



Eating Innovations in 2016

David Bowie was the quintessential change artist so to maintain his spirit how can we make our eating behaviour cool, hip and malleable in the coming year?

We need to eat less protein, found in meat, eggs, fish and beans, around 60 grams per day, to slow down the ageing process and reduce cancer risk.

Eggs aren't a heart disease instigator if we drink green tea at the same time. Topping salads with eggs also enhances the absorption of carotenoids, the protective nutrients found in vegetables.

For those who can't turn their backs on red and processed meats, despite the raised odds of succumbing to cancer and heart disease, complementing with avocado reduces inflammation, one of the primary chemical initiators of these processes.

Turmeric, a potential culinary superpower, found in curries, has the capacity to prevent dementia and cancer, but the problem is it's poorly absorbed. Research indicates that garnishing with black pepper improves the absorption of turmeric, possibly enabling its preventive capabilities.

Tomato and broccoli, protective in their own right, achieve enhanced powers, when combined, according to a study on animals.

Green tea with lemon makes it easier to access catechins, the antioxidants that make drinking this not so enjoyable beverage, more palatable. Watch out for excess lemon consumption, as it does remove the enamel from teeth.

For those vegetarians struggling to get their quota of iron, eating spinach with oranges, which are rich in vitamin C, makes it easier for the body to obtain the iron it needs from vegetable sources.

Eating sugar-substituted sweet foods, especially zero calorie drinks but not necessarily stevia enhanced foods, might dysregulate the brain centres that control appetite, leading us to eat more.

Chromium and Cancer

Chromium is a substance widely used in supplements to alleviate cravings for sweet foods and improve glucose or sugar metabolism. New research may render enthusiasm for this sugar quencher a touch frosty. When cells are bathed in chromium, chemical processes morph the chromium found in supplements into a carcinogenic substance known as chromium(VI). Chromium(VI) achieved celebrity status in the movie Erin Brockovich which documented an epidemic of cancer-related deaths in the US town of Hinkley when chromium(VI) contamination was demonstrated in the drinking water. Whether long-term chromium supplementation actually does increase cancer, incidence will take many years to confirm, as chromium (VI)-related cancers often require more than two decades before they manifest.



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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.

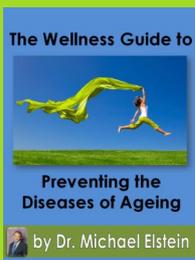
- Do you or any one in the family have High Blood Pressure?
- Is there a history of heart disease in your family?
- Do you or any one in your family have High Cholesterol?
- Do you or any one in your family suffer from Diabetes?
- Are you or any one in your family Overweight?
- Do you tire easily?
- 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

e-Book Sale

Only \$19.95 each



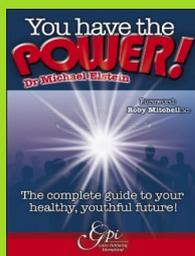
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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.

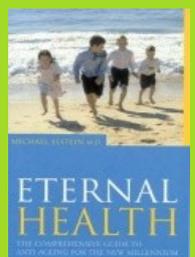
Chapter contents are:

- Bone Health and Osteoporosis Prevention
- Alzheimer's Prevention
- Preventing Heart Disease
- Colon Cancer Prevention
- Prostate Cancer Prevention, and
- Breast Cancer Prevention



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.



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.

In Eternal Health, Anti-Ageing expert Dr Michael Elstein tells you how to:

- Safely use hormones of youth to turn back the clock
- Use 'super-nutrients' to help your brain and heart
- Protect yourself against cancer
- Increase your sexual vitality and performance
- Lose weight effectively
- Overcome fatigue and boost your energy

To order any of the above e-Books, please [click here](#) An email will then be sent with a PayPal invoice and once payment has been completed, the e-Book will be emailed to you. Thank you.

Eternal Health Medical Centre

Suite 603, Level 6

3 Waverley Street

Bondi Junction NSW 2022

Phone: 02 9337 3589

Email: drelstein@eternalhealth.org Web: www.eternalhealth.org