



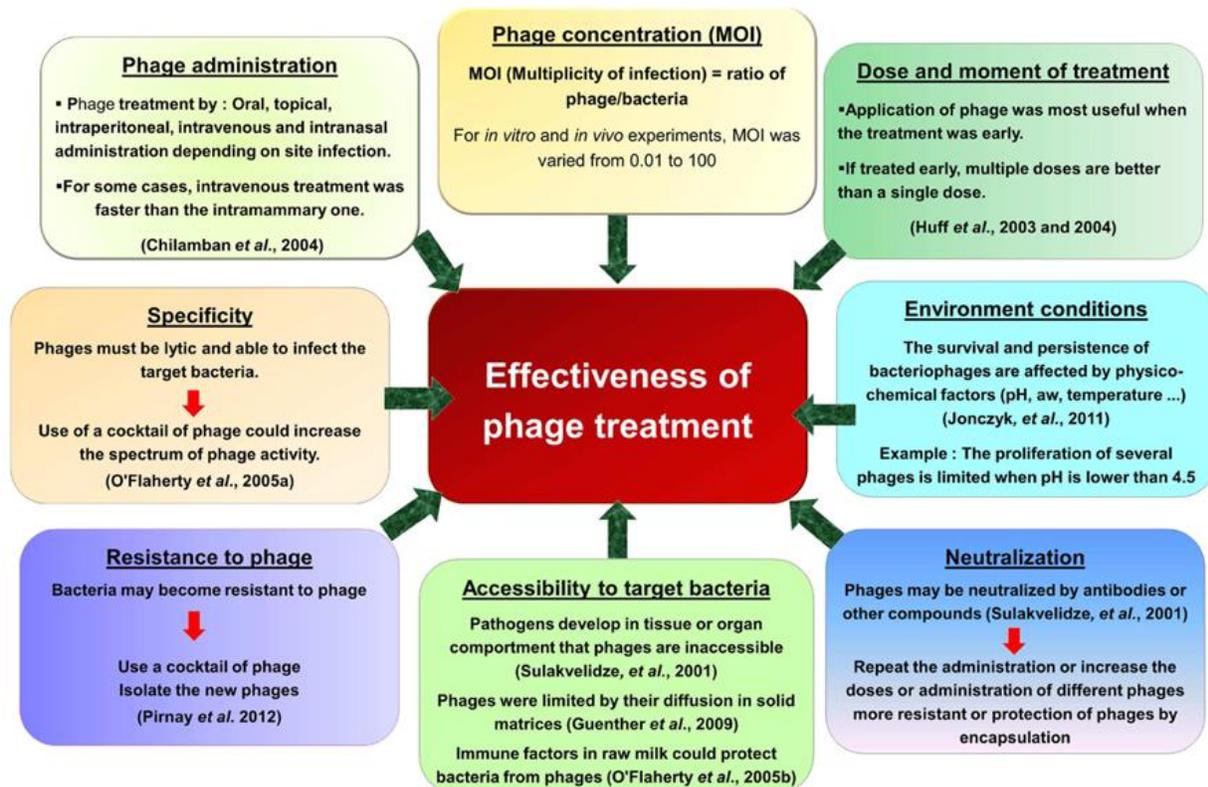
Renewing an abandoned wisdom to counter superbugs

In the final edition of Time Magazine for 2017, a collection of experts provide a preview of what we can expect in 2018. With the mounting threat of superbugs, bacteria that are resistant to even the most powerful antibiotics, accounting for the lives of more than 23,000 annually in the USA, scientists are reviving a forsaken technology called Phage Therapy to rescue those who are suffering from life-threatening infections for which there is currently no available medical treatment. Phage Therapy, or Bacteriophages, are microscopic viruses that have the herculean capacity to terminate bacteria that are resistant to the tentacles of the smartest antibiotics, a miracle that was discovered in 1915 and was incorporated widely in the 1920s and 30s. With the onset of the Second World War and the discovery of antibiotics, Phage Therapy was relegated to a speculative also ran treatment and was soon superseded by what was widely regarded as a far more effective and scientific way to counter any bacterial threat.

A cautionary principle from the world of physics advising that for every reaction there is an equal and opposite reaction is a clear warning about the blowback that might result when formidable forces are unleashed to tame a recalcitrant foe. Bacteria are just as determined to survive as we are and it should come as no surprise that they would mount some form of resistance when their existence was threatened by industrial strength antibiotics. Unfortunately they have become smarter than any new technology that modern science could summon, so we've had to resort to a discarded intelligence to combat this resurgent menace.

The beauty about phages is that they can be harnessed to target specific bacteria. With scientific estimates that there are over 10 million trillion phages in the universe the chances of running out of options, increasingly the case as bacteria have developed widespread antibiotic resistance, should not be a problem in the coming year.

While Physicians become more adept at using phage treatment, what health authorities might do is institute a national campaign to truncate the inappropriate utilisation of antibiotics.

