Elevated cholesterol remains the spectre that haunts many of my patients. Heart Specialists want to marinade their blood vessels in a cocktail of cholesterol-lowering medications, despite mounting evidence that these are associated with a host of side-effects. Aside from dietary sources, unfortunate genes, compromised liver function, overzealous absorption by the gastro-intestinal system, insulin resistance, often associated with weight gain, and underactive thyroid hormones, there is another less likely and unwelcome source that can raise cholesterol levels - unfiltered coffee, found in the take-away lattes and cappuccinos that have become our daily oxygen.

Coffee contains over a one thousand compounds, most of them beneficial. However it is the diterpene alcohols, cafestol and kahweol, which hike up cholesterol. Boiled coffee, the kind which comes from coffee making machines, the source of our lattes and cappuccinos, has a higher concentration of cafestol and kahweol, as these substances are extracted from coffee beans during an extended period of exposure to hot water. Brewed or filtered coffee because of a much shorter contact time and a lesser retention of diterpenes by filter paper has much lower levels of cafestol and kahweol.

A number of studies confirm that boiled coffee can ramp up cholesterol as well as LDL, the bad cholesterol, which blocks up blood vessels, leading to heart disease. Another lamentable offshoot that our cappuccino culture has to negotiate is coffee’s capacity to precipitate homocysteine, a substance in all of us that increases the risk of heart disease, stroke, osteoporosis and Alzheimer’s when raised. Coffee might reduce prostate cancer risk but it comes with the price tag of promoting enlargement of the prostate, an affliction affecting more than 50% of men over the age of sixty.

For those habitual coffee drinkers who need a silver lining of reassurance, a recent long-term study conducted in Japan showed that consuming two to five cups daily reduced mortality statistics with further evidence showing a reduction in the risk of developing Parkinson’s disease, Alzheimer’s, type 2 diabetes and a number of different cancers.

There are also other healthy options. More than a quantum of solace can be found in green tea which has favourable effects on the LDL/HDL ratio, HDL being the protective form of cholesterol, while also lowering total cholesterol. Further information about coffee consumption can be found here.

**Hormone Information Evening**

**Date/Time:** Wednesday, 29 July at 7 pm  
**Where:** TJ Pharma Compounding Pharmacy  
Shop 3, 13A Montgomery Street  
Kogarah  
**Cost:** $10

**Educational evening - Hormone Replacement for both sexes**

Are you suffering from fatigue, excessive or overwhelming stress, weight gain, anxiety, sexual dysfunction or insomnia? Dr Michael Elstein, anti-ageing doctor and author explains how hormones are vital for boosting energy, assisting with weight loss, enhancing sexual vitality, promoting emotional health and preventing insomnia. Dr Michael Elstein will also discuss how hormones are linked to the ageing process including the development of Alzheimer’s and cancer. You will discover how the pillars of health impact your essential wellbeing and how hormones are vital components of your daily functioning.

Light refreshments and drinks will be served. Please call 8964 9492 to register.

All proceeds donated to The Pink Ribbon Appeal
The hormones and biochemistry of happiness

While most of us are wedded to the notion that sizeable improvements in our socioeconomic status and income aligned with marriage to the perfect partner would make us interminably happy, research actually demonstrates that significant alterations in any, or even all of these, would only lead to transient unsustainable changes in our daily emotional state and no lasting effect on our quotient of happiness. This is because Psychologists have discovered that we operate at a happiness “set point” or “baseline level” of happiness to which we default to after a short period of time. This level of predetermined happiness is governed by our personalities and our genetic make-up.

As much as this might be relief for some, or unacceptable to those who are relentlessly striving, there might be an escape hatch for anyone who doesn’t want to simply surrender to their genes or their personalities.

Serotonin is the brain chemical that science has linked with happiness, so how do we encourage our brains to turn it on naturally without resorting to medication?

Tryptophan is an amino acid or form of protein that increases serotonin. This nutrient is found in Parmesan and Swiss cheese, eggs, almonds, beef and anchovies. Sadly science demonstrates that food sources of tryptophan compete with other amino acids for entry into the brain after a high protein meal and tryptophan is often the loser. Therefore contrary to popular belief, foods such as turkey or banana will not increase brain tryptophan. Even those nutritional sources described above may not augment brain tryptophan enough. Therefore the only way to achieve this end and boost brain serotonin might result from ingesting supplementary forms of tryptophan. Aside from boosting serotonin and elevating mood, supplementary tryptophan has been shown to not only decrease quarrelsome behaviours but also to make those who receive this nutrient more agreeable. Which is probably connected with the other massive bonus brought on by boosting serotonin with tryptophan, suppression of appetite.

Rigorous exercise and exposure to regular sunlight also increase serotonin. Serotonin in turn makes melatonin, a hormone that helps to facilitate healthy sleeping patterns and as research suggests, happiness as well. Oxytocin, a hormone connected with social connectivity and intimacy, is another happiness stimulator.

Yoga and brain ageing

Yoga is known to enhance flexibility. Now research suggests it might also improve memory and mental function, bolster HDL, reduce inflammation, mitigate the harmful effects of stress and even lengthen telomeres, the snippets of genetic material that might help us to live longer. See www.maximuswellness.com for yoga classes in Sydney.

SOCIAL MEDIA LINKS

Send a friend request to Dr Elstein, or please Click Here for regular Health Updates.

Please follow Dr Elstein on Twitter or tweet him a greeting @DrElstein
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.

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