



Eternal Health Medical Centre

January 2013 Newsletter

Written by Dr. Michael Elstein

Antioxidant Supplements - Harmful or Beneficial?

In a recent Facebook post, I reflected on a dilemma posed by James Watson who is one of the co-discoverers of our DNA. He questioned the wisdom of taking antioxidant supplements. I thought it best that I go to the best place where all the scientific research resides which examines this very problem. As it turns out, there are over 1400 studies on a website called Pubmed which look at the harms caused by antioxidants, while there are over 14,000 studies homing in on the benefits. Go to [Google](#), type Pubmed in the search field and have a look for yourself. This doesn't necessarily resolve this problem in the affirmative supporting the notion that antioxidants must be good for us.



On the Facebook entry, I provided access to studies which point out that antioxidants may only be beneficial in those circumstances where free radical levels are overwhelming and potentially damaging. Otherwise what free radicals do is prime our antioxidant defences in ways which might even make us live longer. Interfering with this process by taking antioxidant supplements might be counterproductive. What we really need to be doing is measuring free radical levels to determine if we need antioxidant supplements or not. For this right now we do not have the technology.

So should you all be throwing away your supplements until we have the means to find out if we will really benefit from taking them? My suggestion is that you go to Pubmed and let me know your response to this question. Mine aren't in the bin yet.

The side effects of statin drugs that lower cholesterol and Gene Testing

I've been suggesting to my patients that they do the 23 and me gene test. While it's not an exhaustive exploration of all the possible ways in which our 20,000 odd genes may play out, it does allow for some individualising of any health programme you might be on, as well as providing some predictive potential of the diseases you are in line to get. While this might be somewhat daunting, even frightening, it might also allow you to take preventive action.

Probably the most effective way to lower cholesterol is with statin medications. However, these drugs are not without side effects. For some there is debilitating muscle pain and fatigue, and the liver can also be compromised, along with adverse effects on memory and mental function. Statins lower the production of a nutrient called coenzyme Q10 that is intimately connected with energy production. One of the statin medications, pravastatin or pravachol appears to lower coenzyme Q10 the least, so for those who have to endure muscle discomfort, this statin might be the best option. Taking extra coenzyme Q10 has been shown to significantly reduce muscle pain.

There is also a gene known as *SLCO1B1* which leads to much higher blood levels of statins and those who have this gene are at a much greater risk of suffering muscle pain. In addition to which this gene makes statin medications less accessible to the liver and therefore less effective at lowering cholesterol.

There is another genetic association with statin-induced muscle pain. Carnitine is a nutrient that assists with fat metabolism and energy production. Genetic tests show that at least 1/3 of those on statins who experience muscle pain aren't making enough carnitine. Therefore, based on genetic analysis, it appears that there are many taking statins who might also benefit from supplementing with coenzyme Q10 and carnitine.

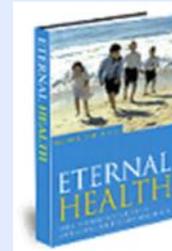
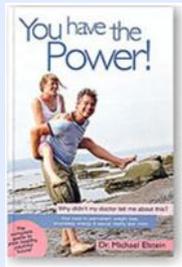
Swapping Supplements for Superfruits

For those who are still agonising about the wisdom of taking antioxidant supplements, there are a whole range of so-called superfruits which might have more cachet. In rats who sadly have been somehow engineered to develop the early signs of dementia, blueberry, strawberry, blackberry, grape and plum juices or extracts can reverse some of these mental changes. In humans, clinical trials demonstrate the benefits of grape and blueberry juice in the treatment of small numbers of cognitively impaired persons have recently appeared.



If you're travelling to New York, be prepared to be bombarded with ads touting the benefits of the pitaya fruit imported from South America which is rich in fibre and antioxidants. In Indonesia there's the mangosteen which is high in vitamins A and C. Southeast Asia can boast about the gac fruit which contains 70 times as much lycopene as tomato, according to a recent article in the health section of Time magazine. Lycopene can protect against prostate cancer. Not to be outdone, Africa is host to the baobab fruit, which is high in vitamin C and unusually for fruit also omega-3 fatty acids, good for heart health.

E-BOOKS



YOU HAVE THE POWER

and

ETERNAL HEALTH

Both of these [e-Books](#) have been written by Dr Elstein and are available for purchase at a **reduced price** of \$29.95 per book.

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."

These e-books will help you remain healthy and young for as long as possible.

[Order Here](#) or call **02 9337 3589** during business hours to pay via credit card over the phone and the e-Books will be emailed to you.

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 Anti-Ageing Program

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