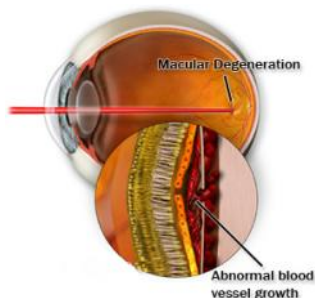




Macular Degeneration Update

A female colleague of mine in her mid-fifties who wears glasses for reading had a consultation with her optometrist the other day, and to her horror discovered that she had early evidence of Macular Degeneration, without any obvious deterioration in her vision. Macular degeneration is the leading cause of blindness in the Western world and here's what can be done to prevent this disease and restrict its progression.



POINTS OF INTEREST IN THIS NEWSLETTER

- **Macular Degeneration**
- **Folic Acid and the risk of Cancer**
- **Alpha-Lipoic Acid and Vitamin E Combination**
- **Highlight on the Anti-Ageing Program**
- **Special offer on Memozeal**
- **Sale prices on the E-Books written by Dr Elstein**

- A diet high in cholesterol (mostly found in meat and dairy products) and one which contains foods with a high [Glycaemic Index](#) promotes the development of macular degeneration. Fried oils, salad dressings made from vegetable fats, mayonnaise and margarine are also associated with an increased prevalence of this disorder.
- High levels of homocysteine, a protein which is usually recycled when adequate amounts of B vitamins are [present](#) and poor blood glucose control are also connected with macular degeneration.
- Omega-3 fatty acids found in fish are protective. Fish needs to be consumed at least twice a week. Raw nuts and olive oil might also be protective. Heated olive oil however is not beneficial and can be harmful.
- A study, which utilized a combination of vitamin C 500 mg, vitamin E 400 IU, beta-carotene 15 mg, zinc 80 mg and copper 2 mg, showed a 25% risk reduction in progression to advanced macular degeneration over 5 years in patients with intermediate macular degeneration.
- There is also evidence that DHA and EPA, which are metabolized from omega-3 fatty acids found in fish oil, can limit the progression of macular degeneration.
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There is preliminary evidence that the hormone melatonin, resveratrol, coenzyme Q10 and acetyl-L-carnitine can stabilize this disorder and possibly restrict its evolution, if used early on.

Folic Acid and the Risk of Cancer

Taking folic acid might have unwanted and potentially harmful side-effects. While it can protect us against cancer, once cancer cells are present extra folic acid might stimulate their growth. Folic acid found in supplements can also weaken the immune system, by reducing the potency of cells that protect us against cancer. The problem is that aside from having regular screening tests like colonoscopies, mammograms and prostate checks, determining the presence of cancer cells is rather difficult. Even these tests won't identify the existence of early cancer cells.

All multivitamins contain folic acid and in Australia, breads except organic breads, and some cereals are [fortified with folic acid](#). In the USA since 1998 folic acid has been added to breads, cereals, flours, corn meals, pastas, rice, and other grain products. In the United Kingdom the Food Standards Agency has recommended fortification, but it is not mandatory.

However two [recent studies](#) might go some way to reducing the fear and possible misgivings associated with indiscriminate folic acid supplementation. Both examined folic acid from food sources and from multivitamins over time, the one study being of just under 10 years duration and the other lasting for almost 25 years. **Neither** found a connection between folic acid, either from diet or supplements and the development of bowel cancer.

While this is reassuring it does not completely eliminate the possibility that taking extra folic acid might have a downside. Both multivitamins and [Memozeal](#) contain folic acid and my advice is to reduce supplementing with these to one a day of each and to have days when you don't take either. This is what I've been doing. Regular cancer and immune system [assessments](#) would be a good idea and following those principles for optimal health and wellbeing set out in '[You Have The Power](#),' would also be helpful.

The Combination of Alpha-Lipoic Acid and Vitamin E

In a recent [news item](#) I suggested that taking extra Vitamin E might be dangerous. Recent research suggests that taking combinations of antioxidants makes them work better. This might also have the potential to reduce the possible harmful effects of taking supplements like vitamin E on their own.

