



## Weight Gain and Oestrogen

Women tend to gain weight as they go through the menopausal transition and this might have something to do with the decline in the production of hormones, especially oestrogen. [Oestrogen Therapy](#) might help to achieve weight loss with oestrogen administered by means of a cream rather than by mouth being a more effective strategy to achieve this result.

## Testosterone, Cognitive Function and Male Depression

Men who are suffering from diminished mental powers and/or depression might benefit from testosterone treatment if their testosterone levels are low. While research doesn't show that taking testosterone is associated with an increased risk of prostate cancer, one study in America conducted over 22 years has revealed that those ageing males with the highest testosterone levels had an increased risk of developing aggressive prostate cancer. Any male taking testosterone needs to have regular checks of their prostate and it would also be wise to pay attention to the steps that can be taken to prevent prostate cancer outlined in my e-Book '[You Have The Power](#)'

## 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 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 cant enjoy our lives.

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

# Q&A

## With Dr Michael Elstein

### QUESTION

What would you suggest for naturally lowering my cholesterol? I have been told I should take lecithin or red rice yeast extract.

### ANSWER

Taking very high doses of red yeast rice extract have been shown to lower cholesterol but these doses provide almost equivalent amounts of the statin medications used to reduce cholesterol. Statins are derived from red yeast rice extract. Scientific research has failed to demonstrate that lecithin lowers cholesterol in those who have high cholesterol levels.

Niacin or Vitamin B3 can lower cholesterol and raise HDL, the so-called good cholesterol but high doses need to be taken. The problem with taking 1500mg of niacin daily - the minimum dose needed to dent cholesterol levels, is the unpleasant side effects like itchiness and flushing. Niacin can also have adverse effects on the liver, raise blood sugar levels and uric acid levels, which might trigger gout.

### QUESTION

I would like to know if you can suggest the healthiest milk substitute between oat, soya, almond and milk rice.

### ANSWER

It's difficult picking a winner here. Rice milk is high in sugar and low in protein while soy milk can lower hormone levels but has more protein than rice milk. Almond milk is low in fat. Oat milk might test those who have a gluten intolerance. My suggestion if you are having a smoothie is to combine rice, soy and almond milk, which might limit the negative effects while at least providing a pleasant taste experience.

### QUESTION

Do vitamins and antioxidants interfere with cancer treatments like chemotherapy and radiotherapy?

### ANSWER

Recently James Watson, who along with Francis Crick discovered our DNA back in 1953, unveiled a host of research suggesting that cancer cells actually benefit from antioxidants which neutralise free radicals, as it is these chemicals that threaten their existence. This position clashes with a number of research studies demonstrating that cancer sufferers undergoing chemotherapy and radiotherapy actually do better when they take antioxidants. I've actually brought this to Professor Watson's attention and await his response so stay tuned to this space.