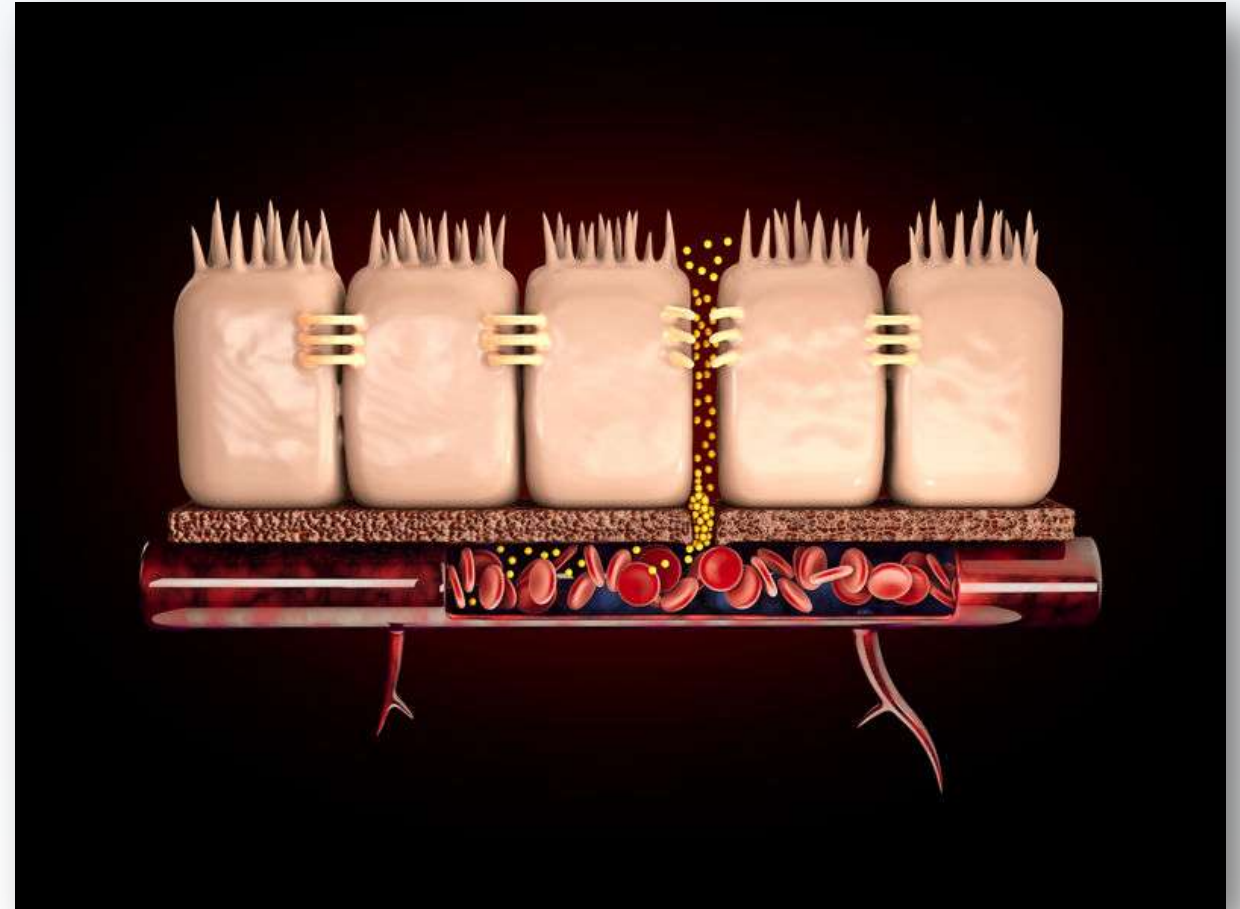


# Pathophysiology

Infiltration of inflammatory cells

Producing inflammatory cytokines,  
growth factors and enzymes

Contributes to the progression of  
tissue damage





# Role of Sleep in the Onset of the Disease Span

Lymph vs Glymph

Recovery Mechanisms



## What Do These Problems Start Looking Like?

Elevated BMI

Elevated Glucose

Poor lipid profiles

Elevated Blood Pressure



## What are the Resulting Systematic Changes?

Oxidative Stress

Insulin Dysfunction

Vascular Dysfunction

Autonomic Dysfunction

