

# Newsletter

August 2013



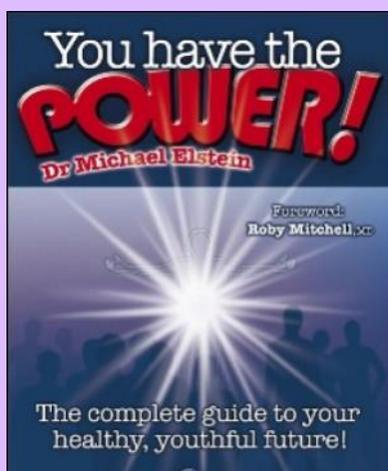
Dr Michael Elstein

## The Four Pillars of Health

One of the core principles of my e-Book '[You Have The Power](#),' is the four pillars of health, the notion that for any medical condition, be it fatigue, insomnia, migraine headaches, eczema, anxiety or any other disorder, focusing on the four pillars of health including digestive capacity, the appropriate diet, nutrient sufficiency and optimal hormone function, in that order, is the best way to address any health concern. Any doctor who institutes hormone treatment, for example treating underactive thyroid hormone function with hormone treatment before targeting the other pillars, which form a foundation for this therapy, is going to run into trouble.

A case in point is the progress of a recent patient, a four-four year old female lawyer and mother of three, who had recently moved from Perth to Sydney and was noticing debilitating fatigue, especially in the afternoon and when she got home from work, incessant attacks of sneezing, an outbreak of eczema, joint discomfort and annoying bouts of gas. She had consulted a doctor who focused exclusively on managing her underactive thyroid and not surprisingly her improvements were minimal.

Medical investigations revealed poor production of digestive acid, a gluten and yeast intolerance, a lack of protein, low levels of the hormones testosterone, DHEA thyroid hormones and cortisol, the hormone produced by the adrenal gland, which is essential for daily energy. Once all of these dysfunctions were addressed in systematic fashion with natural remedies, her fatigue abated considerably, as did many of the rest of her symptoms, much to her delight and that of her husband.



## Latest Edition e-Book

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.

Available at the **REDUCED PRICE**  
of **\$29.95!**

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.

To order using your credit card,  
please call **02 9337 3589**  
during business hours.

## The many benefits of Magnesium

Magnesium, the mineral found in grains, spinach, nuts and legumes, is a substance that many of us are lacking. This is unfortunate because it's a nutrient that's intimately involved with the production of energy, and the structure and action of DNA, two of our cells most vital functions. This is not the first time I've showcased magnesium, nevertheless its benefits merit repeating.

Rather than with a blood test, the best way to assess the status of this nutrient is with a 24-hour urine collection. Some will remember that twitching eyelids and muscle cramps suggest a magnesium deficiency. Aside from possibly preventing Alzheimer's disease based on animal research, magnesium has the capacity to reduce the frequency of migraine headaches, prevent stroke, lower blood pressure, although not by much and improve blood sugar utilisation by enhancing the function of insulin, which helps the overweight and those who are falling prey to diabetes.

## The danger of excess Selenium

One of the benefits of selenium, a nutrient found in sea-food, onions, garlic and Brazil nuts, is that it forms an essential component of a very important antioxidant called glutathione. While we need antioxidants to prevent free radicals from destroying our DNA, we don't need antioxidants to be overzealous, as free radicals are also useful chemicals, assisting insulin to open the door to our cells, allowing for the entry of glucose, which then goes on to manufacture energy.

For those who are adequately supplied with selenium taking extra can inordinately ramp up the action of glutathione, which then neutralises free radicals too much and the activity of insulin is compromised, leading to raised sugar levels. Hence the research showing that selenium supplementation can increase diabetes risk. The bottom line is this. If you are taking antioxidant supplements, and some do include selenium, have your blood sugar levels checked before and after commencing this treatment.

# Social Networking

**Dr Michael Elstein is on Facebook, Twitter and Linked In. He gives regular updates from the world of Health, Wellness and Anti-ageing.**

**Be sure to connect with him on Facebook or Twitter by clicking on the links below. You can click on the Linked In Logo to be taken to his Linked In Profile.**



[Send a friend request](#) to Dr Elstein, or Please [Click Here](#) for regular Health Updates.



Please follow Dr Elstein on Twitter or tweet him a greeting @DrElstein



# Q&A with Dr Elstein

**QUESTION:** I am 43 years old and am carrying a lot of extra weight. I exercise 3 or 4 times a week and count my calories but the weight just does not disappear. Is there a supplement I can take to help reduce fat especially from my abdomen?

**ANSWER:** Unfortunately there is no miracle weight loss potion. Comprehensive evaluation of your hormone status and glucose metabolism would be helpful.

**QUESTION:** I am just turned 70 years old and in 3/2012 fell and fractured my skull. I have lost my sense of taste and smell and I am reading your book "[You Have The Power](#)" and my question to you is, "Can you help me get back these senses? Life is very difficult without them."

**ANSWER:** Evaluating your hormones and nutrient status might be helpful.

**QUESTION:** Do you know of any doctors in Brisbane who deliver a similar service as yourself?

**ANSWER:** I do see clients from all around Australia. Using your favourite search engine might help you in this regard.

## Dr Elstein's Clinical Services

If you are suffering from Weight Gain, Diminishing Memory, Anxiety or Insomnia, then your body might be ageing prematurely.

At Eternal Health Medical Centre utilising appropriate nutritional, biochemical and hormonal evaluation, the underlying reason for your disorder will be examined.

Using dietary manipulation, optimising digestive and liver function with natural remedies and treating your hormonal imbalances, cellular health, energy and vitality can be restored.

This can allow you to enjoy a life filled with enthusiasm, vigour, passion, joy and humour.

Seeing a doctor might never be the same again!

**Please phone 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](mailto:drelstein@eternalhealth.org) Web: [www.eternalhealth.org](http://www.eternalhealth.org)