

# Eternal Health Medical Centre

February 2015 Newsletter

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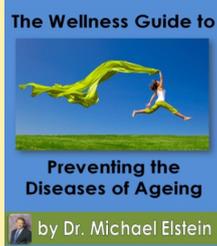
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The latest [e-Book](#) by Dr Michael Elstein is very well priced at only **\$10** considering its content which comes from Dr. Elstein's wealth of knowledge.

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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## The Paleolithic diet increases cancer risk

The Palaeolithic diet is essentially a high protein, low carbohydrate diet and while it might have weight loss benefits, there is a huge potential downside. Extensive research conducted by Professor Stephen Simpson, Academic Director of the Charles Perkins Centre at the University of Sydney, into the underlying reasons for the societal burden of obesity, diabetes and heart disease, indicates that this form of eating can lead to an increased production of free radicals, attendant DNA damage and as a consequence shortened life span.

To support these claims a compelling study conducted by lead scientists from the USA and Italy found that a high protein diet in the 50 to 65 year old age group lead to a four-fold increase in cancer death risk, and a five-fold greater chance of dying as a result of developing diabetes. This was especially true if the protein was derived from animal sources. Cancer rates were significantly reduced if plant protein was substituted for the animal variety.

When we eat a large amount of protein we switch on a powerful chemical in our body called mTOR (mammalian target of rapamycin). While mTOR is vital for growth and reproduction, it also switches off cellular repair and regeneration. A process called autophagy, employed daily by our cells to eliminate unnecessary or dysfunctional cellular components, like a garbage disposal function, becomes compromised and leads to an accumulation of toxic junk. While protein consumption is vital for hormone production and MTOR activation, which in turn drives reproduction, one of our prime evolutionary objectives, as we get older and the biological imperative to reproduce diminishes, our needs for high amounts of protein lessen.

This comes with one caveat, for those over 65 maintaining healthy protein levels becomes important when muscle and bone mass tends to wain, which is why the above research indicates that in this age group, a moderate to high consumption of protein may optimise healthspan and longevity.

One of the strategies that can be employed to mitigate the effects of high protein diets, which can be employed temporarily to foster weight loss, is to consume foods that ignite Nrf2, a substance that promotes detoxification and cellular rejuvenation. Foods that increase Nrf2 include seafood, olives, olive oil, walnuts, green vegetables, onions, garlic, tomato, eggplant and purple sweet potato.

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## Vitamin supplements, weight gain and cancer risk

These days it's virtually impossible to get a B vitamin deficiency disease. Who's heard of beriberi (a deficiency of vitamin B1) or pellagra (a vitamin B3 deficiency)? In the century preceding ours, these B vitamin deficiencies were lethal leading to a miserable death as a result of heart disease and dementia. Health authorities recognised this so they mandated that wheat based flour products, which are consumed by just about all of us in the form of bread, muffins, biscuits and pastries, be fortified with B vitamins. (In Australia this includes vitamin B1 or thiamine and folic acid, however other B vitamins are added to cereals). This commenced in the 1940s and then was upgraded in the 70s, which is when according to recent research, the obesity epidemic experienced a seismic upsurge. The research suggests that combining refined carbohydrates or the so-called 'high GI foods' such as certain sweet biscuits, waffles, confectionary items, Kellogg's sultana bran and rye bread for example, with niacin or vitamin B3, which is added to breakfast cereals, can increase fat cells and promote weight gain.

The same research suggests that higher doses of niacin found in B vitamins does just the opposite, leading to weight loss.

Then there's the research showing that B vitamins like thiamine and niacin can both inhibit and stimulate cancer growth and the research is unclear as to the quantities of these vitamins that can be either beneficial or harmful.

So what do we do? None of us want to succumb to a B vitamin deficiency disease. I take B vitamin supplements every day but I'm thinking that maybe I should reduce this daily practice. What we really all need are tests to see if we are in danger of developing any of the harmful consequences of B vitamin excess, tests which are not yet available.

## Exercise and antioxidants

We all appreciate that exercise is good for us and many of us regularly take antioxidants like vitamins, A, C and E, alpha-lipoic acid and resveratrol, made from the skin of red grapes. Regular exercise lowers our blood sugar levels, boosts our antioxidant defences and even helps us to manufacture new cellular batteries. What most might not realise is that one of the ways all these benefits are achieved is by the generation of free radicals. We used to think that free radicals were entirely bad for us which is why we were all sold on the benefits of the above mentioned antioxidants. While an excess of free radicals might indeed be damaging and even destructive, current research suggests that exercise that switches these on in beneficial amounts is clearly to our advantage. Marathon running and triathlons, which generate excessive amounts of free radicals, might not be.

Scientists are now conducting research to discover whether combining antioxidants with exercise is counterproductive or beneficial and to date the results are equivocal making practical suggestions difficult. It might be worthwhile having a time delay between the taking of antioxidants and exercise. So take these in the morning and exercise in the afternoon.

## Q&A

### QUESTION

*I am a male in my mid 40s and I'm finding it harder to lose weight, motivate myself and experience the energy and enthusiasm I used to have. Can you help me?*

### ANSWER

*I see a lot of patients in my practice who have similar problems. An assessment is done examining all the possible factors that might contribute, including food allergies/intolerance, nutritional deficiencies, hormone imbalance/ insufficiency and a number of other causes. In my opinion this would be the best way to uncover the underlying reason for your problems.*

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