



Pets promote longevity



Given the questionable value of packaged animal nutrition our pets look after us much more than the reverse. Research suggests a number of ways by which having a pet can make us live longer. A new study has found that owning a dog reduces the risk of heart disease. Pets encourage us to ambulate more, providing us with a reason to get out of bed and start moving.

The need to look after our pets can be emotionally rejuvenating giving purpose to our lives. Networks fostered by pet ownership can be equally sustaining, fuelling communal commitment, which research shows enables longevity.

There is evidence showing that petting an animal may reduce heart rates, and for some sleeping with pets can improve sleep quality.

In the area of mental health for those who are isolated or suffer from mental illness and social phobia, having a pat can be the genesis for emotional recalibration seeding more connectivity and a longer and happier life.



Coffee, acrylamide and cancer

If you're drinking coffee in California, forever a bellwether for what's bad for us, legislators mindful of the ill-effects of every toxin they're ingesting, are attempting to compel Starbucks and a host of other retail outlets to acknowledge that your coffee contains potentially carcinogenic amounts of acrylamide, a chemical the coffee industry claims does not reach levels that could cause any harm. Acrylamide is a natural by-product of the coffee roasting process and is formed when proteins collide with sugars when food substances experience excess heat. Large concentrations of acrylamide can be found in our daily consumption of coffee, bread or potato products. On average we ingest between 0.3-2.0 $\mu\text{g}/\text{kg}$ body weight of acrylamide every day.

Acrylamide is metabolised or eliminated via the liver where it forms glycidamide, a substance that is carcinogenic. Extra N-acetylcysteine and alpha-lipoic acid, supplements that boost liver function, can help to break down acrylamide more efficiently making it less toxic. In 2008 potato chip makers were forced to remove acrylamide from their product. This is because potato chips might have contained enough of this chemical to cause cancer generating damage but is the same true for coffee? In laboratory animals adverse effects of acrylamide were found after 10 weeks of exposure at doses of 25 $\mu\text{g}/\text{kg}$ b.w, which is higher than the average human daily consumption.

Studies on acrylamide in humans have failed to demonstrate cancer causing effects and the same is true for coffee. A review in the British Medical Journal which examined all the research linking coffee and cancer didn't show any connection. Nevertheless, the International Agency for Research on Cancer has classified acrylamide as potentially carcinogenic with further research on animals indicating that acrylamide can impact fertility, lead to foetal defects and increase the risk of dementia. Back in California, legal wrangling continues with the presiding Judge reserving an outcome as according to him the defenders of coffee have failed to conclusively establish that their product does not contain the amount of acrylamide that might be harmful.

The risk of Periodontitis

Periodontitis or gum inflammation is the world's most prevalent disorder. Aside from triggering a host of diseases ranging from stroke to heart disease and dementia, new evidence now links this gum infestation to bowel cancer. Not long ago I devised a gum gel containing a number of natural substances that can be applied regularly to inter-digital brushes, which based on research can combat and remove this build-up of toxic material before it ravages our bodies. This compounded formulation can be obtained at tjpharma.com.au

Q&A

Your Questions Answered

Question: I have been suffering from intermittent nausea for two years now. I also get very tired. I had an ulcer and a hiatus hernia diagnosed. The ulcer has been treated and eat a discerning diet with no improvement. I do not like taking anti-nausea drugs and do not benefit much from them. I would like to see a doctor such as yourself who thinks broad picture and knows about diet and natural remedies, but are hard pressed to find anyone. I wonder if you have any thoughts about useful avenues for me.

Answer: It might be necessary to consult with a gastroenterologist to ensure that you do not have any underlying gastrointestinal or liver disorder leading to your condition. Blood tests that rule out nutritional and hormonal deficiencies would also be a good idea, as the medications used to treat ulcers can compromise these, especially nutrient status. Optimising liver function might be helpful as might a range of herbal teas including ginger, peppermint and chamomile tea. Adverse reactions to certain foods might also be implicated.

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 above to watch a brief animation summary regarding the programme.



