



## Antibiotics and their alternatives

One of my colleagues recently informed me that doctors who prescribe antibiotics are the most popular, which in a weird way might explain Donald Trump - better the devil you know. Despite the surge in antibiotic resistance and the mounting escalation in mortality statistics claiming the lives of more than 50,000 patients annually who have infections that no antibiotics can touch, doctors and the sick are turning their backs on remonstrations from health authorities urging the termination of inappropriate antibiotic prescribing.

There is the widely held notion that yellow or green mucous and a prolonged period of unwellness merits industrial strength attention and what better way to nuke any intransigent bugs than antibiotics, the so-called real treatment. Aside from making bacteria more resilient, eminently more powerful and ultimately lethal, what antibiotics also do is eradicate the beneficial bacteria in our gut which can take up to two years to replenish.

So a little while back when I was invaded by seemingly undefeatable yellow mucous, I persevered with natural therapies and eventually got better without antibiotics. Was this good fortune or is there any real science that underpins this approach? The evidence that echinacea, one of the most well established herbs for treating the common cold is actually effective, is conflicting, while there is some research that supports its preventive benefits. Andrographis, echinacea's herbal cousin fairs better on the authentication front when it comes to treating influenza. Elderberry is another herb which has been shown to successfully treat influenza infections. The evidence for the benefits of zinc and Vitamin C are mixed. Zinc lozenges need to be taken every two to three hours early on to abort the infestation. Other remedies like the herb olive leaf, garlic and oil of oregano don't have a lot of research support, nevertheless utilising these might be helpful in combatting the cold and flu virus.

## Scans that assess heart disease risk

Unquestionably the most effective way to lower cholesterol is with statin medications which are rapidly being superseded by much more powerful actors that slash cholesterol levels to below basement status. But drugs have side effects and aren't always necessary.

CT scans that measure coronary artery calcium deposition can reliably tell us if the blood vessels in our heart have significant amounts of cholesterol plaque setting us up to have a heart attack. A step up from this [investigation](#) is a CT angiogram which involves injecting dye into our veins which then travels to the arteries of our heart giving us a reasonable visual of the vessels which supply our heart muscles and the presence of any cholesterol build up that predates the emergence of heart disease and can predict an imminent potentially catastrophic event. A small amount of radiation is a budget price to pay for avoiding unnecessary lifelong medication.

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# The Gut microbiota, ageing and insomnia

What happens in our brain dramatically impacts the microorganisms in our gut and vice versa. As we age, sleep disturbances can set in which can have adverse effects on the healthy distribution of germs in our gut. This is compounded by unhealthy diets rich in fat and sugar and the fact that ageing also brings with it a diminution in the presence of beneficial bacteria in the gut. All of these events can conspire to alter gut germs in such a way that promotes the development of disturbing brain chemicals that further impedes salubrious sleep patterns. This disastrous pattern can possibly be reversed by replenishing healthy gut germs with probiotics and the best way to do this might be with kefir, a form of fermented or cultured yoghurt, that is rich in beneficial bacteria. It doesn't have to be milk based as it can be derived from coconut and this natural drink might provide a much more diverse array of probiotics compared with that found in a capsule or supplement powder.



## 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 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**

# The latest e-Book is now available on both: iBooks through iTunes, and Amazon Kindle

## 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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