Systemic Inflammation





# Addressing the Upstream Causes

Genetics

Environment

Lifestyle Choices

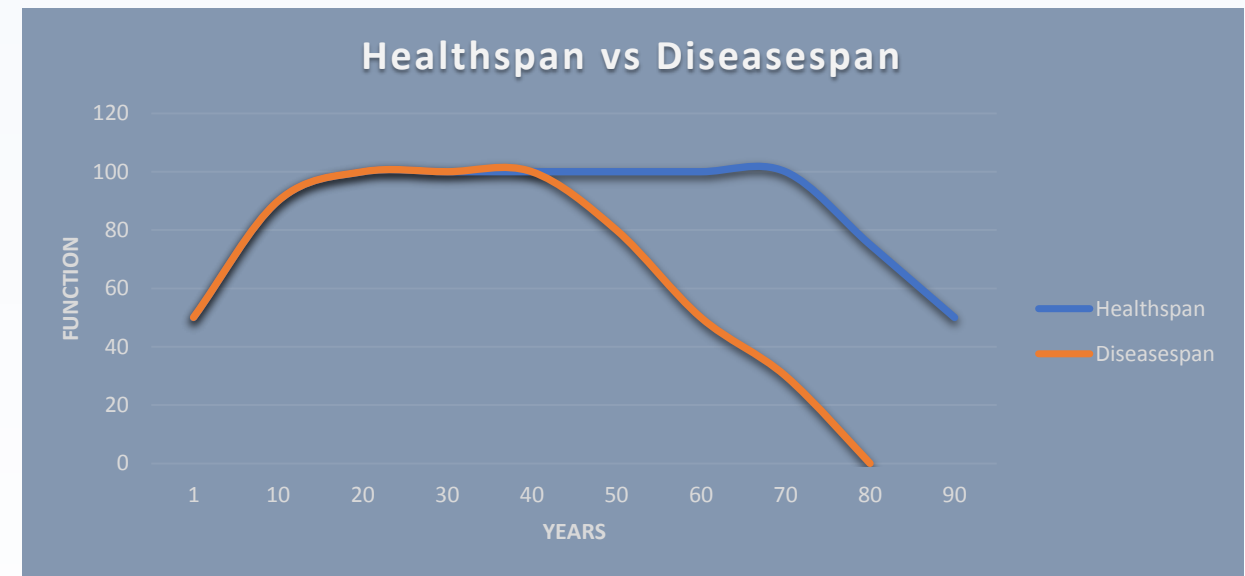


# Summarize these Initial Concepts

Financial Impact

Early Onset

Slope of the Line



And Now... The Good Stuff!

What are we going to do about it?



# Time Line

Preceding Events

Precipitating Events

Triggering Events



Birth

Current  
Complaints

Family History

Gestational History

Parental Lifestyle  
Choices

Childhood event

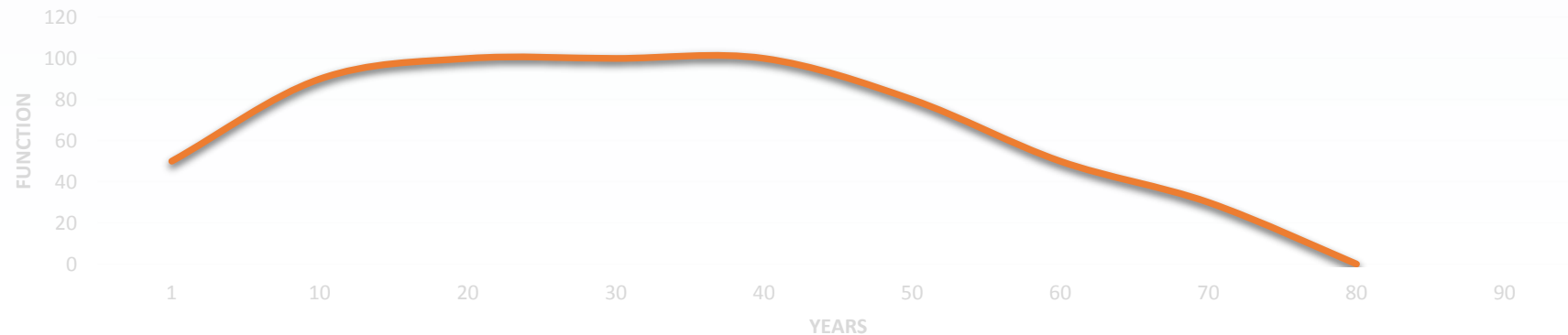
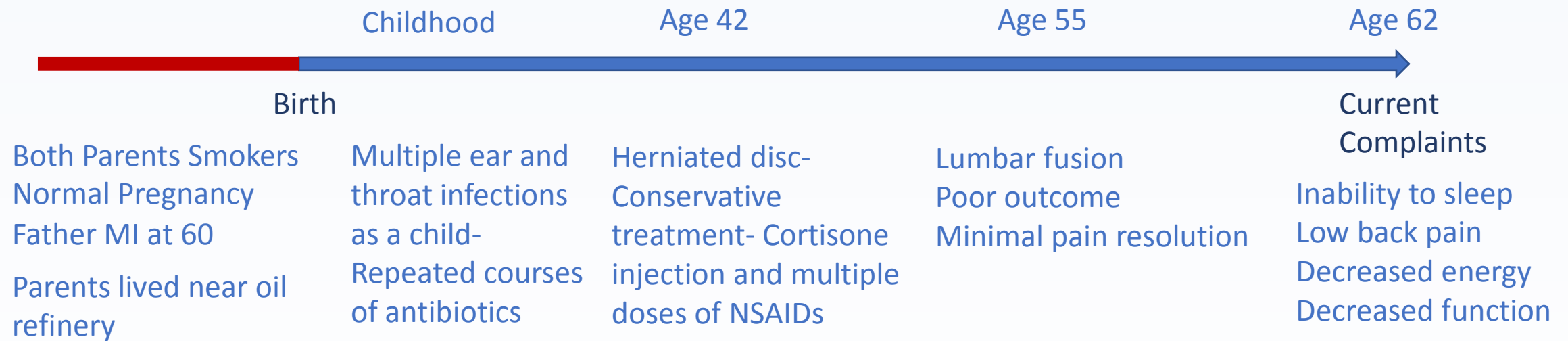
Environmental  
impact

