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ETERNAL HEALTH NEWSLETTER

February Newsletter 2011

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Ray Kurzweil is of the firm belief that 2045 is the year in which we are panned in to become immortal. Then again if you're a futurist, an inventor and someone who wolfs down upwards of 200 supplements and an assortment of hormones every day, you might be forgiven for being somewhat optimistic or possibly delusional. Computer technology is growing at an exponential rate and Ray predicts that with this explosion in intelligence we will ultimately be able to reverse engineer our DNA into a mechanized transport vehicle, something like an iPhone, which will enable us to carry on being, well forever. It might not look like physical you, but it will be some form of you, perfected naturally by nanotechnology and genetic engineering to cleanse you of all your emotional, intellectual and genetic imperfections, so that iPhone DNA you can then carry on to exist eternally in a much happier, self-actualised state, albeit mechanised.

Trevor Marshall, who heads the autoimmunity research foundation, would no doubt like to pip Ray Kurzweil to the finish line in 2045, but is a touch more pessimistic about our chances. Marshall reminds us that the human body is an ecosystem of our own DNA combined with that of a horde of microbes and the really disturbing news is that we are outnumbered by a factor of at least 10:1. Microbial genes number in the millions, compared with our paltry 23,000. They're also determined to outlast us and one of the principal ways they've devised to achieve this is by disabling one of the prime arms of our immune system and that is vitamin D. Vitamin D stands at the frontline of our immune systems activating the chemicals that terminate bacteria and other invading organisms. Undermine vitamin D and you can obtain a much easier passage to cornering some pretty healthy real estate in the cells of the human body. Bacteria are finding a way to safeguard their future and abrogate ours and Marshall claims that we are ignoring this at our peril. For those who subscribe to the journal club, which is free, and if you haven't already done this, go to the heading of this newsletter, you will receive articles by Trevor Marshall outlining his proposals for defeating the bacteria, as well as a recent Time magazine editorial outlining Ray Kurzweil's fascinating proposition for our future.

Two of the questions in this month's Q&A segment deals with how you can evaluate your vitamin D status.

Question & Answer Segment

YOUR QUERIES ANSWERED

Question: I am a 39 year old female. I have an under-active thyroid, which is maintained by taking 100mcg thyroxin. I feel depressed, upon waking. I feel overwhelmed and tired all the time. I recently had a blood test which revealed I had high ANA. I was told by my doctor that I need to give up gluten, coffee, bread, alcohol and cigarettes. I have then gone to see a naturopath who put me on fish oil, vitamin C, B vitamins, vitamin D and st johns wort but I still don't feel right.

Answer: What you need to do is find out what is raising your ANA, which suggests that you have an autoimmune process, indicating that your immune system is attacking your own body by mistake. Something that I find in these circumstances is that candidiasis or yeast overgrowth might also be a primary trigger for the autoimmune process and this can be identified by doing candida antibody testing. If these levels are elevated then a yeast and sugar-free diet and treating candidiasis with probiotics like acidophilus and bifidus and herbal remedies and if necessary medication such as nizoral or diflucan can be helpful. What your doctor can also do is measure vitamin D and here both forms of vitamin D need to be measured and this includes 25OH-vitamin D and 1,25OH-vitamin D. If the former is low and the latter is high this could indicate that vitamin D, which fights bacteria is actually being incapacitated by bacterial overgrowth. According to Trevor Marshall, who heads the autoimmunity research foundation, this might be the underlying cause of autoimmune disease, with antibodies like ANA rising to fight bacteria, which share commonalities with the body's protein. What you need to do is re-enable vitamin D according to the Marshall protocol found on www.mpkb.org or www.TrevorMarshall.com, which essentially involves taking a medication called Olmesartan, under the supervision of a physician. Subscribing to the journal club will ensure that you receive the articles explaining Marshall's hypotheses. Before you have your vitamin D tested you would need to stop taking this for about one month. Then you need to find out why you are tired, depressed and overwhelmed. You would need an assessment of your vitamin, mineral, protein and fatty acid status to find out if you have these in sufficiency, as a lack of any of these can lead to the mental, physical and emotional states you describe. Then you need to have your hormones assessed including a comprehensive thyroid assessment including TSH, T3, T4, reverse T3 and thyroid antibodies, as all of these are relevant to your thyroid status, cortisol and DHEA, which are predominantly made in the adrenals and give you energy and emotional wellbeing, especially morning energy from cortisol. Here saliva and urine testing over 24 hours is a better way to assess cortisol, as opposed to blood testing, but a blood test can be used to assess DHEA. Then you need to have your other hormones assessed including oestrogen, progesterone, and testosterone. You need to have your liver and digestive function assessed and the chemicals your brain makes called neurotransmitters, which also affect your emotional state. All of the above is really part of a routine assessment carried out by a holistic doctor or naturopath or should be in my view. A lot of what I have outlined above is discussed in more detail in ['You have the power.'](#)

