



Newsletter

March 2013

By Dr Michael Elstein

ANTI-AGEING/WELLNESS EXPERT

Calcium, Osteoporosis and Heart Disease

Television advertising constantly reminds women that they might need to take supplementary calcium to look after their bones. A 20-year long Swedish study just released showing that those women who obtained healthy amounts of calcium from their diet and also took calcium supplements had a higher incidence of heart disease and a greater chance of dying, suggests that paying attention to television advertising might be dangerous for women's health.

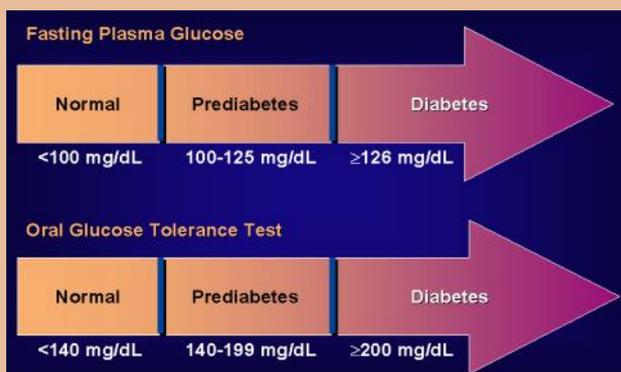
A number of other studies have also questioned the wisdom of taking extra calcium, while a 5-year Australian study in older women has revealed that taking supplementary calcium does not increase either the risk of heart disease or death.

How can all this confusion be resolved? I'm currently constructing an anti-ageing and wellness App soon to be released on iTunes that deals with osteoporosis and heart disease prevention, but in the meantime the best way to find out if you need extra calcium is to have your levels assessed. A blood test or even better a 24-hour urine test will tell you if you are deficient in calcium. Most doctors don't know about the 24-hour urine collection.

At the same time your doctor needs to assess all the other hormones that impact calcium status and these include vitamin D, which actually is a hormone, and another hormone called parathyroid hormone. Taking excessive amounts of calcium suppresses vitamin D, a hormone that is not only good for your bones but also protects your heart. When vitamin D isn't working, parathyroid hormone levels will be high. All of this is a little complicated. Ideally you need to find a doctor who knows how all of this works and can therefore ensure you have the right investigations and the appropriate management.

Pre-diabetes - are you suffering in silence?

The incidence of diabetes is escalating so rapidly health authorities are now recommending that pre-diabetes be identified, when there is still time to reverse a disorder carrying with it a much increased risk of heart disease,



blindness and even cancer. You don't have to be overweight or have any health complaints to be pre-diabetic. All you need is a fasting blood sugar or glucose level of 5.6mmol/L (100mg/dl) or greater, with some experts even suggesting that a level just above 5mmol/L (90mg/dl) is enough. Health authorities aren't broadcasting this in any way that is getting adequate attention, as most doctors are blissfully unaware of the pressing need to identify pre-diabetes in order to target this disorder and prevent

the health disaster that is diabetes. Once diabetes is diagnosed the damage that sets up the development of heart disease, vision loss and kidney failure is already firmly established.

High intensity interval training and longevity

High intensity interval training is not only associated with weight loss but also might promote longevity. All you have to do is exercise maximally for 30 seconds on a step machine or on whatever aerobic apparatus takes your fancy. Doing this outdoors or going up stairs is fine. Then rest for 60-90 seconds and repeat another set of maximal exertion for 30 seconds. 5-7 sets of this pattern 5 x weekly is considered sufficient.

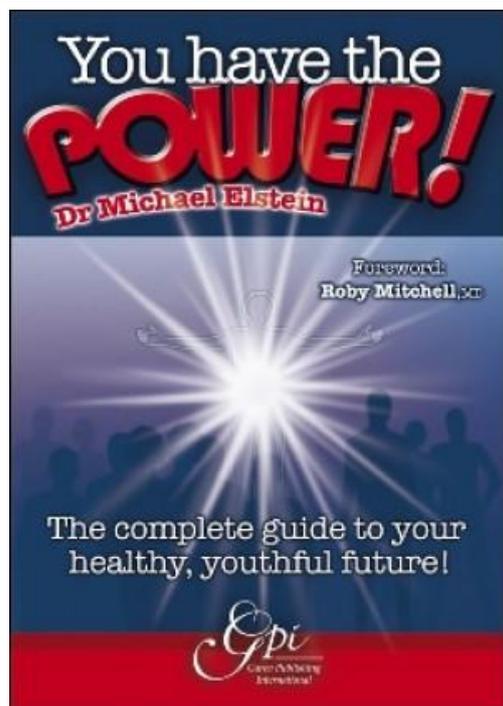
Q&A With Dr Elstein

QUESTION

I was diagnosed with adrenal fatigue by a naturopath about 5 months ago. Since then I have been able to carry on with my life, not to the same degree including exercise. I am a personal trainer so it's frustrating still not being able to exercise how I'd like. I would like to take my recovery one step further and try and rebuild my hormonal system. Is this something you could help me with?

ANSWER

One way to assess if your adrenal hormones are functioning adequately aside from looking at the indicators such as dizziness, sweaty palms and excessive irritability, which suggest there is a malfunction, is to measure these hormones, especially the hormone cortisol, via a saliva test. You are correct about having the rest of hormones assessed but essentially a comprehensive evaluation discussed in my e-Book '[You Have The Power](#)' would be my suggestion for the way forward.



Latest Edition

This is the latest e-Book edition from Dr. Michael Elstein, an anti-ageing physician who specialises in allergy testing, nutritional and dietary therapy, sexual health and weight loss. Having been in clinical practice since 1984, he has a wealth of experience in the alternative health field with post-graduate studies in acupuncture, herbal medicine, iridology, nutritional medicine and psychotherapy. He is a Fellow of the Australian College of Nutritional and Environmental Medicine and a Fellow of the American Academy of Anti- Aging Medicine.

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 is light years ahead in anti-ageing and preventive medicine.

David Miles - CEO

The latest research and holistic approach to medicine. I am very impressed with the results.

Leslie McInnes - University of Sydney

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