



With Dr Michael Elstein

QUESTION

Does Canola oil have any accelerating effect on macular degeneration?

ANSWER

American research shows that intakes of omega-6 and omega-3 polyunsaturated fatty acids are associated with an approximately 2-fold higher prevalence of macular degeneration. However, monounsaturated fatty acid or omega-9 fatty acid intake was associated with a lower prevalence. Oleic acid, an omega-9 fatty acid, comprises the majority of the fatty acids in canola oil, making up about 60 percent of the total.

Linoleic acid, an omega-6, makes up about 20 percent of the unsaturated fatty acids. Linoleic acid, an omega-3, makes up about 10 percent. Therefore canola oil would be associated with some risk of promoting macular degeneration, although it would be limited. Heating this oil would increase the risk. It might be better to cook with small amounts of butter or coconut oil and to use olive oil as a salad dressing.

QUESTION

My partner is taking Megafol, which is folic acid and has been taking it now for nearly 4 years, following a blood clotting issue in his groin. Following lots of tests they found out he has a condition called "methylene tetrahydrofolate reduction gene". Today I sent him to get his eyes tested because over the course of a month he has had 3 burst blood vessels in his left eye. He went to his doctor a month ago and was told; 'it will go away and have a nice day.' Today they are telling him to go back to the GP. What we are worried about is could this be a side effect of Megafol or something more sinister?

ANSWER

The methylene tetrahydrofolate gene compromises folic acid's capacity to recycle a substance called homocysteine, which can increase the possibility of developing blood clots. Hence the need for extra folic acid. This is unlikely to be the cause of your partner's recurrent subconjunctival bleeds. For the most part these types of bleeds have no determined cause. However the fact that they are recurring indicates that it would be a good idea for a physician to measure his blood pressure and assess his kidney function with a blood test. Although it is rare, a condition known as hereditary haemochromatosis, which leads to raised iron levels, can be associated with macular degeneration. Iron levels can be assessed by means of a blood test. Equally rare is a growth in the eye and this would also need a complete evaluation of the eye's structure and function, probably by an eye specialist.

QUESTION

I am 60, a bachelor, with high blood pressure and glucose levels. I jog for half an hour daily and eat meat sparingly. Can I achieve hard & strong erection by taking a quarter pill of Viagra? Would my dependence on it long term have any unfavourable side-effects?

ANSWER

The dose you propose might be a little low to achieve the effect you desire, but experimenting will allow you to discover the dose that works for you. A two year study didn't reveal any adverse effects when taking these types of medications over this period, but there are a paucity of studies over the long term.

QUESTION

I have a family member who has contracted Lyme disease from a tick bite in Australia. Due to lack of accurate testing in Australia, he had blood sent to the USA which came back positive for Lyme, Bartonella and Babesia. Is Lyme disease something that you can treat and would you use antibiotics or natural therapies.

ANSWER

I am only aware of antibiotic treatment to manage this unfortunate disorder. There is no documented natural treatment for Lyme disease that has undergone scientific validation, which I could identify.

QUESTION

I am a 60 year-old women who has problems with inflammation of the wrists lower back, ankles and knees, which is associated with a lot of pain and difficulties with sleeping. Nevertheless I am very active.

ANSWER

You need to have blood tests which eliminate the presence of an arthritic condition. There are many possible causes of inflammation and pain and these include food allergies/intolerance, the presence of abnormal germs in the gut, heavy metal overload, hormonal imbalances, dietary causes, excessive weight, imperfect sugar metabolism and impaired liver detoxification capacity, to name the primary causes, and these would need to be assessed by a practitioner who is aware of the means to determine their presence.

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for Dr Elstein?**

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