



Dr Michael Elstein

How gluten could be harming you

Even if you don't have coeliac disease, you might still be reacting to gluten found in wheat, rye, oats and barely. You might be one of the growing horde of non-coeliac gluten sensitives, especially if you're suffering from any of the following including, fatigue, recurring headaches, foggy brain, skin rashes, heartburn, mouth ulcers, constipation, bloating and diarrhoea. More advanced cases can even develop slurred speech, balance disturbances and nerve damage. Some experts claim that dementia and heart disease can be related to the adverse effects of gluten. The only way to know if you do have this problem is to avoid gluten and see if your symptoms improve and then to observe if they recur once you re-introduce this grain. There is no medical test yet which identifies non-coeliac gluten sensitives, except for their positive response to gluten avoidance.

What we'd really like to know is the likelihood that gluten could be affecting us even if we don't have health complaints, and there is no ready answer for this. It's a substance with no nutritional value that we cannot digest and with autoimmune diseases like thyroiditis, multiple sclerosis, inflammatory bowel disease and diabetes on the increase and with gluten being linked to autism and ADHD together with mental health related diseases like anxiety, schizophrenia and depression avoiding gluten before it harms us might be something we all need to consider.

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](#)



Testosterone for men - is it safe?

Recently I've had a spate of older male patients who have consulted me with a range of health issues including the fact that their health had suddenly deteriorated, especially with regard to their heart function. A lot of these men suffer from low energy and weakness with diminished muscle strength and one of the common denominators for this decline is low testosterone levels. Would taking testosterone, which might improve muscle function and energy, be a safe option?

Recent research out of Australia goes some way to settling this concern. What this study did was to examine testosterone levels in older men between the ages of 70-89 finding that optimal testosterone levels were mid-range. Those in the lowest and highest quintile had the highest rates of mortality. With two recent studies showing that giving testosterone to older men who are suffering from heart disease, diabetes and other illnesses leads to an increased risk of death, the findings of the Australian study introduces a strong note of caution. In fact one of the two studies carried out by the National Institute of Health in the USA was prematurely aborted despite the fact that taking testosterone improved muscle strength when it was discovered that some of those men taking testosterone experienced adverse cardiovascular-related events including elevated blood pressure, irregular heart rhythms, heart attacks and even one death.

One of the authors of the Australian study has postulated that testosterone's adverse effects might be due to the increase in red blood cells. While extra red blood cells increase oxygen delivery to the tissues, which is extremely beneficial, as it allows for more energy and better performance, a benefit not lost to Lance Armstrong and others who utilised this technology to notorious effect in the sporting arena, extra red cells also make the blood thick and sludgy increasing stroke and heart attack risk.

It might be difficult to extrapolate from studies on older men to advise all the other men, of which there are many, about the wisdom of embracing testosterone therapy, but what these studies might be telling us is that testosterone might be safest when maintained in the mid-range zone and that those taking testosterone should have their red cells constantly monitored.

Eternal Health Medical Centre

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 call 02 9337 3589 during business hours for more information.

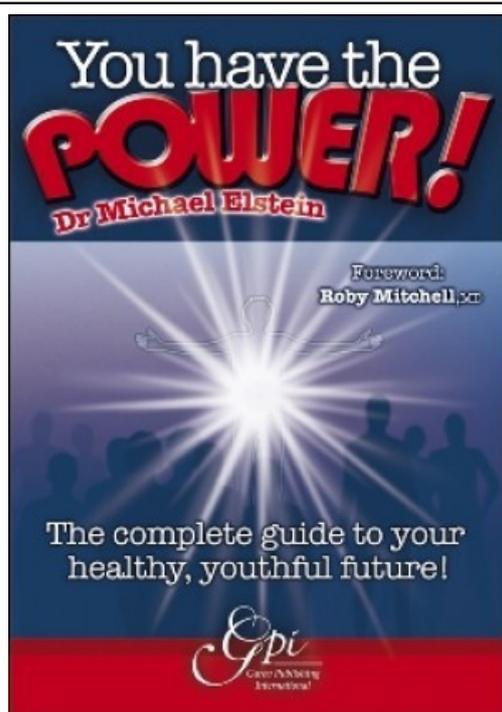
The new psychology of shopping

There is a new buzzword that has just hit the airwaves and it refers to our current state of psychological angst. According to consumer Psychologist Kit Yarrow, technology has led to our relationships becoming disintermediated. If intermediary means go-between then what Yarrow is saying is that we've become disconnected and less trustful, which means that when we purchase what might get in the way is a large dollop of cynicism. There's also the dopamine rush, a brain chemical associated with drive and arousal, which makes us addicted to the bargain hunt, according to Yarrow. Yarrow warns us that retailers use smells, music and colours to coax us into buying. We unconsciously associate red with cheaper and when a product is located on its own we process that as 'exclusive and special.'

The Eternal Health Wellness Program

This program is the latest in preventative medicine and anti-ageing technology. 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 can't enjoy our lives.

For more details please [Click Here](#) or please phone **02 9337 3589** during business hours.



You Have The Power 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.

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.

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

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

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

Eternal Health Medical Centre

Suite 603, Level 6
3 Waverley Street
Bondi Junction NSW 2022
Phone: 02 9337 3589

Email: drelstein@eternalhealth.org Web: www.eternalhealth.org