

Eternal Health Medical Centre

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Fatigue and Iron

If you're suffering from a daily lack of energy, then you're not alone. Fatigue is pervasive. One of the many causes of fatigue is low iron levels. The reasons for low iron, aside from dietary deficiency and heavy periods, need medical investigation. New



research indicates that being overweight can also lower iron levels, leading to fatigue. This is because extra fat cells make inflammatory molecules and these increase a substance called hepcidin, which lowers iron absorption. So, losing fat can boost iron status which can improve energy.

It is important to understand that iron is a two-edged sword. Having enough is necessary for energy production, but an excess of iron can be equally deleterious. Too much iron can seed free radicals which can be destructive to the liver, the brain and the heart.

Both testosterone and oestrogen lower hepcidin, which can raise iron levels. For those taking these hormones regularly, monitoring iron status would be wise.

Rosehip Treats Wrinkling

Rosehip is a substance used to manufacture vitamin C, that also treats and possibly prevents arthritis. I take it every day, so I was delighted to discover recent research suggesting that it might reduce wrinkling. Rosehip contains a core ingredient called GOPO with anti-inflammatory and antioxidant properties that, aside from a number of internal anti-ageing and arthritis limiting capabilities, can be harnessed to regenerate collagen.

In a clinical trial, Research Scientists administered Rosehip to one group to see how it fared mano-e-mano with astaxanthin, another heavy hitter with skin rejuvenating nous. At the eight week, mark Rosehip was found to be matching it blow for blow with astaxanthin with equivalent benefits for reducing fine lines and boosting moisture and elasticity.

Preserving cartilage in joints, which is destroyed by inflammation and free radicals, might explain why Rosehip restores collagen in the skin, as it is compromised by similar circumstances.



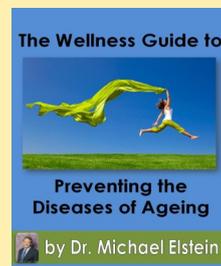
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The latest [e-Book](#) by Dr Michael Elstein is very well priced at only **\$10** considering its content which comes from Dr. Elstein's wealth of knowledge.

His 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.

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.

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

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Allergies and Yeast Overgrowth

Asthma, hay fever, recurrent hives and repeated sinus infections might in part be caused by yeast or candida albicans, (a yeast-related organism) overgrowth in the gut. Fresh research conducted at Tufts University in the USA has discovered that coconut oil inhibits the growth of candida albicans in the gut while ingesting beef and soybeans encourages candida to multiply. This research was conducted on rats. While in humans ingesting copious amounts of coconut oil might not be easily palatable, substituting with coconut water, which is very enjoyable, and coconut milk, might be feasible substitutes.

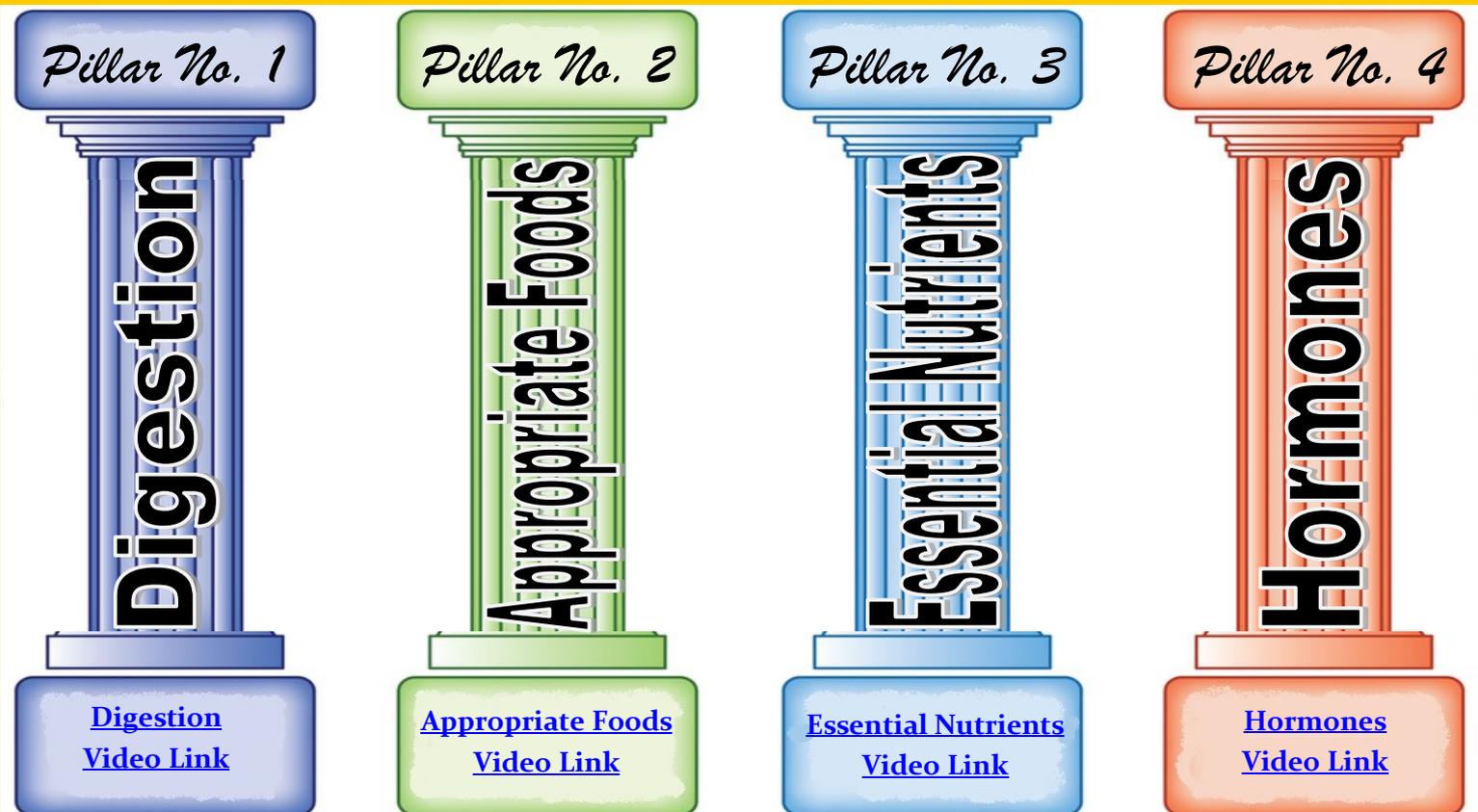
Coffee offsets adverse effects of alcohol

We are a culture embedded in a daily devotion to coffee drinking, and for some this includes alcohol. In the [October Newsletter](#) I referred to the connection between alcohol consumption and a number of cancers, including that of the liver. European research spanning an array of countries in the EU demonstrates that drinking more than four cups of coffee per day significantly reduces liver cancer risk, which is due to the antioxidant and anti-inflammatory benefits of coffee. With regard to excess iron's potential harms mentioned above, coffee also protects the liver from the detrimental effects of this mineral.

I have referenced coffee many times on this site. Nothing in nature is singularly good. Coffee is also a diuretic that can escalate cholesterol levels. Drinking coffee three hours before bedtime can disrupt the sleep wake cycle and the production of melatonin.

Dr Elstein's Latest Videos - Pillars of Health

These recent videos explain how the 'Pillars of Health' including the digestive process, food allergy, optimal nutrient status and hormonal balance are connected in a stepwise fashion with peak daily energy.



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