



ETERNAL HEALTH

with
Dr. Michael Elstein

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Vitamin B12, Memory, Homocysteine and Memozeal

If you're starting to become forgetful have your homocysteine and vitamin B12 levels measured by means of a blood test. MRI scans show that elevated level of homocysteine can lead to what is called 'white matter hyperintensities' signaling the destruction of brain cells. B12 is one of the vitamins primarily responsible for the recycling of homocysteine, so that it becomes harmless. Once your B12 levels start to decline, even before this is identified on a blood test, homocysteine can start to climb, which compromises your memory and destroys your brain cells.

As we get older, our capacity to absorb B12 diminishes suggesting that supplementation might be advantageous. What's worse is that our foods are now being fortified with folic acid and there is evidence that those with low vitamin B12 status and elevated serum folic acid are more likely to manifest impaired cognitive performance than those with low vitamin B12 status but normal serum folic acid concentrations. It is for this reason that [Memozeal](#) is fortified with vitamin B12.

When taking [Memozeal](#), remember to have your folic acid levels checked, as high levels of folic acid can be both beneficial and harmful with regard to cancer cells. If cancer cells aren't present folic acid will prevent their inception, however once the germination of cancer cells is established folic acid will stimulate their growth.

Nrf2 and Ageing

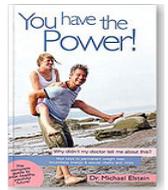
Nrf2 is a protein that might be connected with longevity. It controls over 200 genes with key roles in protection against aging, toxins, inflammation, neurodegeneration, and cancer, and also is implicated in ageing and longevity.

How can we increase production of Nrf2? Broccoli sprout powder which contains a substance called sulforaphane, a broccoli extract, diindolylmethane, resveratrol, quercetin, a vitamin-like substance, niacin or vitamin B3, zinc and purple sweet potato all increase Nrf2.

Metformin and Ageing

Metformin is a medication used to control blood sugar in those whose levels are elevated. It does this by helping insulin to operate more effectively. Metformin also functions as an appetite suppressor and decreases body weight. What metformin does in mice is increase their life span and reduce the incidence of cancer. Advanced glycation end products (AGEs) are modifications of proteins by sugars suggested to be a cause of ageing and is thought to contribute to a range of age-related diseases. Evidence indicates that metformin inhibits the formation of AGEs.

Metformin decreases plasma triglyceride, total cholesterol, low-density lipoprotein (LDL), lipoprotein (a) (Lp[a]), free fatty acids, and C-reactive protein, an indicator of inflammation, while slightly increasing high-density lipoprotein, the good cholesterol. It has been shown that metformin increases the amount of antioxidant enzymes in newly diagnosed obese diabetic patients.



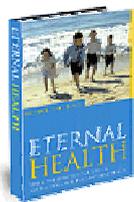
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December 2011 Newsletter

The Plant Based Diet and Healthy Ageing

The debate continues to rage about the optimal anti-ageing diet. Is it vegan/vegetarianism or a diet centred around the consumption of animal protein including meat, fish and eggs? Professor Colin Campbell, who heads the department of Nutritional Biochemistry at Cornell University in New York advises that our proteins should come from whole plant sources and that an 80kg person only needs around 50g of this form of protein daily. He bases his claims after an exhaustive study of the inhabitants of 65 counties and 130 villages in rural mainland China. The diet of these people is predominantly plant based with animal protein only being consumed sparingly. The results: their average cholesterol level was 127mg/dl or 3.2mmol/L with their incidence of heart disease being almost 17 fold lower than that of US men.



A comprehensive guide to Anti-Aging for the new millennium. Available Now as an e-Book at www.eternalhealth.org on the Products tab or please phone 02 9337 3589 to order your copy

On his website <http://www.tcolincampbell.org/courses-resources/home/> Professor Campbell lists the studies linking the consumption of animal protein not only with a dramatic increase in heart attack rates but also with a range of cancers including breast and prostate cancer. There are a whole bunch of other studies linking traditional diets that are mostly plant based with a seismic reduction in heart disease incidence. Moreover trials in patients with

inflammatory conditions such as eczema/dermatitis or rheumatoid arthritis, have demonstrated that these conditions improve following the adoption of a vegetarian diet.

It might have something to do with the accumulation of free radicals or what is termed oxidative stress. Oxidative stress plays a central role in inflammatory conditions. Individuals consuming diets rich in fruits and vegetables have increased tissue concentrations of the antioxidant nutrients, particularly vitamin C, carotenoids, and polyphenols, and a lower risk for CVD. Fruits and vegetables are ranked by their antioxidant capacity, known as the Oxygen Radical Absorbance Capacity (ORAC) score, which reflects the combined antioxidant effects of vitamin C, carotenoids, polyphenols, and other constituents. Fruit with high ORAC scores include blueberries, plums, blackberries, strawberries, raspberries, sweet cherries, avocados, navel oranges, and red grapes; vegetables with high ORAC scores include artichokes, asparagus, red cabbage, spinach, and Russet potatoes. Foods from these lists should be regularly included in the diet to maximize the heart-protective potential of fruit and vegetables consumption.

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