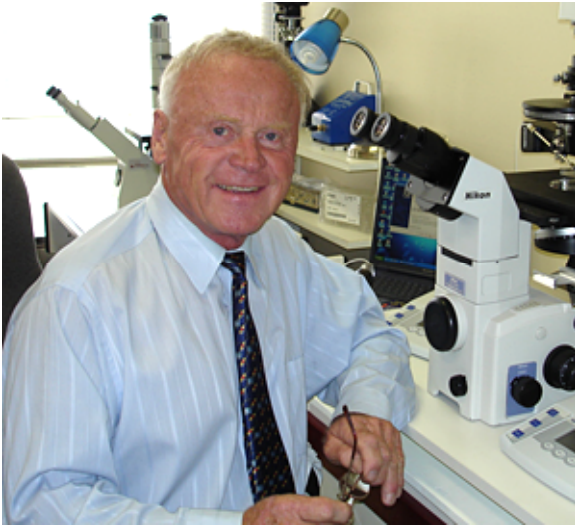


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**Resume:**

**Dr. Hans J. Kugler, PhD**

**Born in Brieg,** Germany. US citizen.

**West-German Air Force, officer (within NATO).** Pilot, platoon leader in the W-German Air Force Academy, liaison officer to other NATO forces during NATO maneuvers.

**BS University of Munich,** School of Medicine. **Physiology,** under Nobel Laureate A. Butenandt.

**PhD:1970:** State University of New York at **Stony Brook.** Organo-phosphorus chemistry. Emphasis: biologically active compounds, effects on human physiology (anti-cholinesterase active compounds, same class as nerve gases).

**1971: Postdoctoral Research at SUNY.** Synthesis of new, pentavalent, nitrogen- and thio-phosphorus compounds. Rate of hydrolysis of organo-phosphorus compounds; similar to rate of hydrolysis difference between RNA and DNA. Also,

**1970-71: Assistant professor, SUNY, Stony Brook, NY.** Chemistry.

**1971-73: Research, Standard Oil Co. of Indiana.** Environmental chemistry, effects of pesticides on chemistry/food/human metabolism. Sound-stimulated rate of growth of agricultural plants.

**1972-74: Roosevelt University, Chicago. Associate professor.** Teaching chemistry for pre-meds, and graduate courses in quantum chemistry. **Aging Research; longevity studies with cancer-prone animals.** Postulated, and presented at medical meetings, the “**Combination Theory of Aging.**” **Researched** the ground-work for “**Multi-factorial approaches**” - - (to animal and human longevity, cancer, heart disease, brain functions, chronic mental diseases) - - - **with an emphasis on immune- and free radical pathology.**

Associated with **Prof. Robert Mendelsohn, MD, Illinois Univ. School of Medicine**, regarding combined effects of environmental and nutritional factors on overall health (meaning immunity, base metabolism).

**1975 and later:**

Teaching at El Camino College, chemistry for the health sciences, nursing.

L.A. Harbor College, teaching CME for nursing programs.

1975 - 79: Board Member, Academy of Preventive Medicine, founded by Dr. Richard O’Brennan, MD.

**President and founder**, International Academy Anti-Aging Medicine. A State of California 501-C educational non-profit corporation.

**Past President (2001) and present board member**, National Health Federation.

**Senior Science Advisor: Gero-Vita and Journal of Longevity;** until 2005.

**Publications** in scientific journals: Tetrahedron, Tetrahedron Letters, J. of Org. Chemistry, J. Amer. Chem. Soc., others; organo-phosphorus chemistry.

**Books:** Seven books on health and aging, including “Slowing Down the Aging Process,” (1971), “Seven Keys to a Longer Life,” (Stein & Day, 1978), and “**Tripping the Clock, a practical guide to anti-aging and rejuvenation,**” (Health Quest, 1983).

**Co-author of books for health professionals:**

“**Tomorrow’s Medicine Today.**”

“**Anti-Aging Medical Therapeutics, Vol. I,** Editors Drs. R. Klatz and R. Goldman, Health Quest Publications, 1997.

**Co-author: Anti-Aging Medical Therapeutics, Vol. II,** Editors Drs. Ronald Klatz and Robert Goldman, Health Quest Publications, 1998.

**Articles in general health publications** (Journal of Longevity, Let’s Live, Prevention, NHF News, etc.) approximately 400.

**Frequent Speaker** at general health and medical meetings: presented anti-aging and fitness research data, new approaches to eating disorders, and anti-drug strategies:

International Academy of Preventive Medicine.

National Health Federation.

American College for Advancement in Medicine.

**1996:** A4M Meeting, Las Vegas: **The Effects of Environmental Toxins on Immune Functions.**

**1997:** A4M Meeting, Las Vegas: **Re-establishing Homeostasis in Brain Tissue Affected by Environmental Toxins.**

**1998:** AntiAging Medicine Conference: Rutherford, New Jersey, Aug. 1998: For physicians: Developing you personal anti-aging program.

**2003:** Lecturer, European Anti-Aging Conference, Baden-Baden, Germany.

**Enthusiastic exerciser - body building -, Horseman and pilot; motor and glider flying. Former Air Force officer.** “When you work in the anti-aging field, it is of the utmost importance that you practice what you preach!”

