

Happy
New Year
2012

Eternal Health Medical Centre

January 2012 Newsletter



NEWSLETTER

JANUARY 2012

Health Predictions for 2012

In this, the Chinese Year of the Dragon and according to the Mayan calendar the end of the world on December 21, 2012, I'm predicting that stem cells and genetic testing will be the two biggest movers this year. I'm also going to wager that this year will witness the resurgence of the [health assessment](#), even if there's no point in being healthy beyond December. The reason I'm saying this is because of the findings of a just British study showing that mental deterioration and memory decline commence in the mid-forties. Aside from the usual suspects which include cholesterol, blood pressure, being overweight, diminishing cerebral stimulation and not exercising, another contributor to the decimation of brain cells is a substance called homocysteine. Apparently the whole Mayan end of the world thing is based on a totally incorrect interpretation, which baffles even the surviving Mayans, who haven't eyeballed a calendar for over 5000 years, meaning that ignoring [homocysteine](#) could be a serious oversight. OK, I've mentioned homocysteine before but I've been told at least five times by web mavens that you have to mention something at least five times before anyone takes notice.



POINTS OF INTEREST IN THIS NEWSLETTER

- 2012 Prediction on Health
- Highlight on the Anti-Ageing Program
- Special offer on Memozeal
- Sale prices on the E-Books written by Dr Elstein

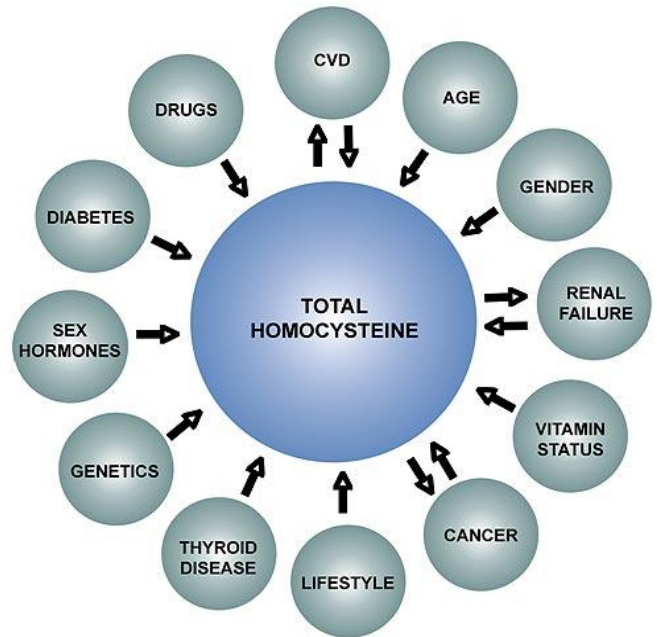
Aside from [homocysteine](#) being a subtle attempt at [product placement](#), the end game of brain cell loss is Alzheimer's. For those who subscribe to the [Journal Club](#) you will recall that the November 2011 edition focused on the natural ways to prevent Alzheimer's with lowering homocysteine being one preventive strategy. Taking extra vitamin B12 and folic acid, found in [Memozeal](#), which reduce homocysteine, as well as an antioxidant called acetyl-L-carnitine, which also targets homocysteine and nukes the destructive chemicals that foment Alzheimer's, would be a good kick-off point. ['You Have the Power'](#) lists possible causes and preventions for Alzheimer's.

Persistently elevated blood pressure despite medication is still a major problem for many, which is why a simple surgical procedure mentioned by Dr Oz that involves short wiring the nerves around kidney regulating blood pressure, might provide a much welcomed breakthrough. Research by our own Professor Brian Morris, the spearhead of a team at the University of Sydney who uncovered the genes responsible for elevating a substance called rennin,

Health Predictions for 2012 *continued*

that hikes blood pressure, will allow for treatments homing in on the primary cause of this seemingly intransigent health problem.

Research on stem cells shows that rather than replace tired and ailing body parts, what they are doing is turning on protective and anti-inflammatory substances that revive floundering tissue. In motor neuron disease transplanted stem cells give birth to a variety of growth factors that could promote the functionality of the remaining motor nerves. What this means is that if the body is in a pro-inflammatory state, the rejuvenating benefits of stem cells might be neutralised. Homocysteine is one of those substances that incites Inflammation.



This might also be the year when science lets us know how much resveratrol we need to take. At low doses resveratrol encourages the survival of stem cells, but at higher doses goads them into self-immolation. Stem cells do better when free radicals are neutralised and resveratrol helps to corral free radicals. Resveratrol is pro-life at lower doses but at higher doses imposes a death wish, which can be advantageous, if cancer cells need to be terminated. It might also be beneficial in the case of age-related macular degeneration (AMD), the most common reason for blindness in developed countries. Getting rid of damaged eye cells goes some way to preventing AMD and resveratrol eliminates defective cells. All we need to know is the life-sustaining and death-promoting amounts of resveratrol we need to take and the appropriate time to utilise these.

We might also see a revival in calcium's stocks in 2012 after research indicating that calcium supplementation was associated with heart disease in women lead to a nosedive in its market share. New evidence linking calcium supplementation with improved blood sugar control and weight loss might lead to a renewed interest in this essential mineral. The best way to assess calcium medically is with a 24-hour urine test.

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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

Social Networking



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Regular updates and health tips
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Sale Items

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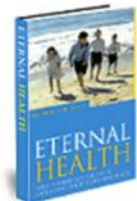


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more information about
Memozeal's amazing benefits.

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3rd bottle **FREE OF CHARGE**

You can order by clicking the
link above or by calling
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hours to pay via credit card
over the phone.

E-BOOKS



YOU HAVE THE POWER and **ETERNAL HEALTH**

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
on forever."

These e-books will help you remain healthy and young for as
long as possible. [Order Here](#) or call 02 9337 3589 during
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