How well are you ageing?

In a year when self-promotion promises to envelop twitter, discovering how well our desire for constant self-appraisal measures up when it comes to assessing ageing might be a useful endeavour. All that’s needed is a physician with a baseline curiosity and the investigations set out in Table 1 can be used to gauge how efficiently our bodies are negotiating ageing. The up arrows are pointers in the wrong direction. Every measure that trends upwards signifies an ageing propensity in a range of categories including sugar metabolism, hormonal status, kidney function, cholesterol levels, red blood cell synthesis and a tendency to make excessive amounts of inflammation, a chemical process that erodes bone health, heart function and brain power. The advantage to be gained from doing this test early is that upward trends are warning signals that can be addressed prematurely and possibly reversed before they cause irreparable harm.

Table 1  Biomarkers used for generation of signatures, and change with older age

| High-sensitivity C-reactive protein (hsCRP)  | Inflammation biomarkers |
| Interleukin 6 (IL-6)  |  |
| N-terminal B-type natriuretic peptide (NT-proBNP)  |  |
| Absolute monocyte count (Abs.M)  |  |
| White blood cell counts (WBC)  |  |
| Red blood cell distribution width (RDW)  |  |
| Transferrin receptor (Transf.R)  |  |
| Mean corpuscular volume (MCV)  |  |
| Hemoglobin (Hgb)  |  |
| Glycated hemoglobin (HbA1c)  |  |
| Soluble receptor for advanced glycation end product (sRAGE)  |  |
| Adiponectin (Adip)  |  |
| Insulin-like growth factor (IGF1)  |  |
| Total cholesterol (T.Chol)  |  |
| Sex hormone-binding globulin (SHBG)  |  |
| Dehydroepiandrosterone sulfate (DHEA)  |  |
| Albumin (Album)  |  |
| Creatinine  |  |
| Cystatin C  |  |

List of the 19 biomarkers used to define signatures. The biomarkers are grouped by functions. Biomarkers with generally increasing values with older age are labeled with an arrow pointing up, while biomarkers that generally decrease with older age are labeled with an arrow pointing down.
Another downside for statins - the cholesterol-lowering medications utilised by Donald Trump

Weakness, muscle pain and diminished enjoyment of sex, a negative spin off that didn’t receive much air play when it surfaced, are just some of the myriad side effects that adorn the CV of statins, undoubtedly the most powerful medium for lowering cholesterol. Statins, also linked with increased diabetes risk, are already one of the most widely prescribed medications on the planet, and yes Donald Trump does take one every day.

Last year in November an extensive review carried out by the US Preventive Services Task Force found that the benefits of taking this form of medication, even for those with modest elevations in cholesterol, for which statins have not been deemed a wise option up to this point, outweighed the potential downside. Based on this finding experts have proposed that any adult past the age of 40 with merely a single risk factor for cardiovascular disease, like a slight increase in cholesterol, should commence a statin in order to lessen his or her chances of developing heart disease.

If the outcome of this study were to be embraced many more would be placed on this form of treatment, which would massively swell the already burgeoning ranks of those using statins.

New research now shows that these omnipotent drugs can undermine exercise capacity, at least in mice. Mice administered statins not only exercised less, but they also had weaker muscles and fatigued more easily. With exercise one of the most influential means for increasing life span and reducing heart disease risk, possibly more so than statins, compromising exercise benefits is a serious warning shot across the bows of those advocating much wider use of these drugs.

---

e-Books

Dr Elstein’s reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

This latest e-book will give you the knowledge to assist in keeping you on the path of health, wellness and longevity.

Included in the e-Book are useful tables showing the food sources of Calcium, Protein, Magnesium, Zinc and Vitamin K which is a great quick reference tool to have on hand.

Dr. Elstein’s e-Book ‘You Have The Power’ provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer’s & Parkinson’s disease, treating wrinkles, negotiating menopause, permanent weight loss, limitless energy and sexual vitality.

Dr. Elstein tells the reader that everyone has the power to transform one’s life. This e-book is about health, vitality, power and purpose. Dr. Elstein provides information that will change your life. You have the Power is about keeping your body healthy rather than patching it up once it is sick.

Discover the secret of boundless energy, eternal youth, increased sexual vitality and maximum brain power. Eternal Health is a comprehensive, easy-to-read e-book that describes the Anti-Ageing Program.

Readers will learn how they can use the hormones of youth and ‘super-nutrients’ to protect themselves from cancer, as well as dramatically increase sexual vitality and performance, lose weight, overcome fatigue and boost energy.

To order any of the above e-Books, please click here. An email will then be sent with a PayPal invoice and once payment has been completed, the e-Book will be emailed to you. Thank you.
Renewing our Genes

Genes take thousands of years to mutate, if at all. Many of our habitual behaviours, attitudes and emotional patterns are predetermined and not much different from those of our prehistoric ancestors. This might be about to change in ways hitherto thought unimaginable. Technology has now been developed to get viruses to go through evolutionary changes many times within the course of a single day. This form of gene editing that inserts sequences which alter the structure of the genome and reconstitutes its programming is called CRISPR which stands for Clustered regularly interspaced short palindromic repeats and the ramifications of using this are immense. It would appear to mean that whatever bits of the genome or our genetic programming we deem to be disadvantageous we can consider altering. The ethical debate that this will engender is going to be ‘Game of Thrones’ titanic.

In some areas the debate is already sidebar. CRISPR is already used to disable genes that make mushrooms brown, edit out the genes that allows potatoes to make cancer causing chemicals in potatoes called acrylamides, generated when frying and to make mosquitos resistant to malaria. This year the first human trial will be initiated that will involve re-patterning immune cells in cancer sufferers in order to enable them to be more powerful eradicators of their cancer.

EDITING A GENE USING THE CRISPR/CAS9 TECHNIQUE

1. Scientists create a genetic sequence, called a “guide RNA,” that matches the piece of DNA they want to modify.

2. This sequence is added to a cell along with a protein called Cas9, which acts like a pair of scissors that cut DNA.

3. The guide RNA homes in on the target DNA sequence, and Cas9 cuts it out. Once their job is complete, the guide RNA and Cas9 leave the scene.

4. Now, another piece of DNA is swapped into the place of the old DNA, and enzymes repair the cuts. Voilà, you’ve edited the DNA!
The Eternal Health Wellness Programme

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

Eternal Health Medical Centre
Suite 603, Level 6
3 Waverley Street
Bondi Junction NSW 2022
Phone: 02 9337 3589
Email: drelstein@eternalhealth.org  Web: www.eternalhealth.org