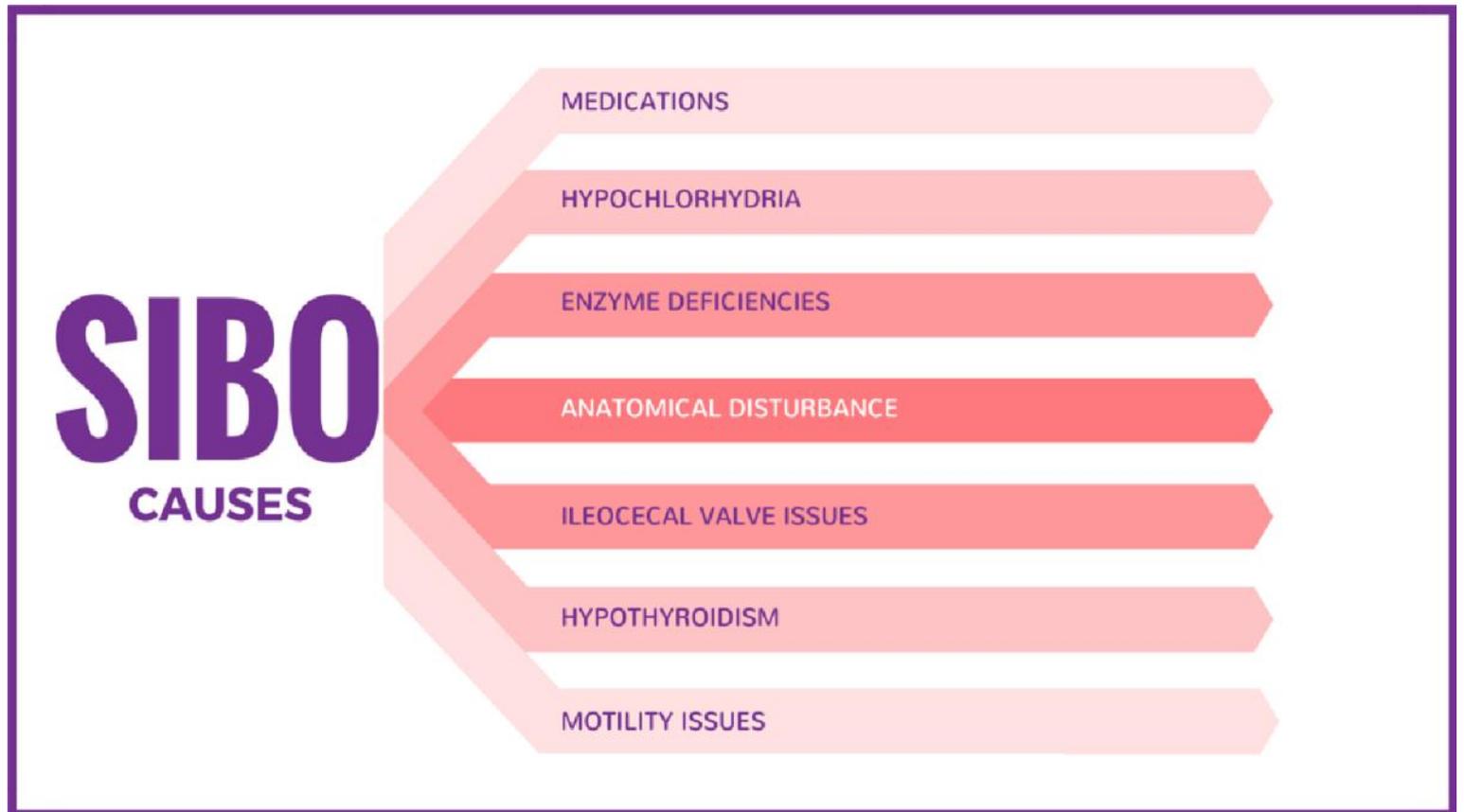


SIBO, the new it disorder

If superbugs aren't enough of a menace, small intestinal bacterial overgrowth, (SIBO) an excess of potentially harmful germs in the small intestine, has rapidly emerged as the new candida or gluten, a condition associated with bloating, pain and loose bowels or constipation, suffered by many but grossly under-diagnosed by doctors. Aside from recognising this unresolved and debilitating disorder doctors need to employ a special breath test, not routinely performed by conventional laboratories, to identify SIBO.

Usually our bowels are pretty adroit at getting rid of harmful bacteria but the cavalier over-prescribing of acid suppressing medications called proton pump inhibitors like Nexium and Somac and the rise in opioid abuse have all conspired to weaken gut defences allowing a resurgent bacterial army to set up a beachhead operation right beneath our increasingly unvigilant noses. Non-steroidal anti-inflammatory medications, widely used in babies and children to lower fevers and made deliciously flavoursome with the addition of sugars and other toxic molecules so that they have superseded Panadol as the go-to medication for this condition and just as popular with adults for treating pain and arthritis are equally damaging to our insides.

With SIBO being associated with a host of nutritional deficiencies including iron, B12, fatty acids and carbohydrates and consequently a number of medical conditions like fatigue, rosacea, fibromyalgia, autoimmune thyroid disease, restless leg syndrome, diabetes, obesity, inflammatory bowel disease and arthritis, the medical fraternity might need to up their game to combat this ubiquitous disease.



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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 below to watch a brief animation summary regarding the programme.



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 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

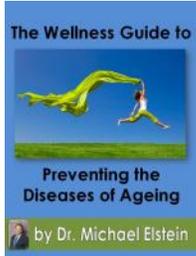
Chapter Seven – Surgery

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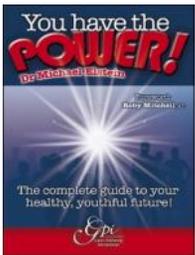
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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

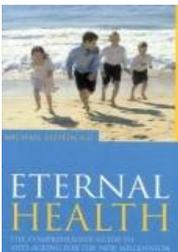
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Dr. Elstein's e-Book 'You Have The Power' provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease,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