



ETERNAL HEALTH

with
Dr. Michael Elstein

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Iron

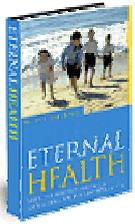
Both too little and too much iron are bad for you. Not having enough iron means your cells will find it hard to generate energy and your muscles, immune system and brain will struggle to function.

Too much iron promotes infections, cancer growth, heart disease, the malfunction of your hormones, neurodegenerative and orthopedic diseases. Iron deficiency and excess iron damage mitochondria, the batteries of the cells where energy is made, and also incapacitate DNA, in a way, which is difficult to repair. Both ravage your liver.

In younger women iron deficiency stimulates breast cancer cell growth, whereas in postmenopausal women, iron excess promotes breast cancer development. In short, iron deficiency and excess are a potential health catastrophe leading to irreparable harm. You aren't going to know whether there's a surplus or insufficient iron running around in your blood stream, unless you have a blood test. This should be part of any [routine health assessment](#) the kind of evaluation not usually done by doctors.

As I indicated in the past newsletter, when your doctor discovers that you are low in iron, finding out why would be wise. Bugs love iron and use this essential metal to survive and multiply. What your body does when bacteria, fungi or viruses are on the rampage is hide the iron away, which might look like an iron deficiency on a blood test, only it's your body's attempt to prevent the microbes from surviving.

Supplementing with iron in this scenario would be a really bad idea and yet this was exactly what a group of specialists gave a 74 year-old lady, a patient presented at a recent seminar I attended, suffering from severe weight loss and what appeared to be an iron deficiency. When they finally operated they found a huge abscess in her abdomen, which means she had an infection caused by microbes, who would have been very thankful for the iron they received, to assist their survival.



This book is a comprehensive guide to Anti-Aging for the new millenium.

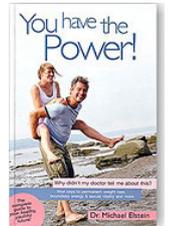
Please [click here](#) for more information.

If your blood test indicates you have an overabundance of iron, you might be suffering from a genetic condition known as haemachromatosis, which increases your propensity to absorb iron. Regularly donating blood, which removes iron would be one solution.

Polycystic ovarian syndrome, a condition found in women who are overweight but also in women who do not have a weight problem, can be associated with insulin resistance and raised iron levels. Insulin is the hormone the body manufactures to facilitate glucose utilization. When insulin doesn't work, blood glucose levels go up, leading to diabetes.

High iron levels might not only be related to insulin resistance but actually worsen insulin function. Improving insulin function and lowering iron levels would be mutually beneficial.

The point is, you aren't going to know about the above unless you have your iron, insulin and glucose levels measured. Your iron test provides you with so much information, which can be used preventatively to significantly reduce your chances of encountering a health disaster. All you need is a physician who is aware of this.



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Questions and Answers

Your Queries Answered

Question: My 69 year-old mother experienced breathing difficulties & heaviness in chest about 4wks ago. 2 wks ago she started experiencing extreme erratic blood pressure fluctuations. Doctors are not sure what's causing it. In a space of a month she cannot even go walking or stay by herself for long as when she gets sudden changes she gets dizzy, confused, foggy and feels very ill. She takes cholesterol medication, Cartia, magnesium, vitamin D, fish oil & now blood pressure medication but only 1/2 tablet at a time as it tends to drop it too suddenly. Do you have any suggestions as to what tests she can have to find out what is happening to her?

Answer: A part of the brain called the hypothalamus influences the cardiovascular system via chemical and nerve connections sending instructions to the heart, adrenals, kidneys, and vasculature and all these factors together with genetic influences determine blood pressure. Hormones such as vitamin D and thyroid hormones also influence blood pressure. Having the right nutrients is fundamental to the making of hormones. My suggestion is that you find a physician who is aware of all these factors and how to assess them. Evaluating cortisol production, which is mostly manufactured by the adrenals, but also in other parts of the body, can be done by means of saliva testing. In order to assess vitamin D status your mother would have to stop taking vitamin D and fish oil for at least a month and then have both vitamin D hormones measured including 25-OH vitamin D and 1,25-dihydroxyvitamin D.

Question: I am a 56 year-old woman and wonder how you can fix/cure or stop the pain of endometriosis. I haven't had a period for 4mths but have bad pains around the time of my cycle. I have had my appendix out (at xmas 2010) and at that time they found the endometriosis, my appendix had ruptured and then got a very bad infection. Last night I ended up back at emergency, with this very bad lower pain and they came up with endometriosis, and I'm sure they will treat it with estrogen and progesterone! Is this a good or not?

Answer: New research links leaking of potassium from the wall of the bladder with the pain you might be experiencing. Exactly how this can be treated is not exactly clear. In other words, the pain you might be experiencing may not be caused by endometriosis. You would need to make your doctor aware of this research. Conventional treatment would look at hormonal treatment but there is a review which endorses the use of antioxidants to manage endometriosis, as this is viewed as a free radical driven disorder.

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These articles will also include commentary from Dr Elstein.

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Questions and Answers

Your Queries Answered

Question: I am a 39 year-old woman with an underactive thyroid and an ANA titre of 1280 suggesting lupus, which I have no real symptoms of? I also have a strep infection with results of anti-streptolysin-O of 420 and an anti-streptococcal DNase B of 160. I feel like nobody can give me an answer as to what's going on and need a plan of action? My doctor told me to give up gluten, coffee, bread, alcohol and cigarettes and my naturopath suggested I take fish oil, vitamin C, B vitamins and vitamin D. What do you suggest?

Answer: It is possible that the strep bacteria is switching on your immune system and that this could lead to an attack on your thyroid as well. Treating the infection might resolve your problem and here antibiotics or natural remedies such as the herbs Echinacea and olive leaf might prove to be effective.

Question: I am a 54 year-old woman and have recently had a blood test & it came back with a high reading of 9.2 for the parathyroid and this week had a blood test for calcium level. I am going overseas in 4 weeks. Is there anything I can do to ease the symptoms of been so tired and low energy levels. I have been to see you a number of years ago with great results and will be coming back to see you after I come back from holidays.

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For more details, please phone 02 9337 3589 or please [click here](#) to submit your details.

Answer: You might have a growth on your parathyroid glands which raises your calcium levels and this can lead to fatigue. You would need to have this assessed by your doctor.

Question: I have been diagnosed with menopause and oestrogen deficiency. I bought your book 'You have the Power' and am trying to treat myself as I have not yet found a doctor who is progressive. I take CO Q10, antioxidants, hawthorne, magnesium and arginine. I want to

try Triest and want to know what you suggest.

Answer: Triest is the combination of the three female hormones; oestrogen, oestrone and oestriol. Your body actually uses oestrogen to make the other two hormones suggesting that taking all three might not be necessary. In terms of treating menopausal symptoms like hot flushes and changes in mood, using hormones such as oestrogen have been found to be the most effective. I always warn women taking hormones in whatever form, about the risk of breast cancer with these. Some advocate the use of progesterone with oestrogen, as progesterone protects against breast cancer, but my research indicates that this is not entirely true.

Eternal Health Medical Centre

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