[Research](#) on laboratory animals shows that the combination of alpha-lipoic acid and vitamin E helps to prevent brain ageing and preserve mental function. Alzheimer's disease, diabetes, rheumatoid arthritis, the formation of cataracts and the ageing of the brain and the heart, have all been associated with the excessive accumulation of free radicals. Taking alpha-lipoic acid and vitamin E together reduces the destructive damage associated with free radical excess.

Questions and Answers

Question I have been getting cramps in my toes and calf, last night's cramp in my left calf had me yelling in agony. What on earth has started this happening? I eat very well, and exercise regularly.

Answer This could be caused by problems with your circulation or your lower back, which can be associated with a pinched nerve. A lack of magnesium and calcium can also lead to cramping. You would need to have this checked out by your doctor. One of the ways that calcium and magnesium levels can be assessed is via a 24-hour urine collection.

Question I have a sore right testicle. It's been sore for about a month. It hasn't become swollen, but it looks a little smaller. It hurts most of the day. It's not bad enough that I am in bed, but definitely sore enough to be noticeable. I am 52 and in good health.

Answer You would need to get this evaluated by your doctor, as soon as you can. You might be suffering from a small growth in your testicle or some form of infection.

Question I have a "nuisance tremor" that I experience with my right hand and face and my neck. Are there any new findings for this or any new medications?

Answer This unfortunate condition needs to be assessed by a doctor who specializes in conditions of the nervous system. Combining magnesium with vitamin B6 might help to control tremors, especially if you are magnesium deficient. There is also evidence that harmaline, a substance that is toxic to the brain is connected with tremors. Well-cooked red meat is a source of harmaline. There is one study which shows that a Mediterranean diet improves tremors. This includes 'fresh fruit as the typical daily dessert, olive oil as the principal source of fat, dairy products (principally cheese and yogurt), and fish and poultry consumed in low to moderate amounts, zero to four eggs consumed weekly, red meat consumed in low amounts, and wine consumed in low to moderate amounts.' http://en.wikipedia.org/wiki/Mediterranean_diet

Question I am a 50 year old lady and was diagnosed with colitis in 2008. I never took medication because I was scared of the side effects and tried homeopathic medications, but I think I was just in denial about my condition. Last year I had a severe flare and nearly died. I ended up in hospital for 6 weeks and was treated with hydrocortisone infusions, 3 infliximab infusions, iron infusions and a host of minerals. I am now being treated with prednisolone and I am on a host of other drugs and vitamins and also supplement with Ensure food replacement at times. I have now become a diabetic from the cortisone that I am still taking and take insulin now. I was off work for 4 months and I am now going back to work for 4 hours 3 days a week until I get my strength back, but I am so tired all the time. Can you recommend anything I can take to help boost my energy levels or suggest any other things I can take and diet that you recommend, as being diabetic and having colitis is difficult, knowing what to eat. What helps with one affects the other and vice versa.

Answer I recently treated a patient who has a condition similar to yours. Assessing food allergy, hormonal and nutritional status, the balance of bacteria in the gut, together with evaluating the presence of abnormal bacteria and parasites, optimizing weight status and reducing what is known as inflammation, might lead to considerable improvements. Your diet should be comprised mostly of fish, nuts, seeds, vegetables and a limited amount of fruits. Grains should be restricted.

Questions and Answers Continued

Question Last year I had surgery for a ruptured appendix -it was gangrenous and I was in hospital for a week recovering. I ended up in hospital with a suspected bowel obstruction about 7 weeks later (kept overnight for observation and it resolved itself). I have just this week had another visit to hospital with the same thing and stayed two nights in hospital and it resolved itself again. I'm wondering if there's anything I can do to avoid future episodes like this?