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The Eternal Health Wellness Programme

This programme has been developed by Dr Michael Elstein and is the latest in preventative medicine and anti-ageing technology and is the first of its kind in Australia. 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 simply can't enjoy our lives. Some rules for successful ageing are:

1. Accept it
2. Enjoy it
3. Anticipate and plan for it
4. Follow the Eternal Health Wellness Programme

[The Eternal Health Wellness Programme](#) is based on the well-founded belief that age related diseases and symptoms as experienced by the majority of the Western World are largely induced by our modern lifestyle, our diet and environmental factors. The Eternal Health Wellness Programme begins with an assessment of the influence of all these factors.

Utilising sophisticated medical technology and comprehensive computerised assessment of your current health status; we will identify the metabolic and hormonal imbalances that contribute to accelerated ageing and degenerative disease processes. From this we can identify areas of your health and lifestyle that you need to modify. Your programme will then be individually tailored to suit your unique biochemical profile, which throughout the programme will be constantly monitored and reviewed.

The aim of the [Eternal Health Wellness Programme](#) is to reduce the signs and symptoms of ageing and replace them with robust good health and a sense of well-being for as long as possible. Fatigue, poor memory, weight gain, diabetes, heart disease and diminished sexual vitality are not an inevitable consequence of growing old. By becoming pro-active, planning and implementing your health program you can slow the biological clock, experience renewed health and vitality, and help protect your body from age related degenerative diseases.

For the programme to be successful you have to commit to it and take control of your health and follow your individual programme specifically designed for you based on all your information and test results. Early Detection and Prevention is the Key to managing good health.

If you answer yes to any of the following then the [Eternal Health Wellness Programme](#) is highly recommended for you.

- Do you or any one in the family have High Blood Pressure?
- Is there a history of heart disease in your family?
- Do you or any one in your family have High Cholesterol?
- Do you or any one in your family suffer from Diabetes?
- Are you or any one in your family Overweight?
- Do you tire easily?
- Are you easily stressed?
- Are you or any one in your family showing early signs of aging?
- Do you suffer from Depression?
- Do you have a family history of cancer, strokes, osteoporosis or autoimmune disorders?
- Do you have trouble remembering things?
- Is your libido diminishing?

If your answers to the above are yes, then you need to take preventative measures in order to prevent disease and restore your vitality. Take control and commence your [Eternal Health Wellness Programme](#) now by planning for your health success and begin a program for LIFE and help reduce the signs and symptoms of ageing.

Please call 02 9337 3589 during business hours for more information and to make an appointment

New e-Book

TRUMP YOUR PROSTATE



How we might make our prostate small again

Preventing and treating the enlarged prostate



by Dr. Michael Elstein

Trump Your Prostate

How we might make our prostate small again

Preventing and treating the enlarged prostate

The prostate is a small walnut shaped gland situated at the base of the bladder which fuels sexual function.

As men get older, the prostate can enlarge significantly compromising urine outflow.

This is the first e-Book to comprehensively describe how this process might be prevented, and if not reversed, then treated using natural medical and surgical interventions.

Dr. Michael Elstein teaches the reader valuable information about the prostate, and focuses on prevention of any prostate issues. as well as providing valuable information of options to help those that are diagnosed with prostate disease. This e-Book is about prostate health, and covers other topics regarding natural therapies and surgical options (if necessary). There is information in this e-Book that can change a man's life!

Chapter contents are:

Chapter One - The quest to conquer the prostate

Chapter Two - What happens to the prostate?

Chapter Three - Why does the prostate enlarge?

Chapter Four - The Hormones

Chapter Five - Preventing and treating the enlarged prostate

Chapter Six - The Medications

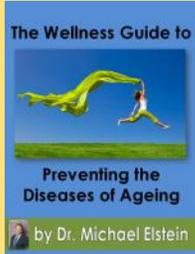
Chapter Seven – Surgery

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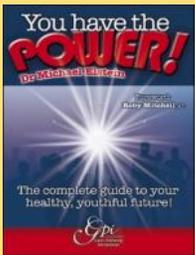
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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

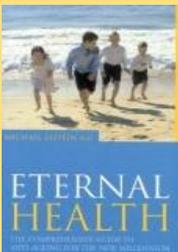
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Dr. Elstein's e-Book 'You Have The Power' provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease, 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.

Please [Click Here](#) to purchase



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.

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