Meet

Dr Michael Elstein



Sydney's Premier
Anti-Aging Specialist

Personal Biography



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Question: I am an 82 year-old male and a recent blood test showed I had a high level of sugar. What is suggested to lower sugar levels to normal?

Answer: You need to have your insulin levels assessed, as raised levels of insulin that are above what is expected, suggests that insulin, responsible for getting sugar into your cells, is not working optimally. Then you need to find out why? Optimising your weight, limiting your consumption of foods that are high in sugar and taking extra zinc, chromium and magnesium might be helpful. Once again ["You have the power,"](#) has a chapter dealing with this.

Question: After I was diagnosed with Vitamin D deficiency (25 dehydroxy Vit D) I read your articles in Wellbeing, which is a health magazine, re Vitamin D testing and re autoimmune disease. Test of 1,25 dehydroxyvitamin D came back completely normal. All other tests you recommended came also back normal. I do have Hashimoto's though (diagnosed 7 years ago) with still normal thyroid levels. My doctor doesn't know what to do with me now. What do you suggest?

Answer: If your 25OH-vitamin D levels are low and those of 1,25 OH-vitamin D are on the high side of normal, chances are according to Trevor Marshall's hypothesis, that your vitamin D function is being incapacitated by bacteria and that you need to re-activate vitamin D by utilizing the medication Olmesartan according to the Marshall protocol found on www.mpkb.org. You might want to get your doctor to read the articles that are going to be sent out in the next journal club in order to get some understanding of this.

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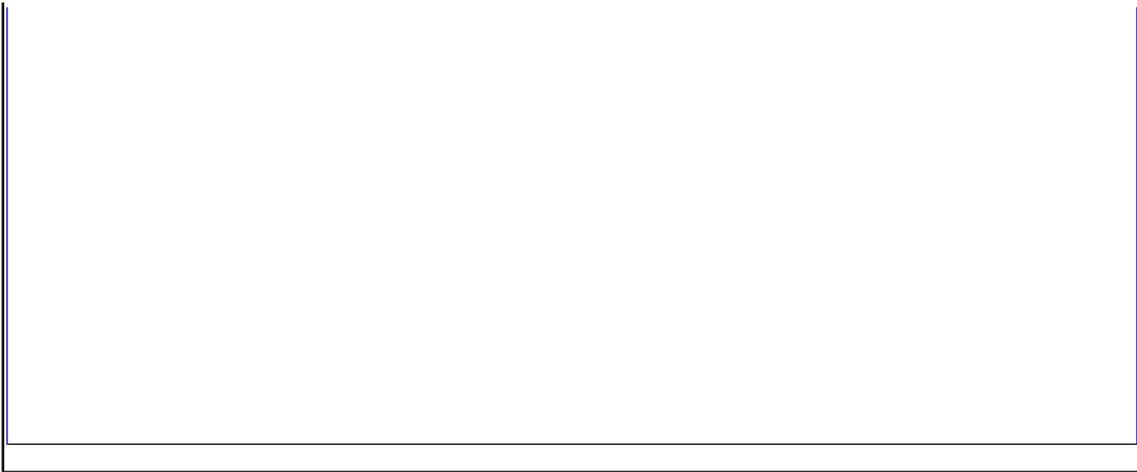
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