Answer Utilising prebiotics, which are found in certain proprietary compounds and the skins of fruits, probiotics, the so-called beneficial bacteria in acidophilus and bifidus, a yeast called *Saccharomyces boulardii*, and optimizing vitamin A status, might help to prevent the recurrence of your problem

Question What effect does [Memozeal](#) have on blood pressure?

Answer There is a possibility that for those taking a special kind of blood pressure medication, which includes a thiazide diuretic, ginkgo biloba, the herb in Memozeal, might further lower their blood pressure. This circumstance would be rare. Memozeal should not add to the blood pressure lowering effects of any other medications, but to be safe, for those taking both, monitoring of blood pressure would be a good idea.

ETERNAL HEALTH MEDICAL CENTRE

If you are suffering from any of the following:

- Weight Gain
- Diminishing Memory
- Anxiety, or
- Insomnia

Then your body might be ageing prematurely.

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The Anti-Ageing Program

This programme has been developed by Dr Michael Elstein and is the latest in preventative medicine and anti-ageing technology and is the first of its kind in Australia. In Modern society we plan for our holidays, our weddings, buying cars, buying houses, our retirement..... but we don't plan for our most precious resource of all..... our health! Without health and vitality, we simply can't enjoy our lives. Some rules for successful ageing are:

1. Accept it
2. Enjoy it
3. Anticipate and plan for it
4. Follow the Eternal Health Wellness Programme

[The Eternal Health Wellness Programme](#) is based on the well-founded belief that age related diseases and symptoms as experienced by the majority of the Western World are largely induced by our modern lifestyle, our diet and environmental factors. The Eternal Health Wellness Programme begins with an assessment of the influence of all these factors.

Utilising sophisticated medical technology and comprehensive computerised assessment of your current health status; we will identify the metabolic and hormonal imbalances that contribute to accelerated ageing and degenerative disease processes. From this we can identify areas of your health and lifestyle that you need to modify. Your programme will then be individually tailored to suit your unique biochemical profile, which throughout the programme will be constantly monitored and reviewed.

The aim of the [Eternal Health Wellness Programme](#) is to reduce the signs and symptoms of ageing and replace them with robust good health and a sense of well-being for as long as possible.

Fatigue, poor memory, weight gain, diabetes, heart disease and diminished sexual vitality are not an inevitable consequence of growing old. By becoming pro-active, planning and implementing your health program you can slow the biological clock, experience renewed health and vitality, and help protect your body from age related degenerative diseases.

For the programme to be successful you have to commit to it and take control of your health and follow your individual programme specifically designed for you based on all your information and test results. Early Detection and Prevention is the Key to managing good health.

If you answer yes to any of the following then the [Eternal Health Wellness Programme](#) is highly recommended for you.

- Do you or any one in the family have High Blood Pressure?
- Is there a history of heart disease in your family?
- Do you or any one in your family have High Cholesterol?
- Do you or any one in your family suffer from Diabetes?
- Are you or any one in your family Overweight?
- Do you tire easily?
- Are you easily stressed?
- Are you or any one in your family showing early signs of aging?
- Do you suffer from Depression?
- Do you have a family history of cancer, strokes, osteoporosis or autoimmune disorders?
- Do you have trouble remembering things?
- Is your libido diminishing?

If your answers to the above are yes, then you need to take preventative measures in order to prevent disease and restore your vitality. Take control and commence your [Eternal Health Wellness Programme](#) now by planning for your health success and begin a program for LIFE and help reduce the signs and symptoms of ageing.

Please call 02 9337 3589 during business hours

for more information and to make an appointment

ANNOUNCEMENTS

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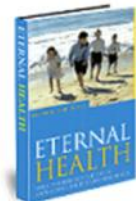


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Both of these [e-Books](#) have been written by Dr Elstein and are
available for purchase at a **reduced price** of \$29.95 per book.

Dr Elstein wants to help the reader rediscover their
youthfulness and vitality. As Dr Elstein says in his e-Book, "we
are the baby boomer generation and we want to carry
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