SAD

Specific events that  
lead to their current  
complaints

# Bob's Timeline

Precipitating Events/Factors: SAD, Elevated Stress,





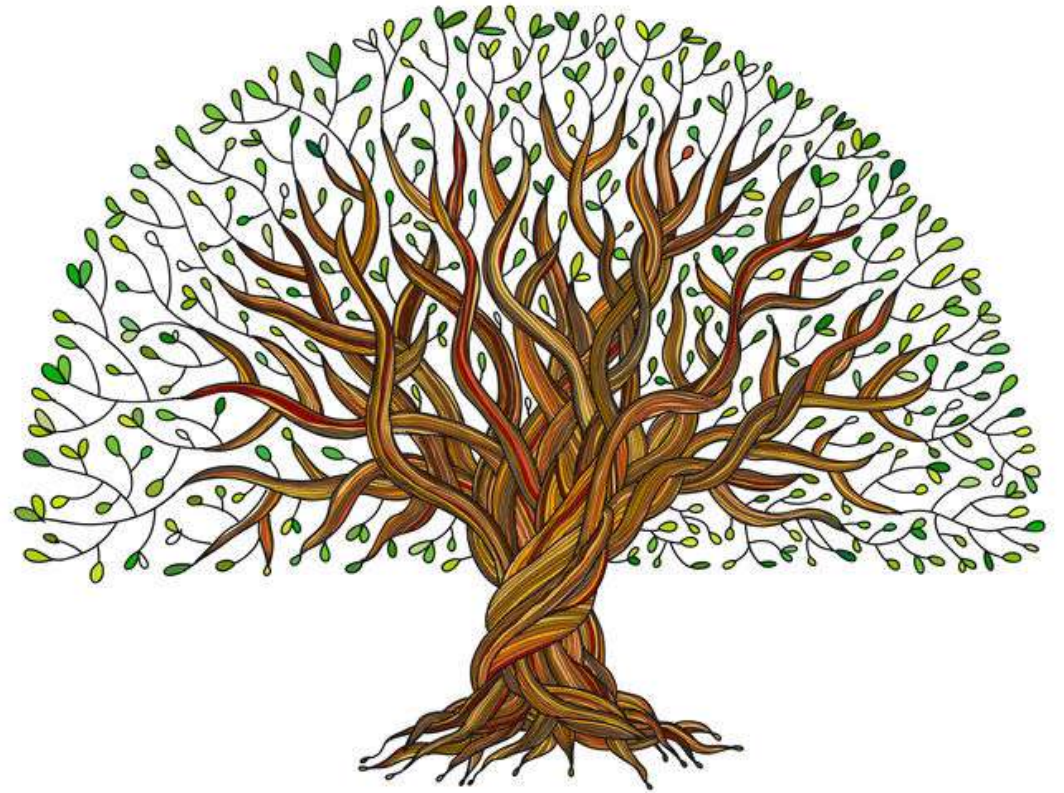
# The Emerging Picture

Emotional

Spiritual

Mental

Physical



# Addressing the Findings

## *Stress*



# Addressing the Findings

Stress

*Relationships*





# Addressing the Findings

Stress

Relationships

*Sleep and Relaxation*



# Addressing the Findings

Stress

Relationships

Sleep and Relaxation

***Exercise and Movement***



# Addressing the Findings

Stress

Relationships

Sleep and Relaxation

Exercise and Movement

***Nutrition***





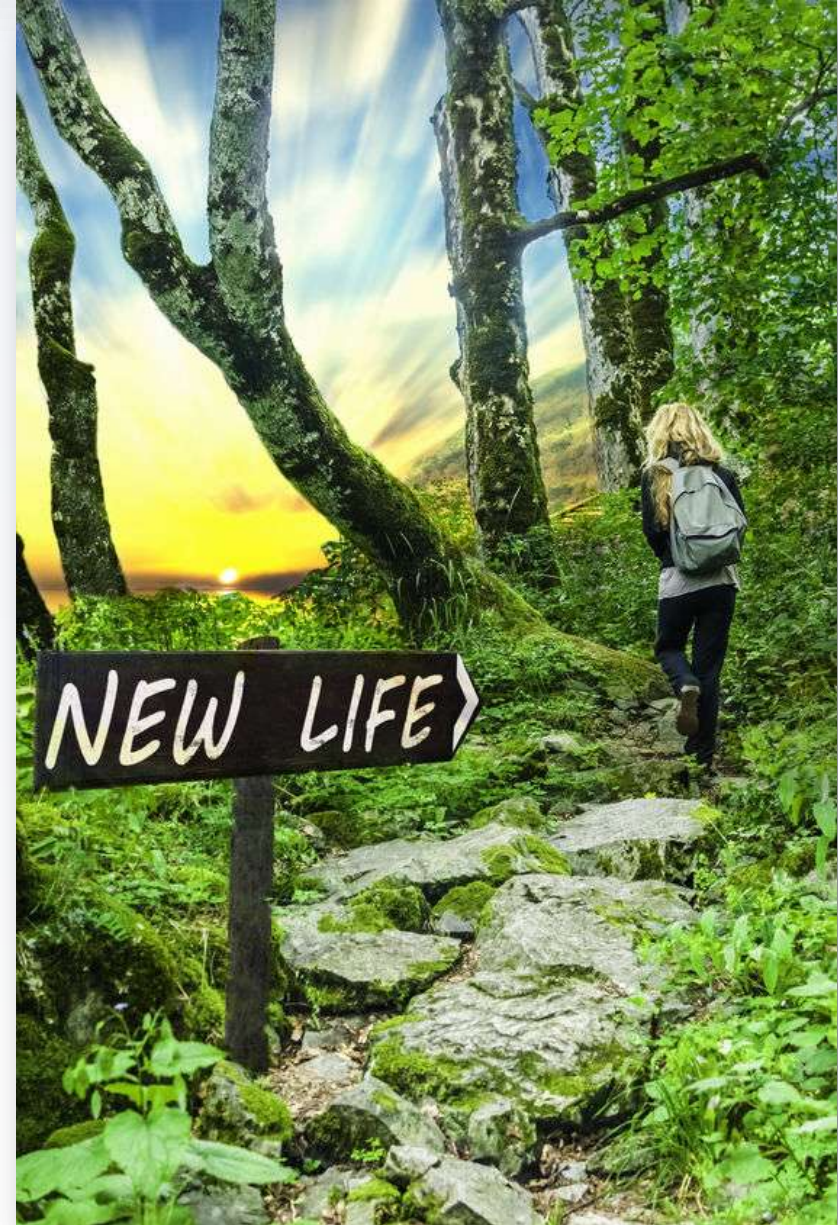
# Putting It All Together

Clean the slate

Focus on the whole person

If you're not sure, start in the gut.

Think 3 dimensionally





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## *Upcoming Webinar*

# **Eat Well, Live Well, Age Well: Living Life to the Fullest Everyday**



**Presented by  
Patricia Greenberg-Grunfeld**

Nutritionist, Chef, and Wellness Educator

**LIVE PRESENTATION: Tuesday, May 5, 10:00am PST**

**Registration will be available on [medfitclassroom.org](https://medfitclassroom.org).**

MedFit Network members: access **free** registration via your account dashboard

## *Upcoming Webinar*

# Overcoming Weight Loss Resistance in Your Client Population: Botanical Strategies for Gut Health and Detoxification



### **Presented by Brendan Vermeire**

Integrative Clinician and Functional Diagnostic Nutrition Practitioner; Founder, Metabolic Solutions

**LIVE PRESENTATION: Tuesday, May 12, 10:00am PST**

**Registration will be available on [medfitclassroom.org](https://medfitclassroom.org).**

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A close-up, vertical view of the red sole of an Altra running shoe. The sole features a series of deep, curved grooves that mimic the natural arch and shape of a human foot, designed for cushioning and support. The background is a blurred outdoor scene with green foliage.

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# Thank you!

## Question and Answer Segment

Please type your question in the questions box to be answered by the presenter.

**For More Info or Questions**  
Email: [ivy@medfited.org](mailto:ivy@medfited.org)

