



BY DR MICHAEL ELSTEIN *Anti-Ageing Specialist*

Could Zinc Supplements be bad for us?

'Impossible', I hear you respond. 'Isn't zinc the nutrient you told us is essential for energy production, DNA maintenance, protein digestion, immune system function, hormone activation, sugar metabolism, cancer prevention and antioxidant defence capacity?' If we had to pick a substance that would single-handedly guarantee survival on a desert island, then without question zinc gets the spot. It doesn't come any more essential than that. Zinc is also the nutrient that many of us are lacking because it's mostly found in red meat and oysters, and much less so in nuts and seeds. If a large percentage of us need more zinc, how can supplementation be harmful?

Let me say that because I'm a nuts and seeds man and for a host of other reasons, like doing really badly on the zinc taste test, one way to assess a need for extra zinc, I supplement religiously every day. It's a nutrient that I've endorsed in previous newsletters on a number of occasions. So it's especially galling when information surfaces that questions the wisdom of this practice. In this instance researchers investigated our vulnerability to a bacterium called clostridium difficile, an especially virulent strain of microbe, spawned in environments where antibiotics are overprescribed, like hospitals, and increasingly in community located medical clinics.



Like antibiotic resistant bacteria that are untreatable and cause over 50,000 fatalities annually, and climbing, this bug is increasingly omnipresent. While its venom isn't lethal, clostridium difficile might only cause mild diarrhoea, but in some cases it can ravage the gut leading to colitis, a nasty disease, which can be debilitating and difficult to treat. It behoves scientists to identify all those events that make us more susceptible to this threat and set up road-blocks to prevent them from happening. Incredibly one of these might be exposure to zinc.

Scientists have recently discovered that if you subject mice to a nest of clostridium difficile and add zinc everyday, the modestly odious creature morphs into a vicious cobra with malevolent intent. Mice fed the high zinc diet showed worsening disease with increasing inflammation and damage to the lining of the bowel, features of colitis. Mice were also more likely to develop an infection induced by clostridium difficile when given antibiotics if they also received extra zinc which is what we are all facing in our current medical climate where antibiotics are administered like smarties or candy. In other words, zinc lowers the amount of antibiotic needed to increase the risk of developing clostridium difficile infection.

Where does that leave us with regard to our need for zinc in order to facilitate its many vital functions? Currently, as Nobel Laureate Bob Dylan might intone, 'The answer my friends is blowing in the winds.' Obviously one of the deterrents would be to reduce the inappropriate overprescribing of antibiotics, but that wouldn't explain away the curious conundrum posed by zinc's relationship with this dilemma.

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The Power of Pomegranate Juice



Pomegranate juice isn't only delicious, it's hugely nutritious with the potential to prevent heart disease and cancer, but its magnificence is limited by a paucity of human data supporting its benefits. Trials on two legged creatures show that it can lower blood pressure and strengthen bones, but the huge possibilities for preventing and treating a host of cancers and stopping the progression of heart disease need more evidence, which is why in 2011 the FDA in the USA got the manufacturers of POM wonderful to retract some of the claims anointing their product.

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.

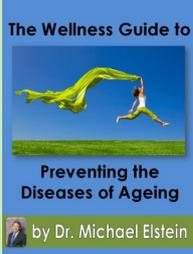
Goals and outcomes of this programme.

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.



e-Books - ONLY \$19.95 each



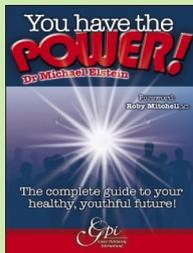
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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.

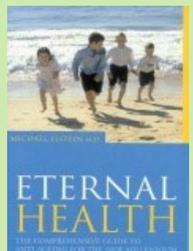
Chapter contents are:

- Bone Health and Osteoporosis Prevention
- Alzheimer's Prevention
- Preventing Heart Disease
- Colon Cancer Prevention
- Prostate Cancer Prevention, and
- Breast Cancer Prevention



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.

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