**Ran the 1996 Honolulu Marathon: finished in the top 15% of age group.**

**1996 candidate for US Congress - Republican - primaries.**

**Present and past Member of several professional fitness, health and anti-aging organizations,** including National Health Federation, American Preventics Hospitals, others. Past Member, Advisory Board, Health & Tennis Corporation, Holiday Spa Health Clubs. (now Bali Fitness).

**Awards:**

Received 11 awards from various medical and health organizations, including **International Academy of Preventive Medicine, International Biorhythm Association, International Academy of Orthomolecular Psychiatry, American Academy of Anti-Aging Medicine, others.**

**Radio and TV appearances:**

More than 500 appearances, including AM New York, AM Canade, “People Are Talking” (KPIX San Francisco). Topics ranged from book publicity tours to discussions re. drug prevention, anti-aging, and health forums.

**Car accident, extreme side-impact (2002),** caused heart injury, and after all treatment attempts (spanning several years, lost 18 pounds of muscle mass) failed was advised “*3 drugs and a pacemaker/defibrillator for the rest of your life.*” With the help of cardiac experts from all around the world designed own recovery program; 100% recovered; passed aviation medical exams, back to horseback riding, working out in the gym. Recovery protocol is in the process of being published in peer-reviewed medical journal.

**Presently:**

**President** and Founder, International Academy of Anti-Aging Medicine; California 501-C non-profit. **Emphasis:** Health education (good health practices rather than drugs), strong pro-environment, Stem Cell research. **Web-site: [www.antiagingforme.com](http://www.antiagingforme.com).**

**Member,** Health Integration Center - Dr. David Wong, MD, director - anti-drug counseling and immune-enhancement for cancer patients.

Health education, fitness, and anti-aging counseling.

Health risk evaluations.

Anti-drug counseling.

**Director, HK Stem Cell Laboratory** at Health Integration Center, Torrance, CA.

Emphasis: Making person-specific stem cells (DNA the same as recipient) via Nuclear Transfer and Parthenogenesis.

View pictures of the Lab at [www.antiagingforme.com](http://www.antiagingforme.com) at Free E-Books.

**Supporter of the PICKENS PLAN** for US energy independence.

**Available as Speaker:**

**“Take charge of your life; designing your individual anti-aging program”,**

**“Stem cells, the future of medicine, from a conservative point of view.”**

**“Global Warming, US energy independence; from a conservative point of view.”**

**CONTACT: E-mail: [DrKugler1@verizon.net](mailto:DrKugler1@verizon.net) Tel.: 310-540-0564**



- **Talk Topics;** feel free to request any combination of topics. An emphasis in all talks is on motivation - - from cutting-edge health/fitness to staying competitive and not getting fired, to individual anti-aging and better sex. The choice is yours!
- **Dr. Kugler resides in the Los Angeles area; for price and availability contact his office via E-mail [DrKugler1@verizon.net](mailto:DrKugler1@verizon.net), or by telephone at 310-634-2478.**
- **Never take NO for an answer. "Alternative therapies in the treatment of cardiac injury."**  
The focus of this talk is on the failing drug approach first, and then on the 100% recovery with an emphasis on essential health practices for optimum anti-aging (according to Ala Med. School professor Emanuel Cheraskin), fitness, embryonic cell extracts, EECp, meditation and heart-specific nutritional factors.
- **Applied anti-aging research.**  
"The only thing certain in life is death and taxes." Not any longer!  
Once upon a time there were many theories on aging; most of them have already died of old age. A closer look at the surviving theories, and research findings of longevity studies according to their postulates, show us the way towards a longer, fitter, mentally and sexually more active life.

- **The anti-aging check list; calculating your gene-expression age.**

When a doctor took a patient's history and determined that there was a disease risk in the family, they used to tell you: "Tough, it's all in your genes," but no longer!

Several longevity studies, including our own, have shown that faulty genes treated correctly, can out-perform good genes that were treated badly. One of the health practices is, naturally, physical activity, or exercise. Presented here are minimums for optimum results. In respect to exercise, I can modify this talk with a stronger emphasis on how to exercise for super fitness and high performance.

- **Designing your individual anti-aging program.**

From eliminating disease risks with life style changes to telomere-lengthening and going past the maximum life span with stem cells, your anti-aging future is now.

Question: What is the simplest definition of aging?

Answer: Aging is a constant decrease in the capacity to do things, both physically and mentally, and a constant increase in age-related diseases.

Applications of anti-aging research findings can reverse all that.

- **Global Warming and US energy independence; from a conservative and health point of view.**

Man-made or not, we do have a problem! Just recently (2010) NASA presented data that showed that the Antarctica is melting, losing ice, at the rate of 24 cubic miles per year. Trees and oceans used to balance excess CO<sub>2</sub>. Not any more: their capacity to do so has decreased to 54%, leaving us (here in the US alone) with a daily excess of 15 billion pounds of CO<sub>2</sub>. But can we really do something effective to reverse the trend?

Hydrogen cars or EVs and plug-in hybrids (?), wind, solar and/or nuclear (?), natural gas to reverse our (\$ 500 billion) annual trade deficit (?) - - and what effects will all this have on our health?

- **Training for super fitness and body shaping.**

Exercise science has advanced to the point that we can train a person depending on desired goals, building LMB (Lean Body Mass), or leaning the LBM a person has, and with great improvements in endurance. Both methods can incorporate body-shaping and will – definitely – enhance telomere-lengthening. This is a science in itself, mostly for true fitness enthusiasts.