



# Eternal Health Medical Centre

*August 2016 Newsletter*

## Gene Doping in Sports

I'm as enthralled as anyone when it comes to watching the super-human athletic prowess of a collection of gladiators, be they male or female, battling it out to achieve sporting supremacy in the Coliseums of our world. When Michael Phelps divulges that he has never swum in a 'clean' race you have to wonder if that's a rather sneaky attempt at self-exoneration. Those who have examined the history of performance enhancement in sports suggest that this crookery has been around since the 1920s. In modern times we have introduced testing to ensure that what we are witnessing is human achievement at the pinnacle of its pristine beauty unaided by chemical augmentation.

Gene doping is a strategy that utilises various delivery methods to either modify the expression of existing genes or to facilitate the manufacture of hormones programmed by genes that then allows for a seismic improvement in athletic performance. Not only does this fashion bodies that resemble Michelangelo's David on steroids it also assists those bodies to achieve feats that up to now have been the realm of fantasy, like winning more than a handful of gold medals at an Olympic games, unachievable until Michael Phelps entered the athletic arena.

Gene doping has already been used medically to improve circulation in those who have threatened limbs. In laboratory animals gene doping has been employed to significantly increase muscle mass and to improve running capacity, speed, strength and endurance, qualities that so captivate us when displayed by an Olympic athlete.

There are a host of genes and hormones, including growth hormone and erythropoietin, a protein that increases red blood cells which promotes greater oxygen delivery to tissues, that are the targets for doping administration. While gene doping can spawn bodies capable of titanic athletic performance, the downside including the possible seeding of cancers is considerable and frightening. Currently none of the tests used to detect cheating comes even close to identifying gene doping in athletic competition.

## Assessing the Thyroid

Cold hands and feet, fatigue and elevated cholesterol can herald underactive thyroid function. Unfortunately blood tests are slow to register thyroid hormone under-activity. This is because standard tests only measure what is called TSH, a hormone made by a gland in the brain called the pituitary, which is not very sensitive to diminished thyroid hormone performance. Most doctors use the TSH test as their prime source of information to determine if thyroid hormone malfunction needs to be addressed, often ignoring the manifestations mentioned earlier, which suggest that some form of corrective treatment needs to be initiated.

## Social Networking



[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



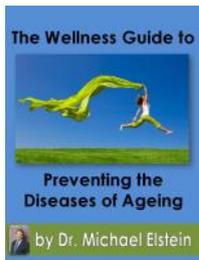
# The primal importance of essential fatty acids

As the epithet implies, essential fatty acids found in seafood, nuts, seeds, avocado, vegetable oil, olive oil and coconut oil are indispensable for our wellbeing. We need them to manufacture the walls of all the cells in our bodies, especially nerve cells and we also utilise these vital substances as an energy source. They also contribute to the health of our hearts by lowering triglycerides, a cousin of cholesterol and a form of fat that is bad for us. Inflammation, a chemical process that can damage our hearts and our brains, if unchecked, can be quelled by fatty acids. Dry skin, dandruff, ongoing thirst and ears that constantly fill with wax are all pointers to a fatty acid deficiency. Fatty acids need to be broken down into smaller, activated components called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in order to execute their functions. When we take fatty acid supplements they are often already formulated to exclusively consist of high amounts of EPA and DHA.



Recent research examining which one of these is more powerful has shown that DHA wins the contest by lowering inflammation and reducing triglycerides more than EPA. The only slight conundrum in this study was the increase in LDL-cholesterol concentrations (the so-called bad cholesterol) for DHA compared with EPA in men, but not in women. The authors of this study couldn't really explain this.

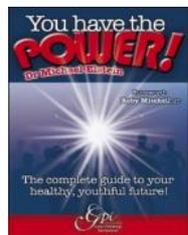
## All e-books only \$19.95 each



Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

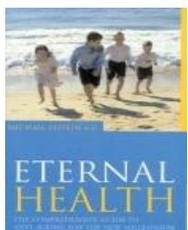
This latest e-book will give you the knowledge to assist in keeping you on the path of health, wellness and longevity.

Included in the e-Book are useful tables showing the food sources of Calcium, Protein, Magnesium, Zinc and Vitamin K which is a great quick reference tool to have on hand.



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 tells the reader that everyone has the power to transform one's life. This e-book is about health, vitality, power and purpose. Dr. Elstein provides information that will change your life. You have the Power is about keeping your body healthy rather than patching it up once it is sick. Dr Elstein wants to help people prevent and delay the aging process as much as possible and prevent the diseases of aging such as heart disease, Parkinson's and Alzheimer's as well as cancer. Dr. Elstein wants to help the reader rediscover their youthfulness and vitality. As Dr. Elstein says in his e-book, we are the baby boomer generation and we want to carry on forever. This e-book will help you remain healthy and young for as long as possible.



Discover the secret of boundless energy, eternal youth, increased sexual vitality and maximum brain power. Eternal Health is a comprehensive, easy-to-read e-book that describes the Anti-Ageing program.

Readers will learn how they can use the hormones of youth and 'super-nutrients' to protect themselves from cancer, as well as dramatically increase sexual vitality and performance, lose weight, overcome fatigue and boost energy.

In Eternal Health, Anti-Ageing expert Dr Michael Elstein tells you how to:

- Safely use hormones of youth to turn back the clock
- Use 'super-nutrients' to help your brain and heart
- Protect yourself against cancer
- Increase your sexual vitality and performance
- Lose weight effectively
- Overcome fatigue and boost your energy

To order any of the above e-Books, please [click here](#) An email will then be sent with a PayPal invoice and once payment has been completed, the e-Book will be emailed to you. Thank you.

# The Maxhealth Wellness Programme

The aim of the Maxhealth Wellness Programme is to address and combat the core health and psychological challenges that encumber our work force.

These include:

1. Fatigue and lack of energy.
2. Diminished mental function and reduced memory capacity.
3. A declining capacity to deal effectively with stress.
4. Weight gain and ineffective strategies for promoting satisfactory and lasting weight loss.
5. Insomnia characterised by persistent, poor sleeping patterns.
6. Debilitating anxiety and depression.

Goals and outcomes of this programme.

1. Significantly boosting energy and productivity.
2. Enhanced mental function and improved memory skills.
3. Augmented capacity to deal with stress.
4. Maintained weight loss.
5. Healthier sleep patterns and elevated mood.

This [programme](#) offers three tiers which provide participants differing evaluation complexities depending on their needs and goals. Please click on the picture below to watch a brief animation summary regarding the programme.



## 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)