



July 2016 Newsletter

Beware of Mobile/Cell Phones

The jury has been out on the potential harmful effects of mobile phones on our brains. New evidence showing that in rats, lifelong exposure to the kind of electromagnetic radiation that is generated by daily mobile phone usage results in an increase in brain cancer, as well as rare cardiovascular cancers, might now overthrow this uncertainty. Rats were exposed to radiation typical of heavy daily phone use with the research also revealing that those rats who were exposed to even greater intensities of radiation had more cancers.



Up till now studies on humans who develop cancers rely on their recall of mobile phone usage, have been short term or have established an association between phone usage and cancer where other factors might also have been involved. In this study none of the control animals developed cancers.

Experts suggest that these new results need to inform safer phone habits including truncated conversations, using speakerphones, placing the phone on the desk instead of on the body and utilising wireless headsets.

Caution with Iron and Protein

When we're fatigued, we might reach for that iron supplement thinking that we might be deficient in this nutrient and a little more iron might give us the energy boost we need. It might be wiser to have a [nutritional assessment](#) with research now showing that excess iron can accumulate in the brain destroying brain cells which sets us up to develop neurodegenerative diseases like Parkinson's disease and Alzheimer's dementia.

What makes accurate iron assessment difficult in premenopausal women is the fact that periods can mask the effects of iron excess with the damaging effects of a gene called haemochromatosis that leads to absorption of more iron than the body needs only manifesting once periods cease after menopause.

High protein diets are still in vogue. As a long term dietary strategy, this lifestyle choice might be fraught. Laboratory animals fed low protein high carbohydrate diets enjoyed the longest lifespans which might correlate with midlife evidence showing that humans who consumed high amounts of protein in their fifties, especially that derived from animal sources, had higher rates of cancers and heart disease.

Do we need more Alkalinity?

There are those who assert that the foods we eat are too acidic for our own good. Alkalinity is found in fruit and vegetables with all other foods seeding acidity. You can find research linking overexposure to acidity with headaches, fatigue, hormone dysfunction, obesity and just about every malady known to modern man. Now mice who drank alkaline water for three years lived longer than a control group administered the tap water we all drink. Alkaline water has been shown to exert antidiabetic and DNA protecting effects and to have antioxidant actions.

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.



Q & A

Your Queries Answered

Question: I was looking at getting a health check. I am a 35 year old female and while rather healthy have been feeling flat and lacking in energy. I think it might be thyroid or other hormone issues. What do you suggest?

Answer: It would be a good idea to do a [comprehensive assessment](#) which examines your nutritional status, hormone levels, especially thyroid hormones and cortisol, liver and gut function, digestive capacity, gene status and food reactivity. This would make it easier to more accurately assess the underlying cause of your health issues.

Question: I need a health assessment. I am a 44 year-old male and while rather healthy have been feeling flat and lacking in energy. I think it might be thyroid or a low testosterone issue. Is it possible to get hormone levels checked?

Answer: Certainly hormones can be implicated but it would be wise to assess all the factors that influence hormone function including nutritional status, glucose or sugar metabolism and inflammation to name just a few of the relevant investigations.

Question: I have been experiencing high less of anxiety and depression for menstruation and have the shakes for 7-10 before periods. What can I do?

Answer: It would be helpful to examine your hormone status around this time, as well as investigating the genes, brain chemicals and nutrients that impact your emotional state.

Question: My daughter has PCOS and is now diagnosed as a Celiac and query suspicious gall bladder. She certainly has enough to deal with at present, but I was just wondering if the conditions are related to MTHFR?

Answer: MTHFR is one of many genes that might be connected with your daughter's condition. Assessing these and looking at a number of other factors including liver function and glucose metabolism would also be helpful.

Question: Is there an estrogen preparation for the skin (face) that improves skin texture without putting the rest of the body at risk from cancers?

Answer: Yes there is. It is documented in my e-Book: ['You Have the Power'](#)

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