

Newsletter

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The Benefits of Magnesium

Why you might not have enough of this vital nutrient.

Most would know that cramping in the lower part of the legs, specifically the calves signifies a lack of magnesium. Other indications include nervousness, anxiety and unusual muscle twitches, like those you might be noticing when your eyelids start to flicker uncontrollably. Every patient I see gets their tongue examined, as it's a pointer to a whole lot of underlying nutritional deficiencies and dysfunctions, not always identified by standard blood tests. Quite a number have twitching tongues, that they don't know they have, unless I tell them. This is another beacon heralding a magnesium deficit.

Since only 1% of total body magnesium is found in the bloodstream, a blood test will give little information about your overall magnesium status. To really know if you are served by magnesium, what scientists need to do is look inside your cells to see how much magnesium they have and then observe their operational activity. One of magnesium's prime functions is to help your cells manufacture energy. Another is to protect against excess calcium, which can be damaging. What scientists have done is to use a special microscope to study magnesium located in cells under the tongue, which was obtained rather painlessly by simply swabbing the tongue. Rather than blood tests, they found that this correlated much more accurately with magnesium found in the heart muscle of patients admitted for surgery. They also found that the magnesium deficiency identified by the tongue smear predicted potentially lethal abnormal heart rhythms, which could be corrected with supplementary magnesium.

The blood test was found to be totally inaccurate for highlighting such a deficiency, which would have meant that a lot of patients who lacked magnesium would have gone untreated, with potentially fatal consequences.

If you're wondering whether this swab test which homes in on the magnesium status of cells under your tongue has become the gold standard for assessing magnesium status - it hasn't. Most doctors don't even know about it. Of course this doesn't mean we're all going to die of an irregular heart rhythm if we don't have enough magnesium. This problem would mostly only compromise those who have failing hearts, alcoholic liver disease or pre-existing erratic heart rhythm, according to the research.

Aside from alcohol affecting the liver, it also depletes the body of magnesium. A lack of magnesium is associated with a number of medical conditions including, diabetes, elevated blood sugar levels, which can predispose to diabetes, osteoporosis and even obesity.

Nuts, legumes and cocoa are good sources of magnesium, but if your digestive system is compromised, something you might not be aware of, you might not be getting all the magnesium you need from the food you eat.

Osteoarthritis and Osteoporosis

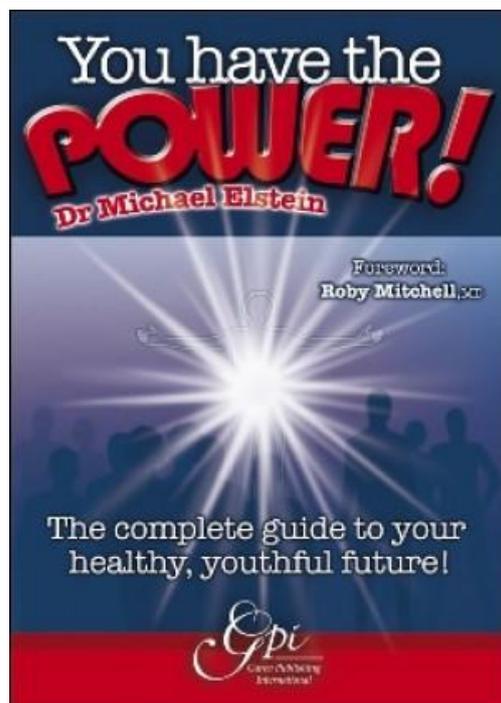
Both of these are thought to be degenerative diseases of ageing. As it turns out they share more than that. Inflammation, a process characterised by over-activity of the immune system, incites both of these conditions and it is a disorder not restricted to ageing. Being overweight leads to inflammation as does food allergy/intolerance, as well as a host of other predisposing events, which I'm going to detail in the anti-ageing App.

Strontium Ranelate is a substance that has the capacity to treat both. In those who have Osteoporosis, Strontium has been shown to decrease the incidence of hip and lower back fractures, while also limiting the progression of Osteoarthritis. Side effects are rare as reported in one study, but not that infrequent, according to another.

Liver Disease Epidemic

You can have a sick liver and not feel at all unwell. That's what is so alarming. More than a quarter of the population of this country suffer from liver disease and many don't even know. Health authorities are recommending that a blood test for liver dysfunction, like cholesterol, be part of routine screening for everyone. When a blood test finally tells you that your liver isn't working properly, this is the end stage in a progression during which your liver has been increasingly traumatised and damaged. Reversal and recovery of normal liver function at this juncture might not always be that easy.

For anyone who has had an abnormal liver blood test, it's not just about the toxicities of alcohol. Being overweight, high glucose levels, excessive consumption of fructose, found in apples, pears and grapes, high iron levels and abnormal germs from the gut are some of the culprits responsible for ravaging the liver.



Latest Edition

This is the latest e-Book edition from Dr. Michael Elstein, an anti-ageing physician who specialises in allergy testing, nutritional and dietary therapy, sexual health and weight loss. Having been in clinical practice since 1984, he has a wealth of experience in the alternative health field with post-graduate studies in acupuncture, herbal medicine, iridology, nutritional medicine and psychotherapy. He is a Fellow of the Australian College of Nutritional and Environmental Medicine and a Fellow of the American Academy of Anti- Aging Medicine.

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 is light years ahead in anti-ageing and preventive medicine.

David Miles - CEO

The latest research and holistic approach to medicine. I am very impressed with the results.

Leslie McInnes - University of Sydney

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