



The science of exercise benefits

Aside from preventing brain decay, looking after our hearts and our bones, Time magazine has recently documented the many ways exercise can bolster our wellbeing. Yoga, meditation, qigong and tai chi can reduce the ill-effects of ongoing stress and check inflammation, an overheated immune process that can damage our brains and hearts. Just taking a 15-minute walk at lunch time can lead to better focus and improved concentration in the afternoon work session. Committing to 10,500 steps daily can also reduce grouchiness and generate better moods even in those who don't sleep very well.

We don't have to exercise every day. Compressing the magical 150 minutes needed to lower the risk of diseases than can shorten our lifespan into the weekend, can be just as beneficial as slavish daily devotion to an exercise regimen. Weight training is not only good for our muscles and our bones, it also contributes to reducing diabetes and heart disease risk.



Contrary to the concern that running might wear down knee joints, which can ultimately be crippling, new research on runners aged 18 to 35 has actually shown that jogging decreases inflammatory joint harming molecules. While this doesn't tell us that life-long running isn't going to erode the cartilage that lines our knees, it does suggest that if we exercise in moderation, without pushing through pain we might be doing our bodies more of a service than irreparable injury.

We also now know how working out might prevent brain degeneration. Physical activity increases brain derived neurotrophic factor, a stem cell like rejuvenation of brain cells, which gives birth to new brain cells and enlarges brain volumes. This reduces memory loss and might play a part in Alzheimer's prevention. Aerobic exercise such as swimming or running is best for brain health by increasing blood supply to our higher centres.

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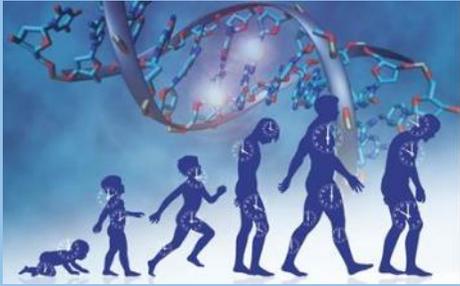


@DrMichaelElstein



The genetics of ageing

Our genetic inheritance contributes about 30% to how we age. A much larger chunk comes from the environment we live in, our socioeconomic status and the food we eat. In other words, most of it is up to us. Experts have now



identified 16 primary genes that are associated with ageing. One of these is connected with an elevation in LDL, the so-called bad cholesterol, that primes heart disease risk. Another is the FTO gene that sets us up to gain weight. Other genes are connected with an increased diabetes risk, a heightened tendency to develop schizophrenia and a propensity to succumb to heart disease.

It is important to realise that inheriting any or combinations of these genes doesn't mean that we are doomed. All it tells us that if we don't win the genetic lottery, we just have to redouble our efforts to win at the game of life, if we want to outlast our inherited shortcomings.

The further dangers of antibiotics

We know that antibiotics eradicate that good germs in our gut, but there is the assurance that these soon repopulate. Research now indicates that this might not be the case. Revelations from the laboratory of Professor Martin Blaser, an American expert who has warned about the imminent threat of antibiotic abuse in a book, 'Missing Microbes: How the Overuse of Antibiotics Is Fuelling Our Modern Plagues,' indicate that inappropriate deployment of these medicines can permanently eliminate beneficial gut bacteria seeding a host of diseases including depression, obesity, type 1 diabetes, inflammatory bowel disease, allergies and asthma.

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.



The Eternal Health Wellness Programme

This programme has been developed by Dr Michael Elstein and is the latest in preventative medicine and anti-ageing technology and is the first of its kind in Australia. In Modern society we plan for our holidays, our weddings, buying cars, buying houses, our retirement..... but we don't plan for our most precious resource of all..... our health! Without health and vitality, we simply can't enjoy our lives. Some rules for successful ageing are:

1. Accept it
2. Enjoy it
3. Anticipate and plan for it
4. Follow the Eternal Health Wellness Programme

[The Eternal Health Wellness Programme](#) is based on the well-founded belief that age related diseases and symptoms as experienced by the majority of the Western World are largely induced by our modern lifestyle, our diet and environmental factors. The Eternal Health Wellness Programme begins with an assessment of the influence of all these factors.

Utilising sophisticated medical technology and comprehensive computerised assessment of your current health status; we will identify the metabolic and hormonal imbalances that contribute to accelerated ageing and degenerative disease processes. From this we can identify areas of your health and lifestyle that you need to modify. Your programme will then be individually tailored to suit your unique biochemical profile, which throughout the programme will be constantly monitored and reviewed.

The aim of the [Eternal Health Wellness Programme](#) is to reduce the signs and symptoms of ageing and replace them with robust good health and a sense of well-being for as long as possible. Fatigue, poor memory, weight gain, diabetes, heart disease and diminished sexual vitality are not an inevitable consequence of growing old. By becoming pro-active, planning and implementing your health program you can slow the biological clock, experience renewed health and vitality, and help protect your body from age related degenerative diseases.

For the programme to be successful you have to commit to it and take control of your health and follow your individual programme specifically designed for you based on all your information and test results. Early Detection and Prevention is the Key to managing good health.

If you answer yes to any of the following then the [Eternal Health Wellness Programme](#) is highly recommended for you.

- Do you or any one in the family have High Blood Pressure?
- Is there a history of heart disease in your family?
- Do you or any one in your family have High Cholesterol?
- Do you or any one in your family suffer from Diabetes?
- Are you or any one in your family Overweight?
- Do you tire easily?
- Are you easily stressed?
- Are you or any one in your family showing early signs of aging?
- Do you suffer from Depression?
- Do you have a family history of cancer, strokes, osteoporosis or autoimmune disorders?
- Do you have trouble remembering things?
- Is your libido diminishing?

If your answers to the above are yes, then you need to take preventative measures in order to prevent disease and restore your vitality. Take control and commence your [Eternal Health Wellness Programme](#) now by planning for your health success and begin a program for LIFE and help reduce the signs and symptoms of ageing.

Please call 02 9337 3589 during business hours for more information and to make an appointment

The latest e-Book is now available on both: iBooks through iTunes, and Amazon Kindle

TRUMP YOUR PROSTATE



How we might make our prostate small again

Preventing and treating the enlarged prostate



by Dr. Michael Elstein

Trump Your Prostate

How we might make our prostate small again

Preventing and treating the enlarged prostate

The prostate is a small walnut shaped gland situated at the base of the bladder which fuels sexual function. As men get older, the prostate can enlarge significantly compromising urine outflow.

This is the first e-Book to comprehensively describe how this process might be prevented, and if not reversed, then treated using natural medical and surgical interventions.

Dr. Michael Elstein teaches the reader valuable information about the prostate, and focuses on prevention of any prostate issues. as well as providing valuable information of options to help those that are diagnosed with prostate disease. This e-Book is about prostate health, and covers other topics regarding natural therapies and surgical options (if necessary). There is information in this e-Book that can change a man's life!

Chapter contents are:

Chapter One - The quest to conquer the prostate

Chapter Two - What happens to the prostate?

Chapter Three - Why does the prostate enlarge?

Chapter Four - The Hormones

Chapter Five - Preventing and treating the enlarged prostate

Chapter Six - The Medications

Chapter Seven – Surgery





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