



# ETERNAL HEALTH

*with*  
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New strategies for preventing heart disease, prostate problems and baldness. It is no small irony that the man who sings one of the greatest hits 'Times, They Are a Changing' recently found himself in hospital, a casualty of a serious heart affliction.

As we catapult into the new millennium besieged by information which changes much more rapidly than Bob Dylan could ever have imagined, it is men who are now seeking to make those healthy choices that women have long since embraced.

This is happening none too soon as statistics indicate that, at the moment, men are not in good shape. Men live shorter lives than women. They die more frequently from heart disease and one in four men over 55 years of age will experience some form of prostate disease. These statistics may be reversed and men have finally begun to realise this.

Ischaemic heart disease and prostate cancer can be prevented by utilising the best that modern science and natural therapies have to offer. In fact, the union of these once adversarial disciplines has led to the development of some exciting new health breakthroughs in the areas of cardiovascular and prostate health.

The heart is probably our most vital organ, as it supplies energy to our whole body. It is also the organ that demands the most nourishment, both physically and emotionally and, consequently, it is most vulnerable to deprivation of these nutrients.

Before we take a look at the new information concerning heart disease and the strategies that you can incorporate to optimise your cardiovascular health it is necessary to review the old theories.

Until recently preventing atherosclerosis, which is the progressive hardening and subsequent blockage of blood vessels, included no cigarettes, increasing exercise, reducing consumption of saturated fats and having a normal blood pressure. Cholesterol became the arch villain and the accumulation of low density lipoprotein (LDL) which transported cholesterol from the liver to your cells, was seen as the major cause of blocked arteries.

High density lipoprotein (HDL), which removed cholesterol from the tissues, established itself as the good guy and a huge industry developed around lowering cholesterol and LDL somewhat aggressively, while raising HDL was considered beneficial.

Although this approach has achieved some success, there are still a large number of people who suffer from coronary artery disease and these are mostly men.

We also know that reducing cholesterol only accounts for a fraction of the problem and this is not without risk. Studies have found that people with low cholesterol have a greater likelihood of dying from such diseases as cancer and digestive disease.

This is because antioxidants such as vitamin E and beta-carotene circulate in the bloodstream along with cholesterol in lipoproteins. Low serum cholesterol results in reduced serum antioxidant capacity and less protection against free-radicals that are the nasties responsible for degenerative disease.

As males have high levels of oxidative stress due to high metabolic rates and physical activity levels, the consequences of reduced antioxidants are more dramatic. Reduction in cholesterol levels has also been associated with an increase in depression and violent death.

Cholesterol is the building block for sex steroid hormones. Reducing cholesterol could result in diminished libido and declining fertility. Cholesterol is synthesised in your liver so that when you consume lots of cholesterol rich foods, which are found in animal fats, your liver compensates by producing less cholesterol. It is only when your body is over-saturated with cholesterol that this regulatory mechanism breaks down.

There are other important factors only recently discovered which also account for the development of atherosclerosis.