

March 2015 Newsletter



Dr Michael Elstein

Cortisol and weight gain

After the big bang came the hormone cortisol. Much more than evolution, which morphed our ape ancestors into upright walking hominids, cortisol is the hormone which jolts us out of bed in the morning, manoeuvres us into the erect position and propels us into the day. Cortisol is our prime energiser and personal trainer steering us into high output performance mode. Those who've read the latest edition of the home page will have encountered a segment describing [adrenal fatigue](#). When the adrenal glands, where cortisol is produced, become overwhelmed and ultimately incapable of churning out adequate amounts of this hormone, then we become languid and lethargic.



Tragically the converse is even more alarming. When our higher centres located in the brain, that dictate how much cortisol our adrenals should produce, go into constant overdrive, then our bodies will be flooded with ongoing torrents of cortisol. What these waves of cortisol do is encourage fat cells to grow and multiply. If that's not malfeasance enough, excess cortisol also raises our blood sugar, directs all the fat that it has seeded to crowd around our bellies and our livers, elevating our cholesterol levels and blood pressures, all of which is fertile ground for heart attacks and strokes. For those who are finding it extremely difficult to lose weight, which is a lot of us, cortisol in freefall might be the culprit, at least in part.

How did it come about that cortisol, a hormone that is the foundation of our daily existence, is also capable of fashioning our denouement? Although some claim that ongoing economic and psychosocial stress might be the prime cause, other research suggests that early childhood trauma including emotional, physical and sexual abuse might be the principal trigger freezing the brain in terror alert, which then opens the floodgates for unrestrained salvos of cortisol.

There are investigations which will identify overproduction of cortisol and these include [blood tests and even better measures](#) which quantify salivary and urine cortisol levels. Most physicians don't order these.

Social Networking



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Highlights from the longevity revolution

With an infant on the cover emitting a wry, quizzical expression of wonder underlined by the caption claiming that 'This baby could live to be 142 years old,' a recent edition of Time Magazine devoted a special double issue to shining the spotlight on recent discoveries from the world of anti-ageing research.

For those who think that ageing only happens when we get much older, the Time Magazine article warns us that our bones start to lose their substance in our mid-thirties, lung function declines 1% per year from the age of 30, fat starts to accrue and muscles atrophy when we hit 40, our range of sight also diminishes when we traverse the big 40 and if that's not enough of a disturbing newsflash, incredibly our skin loses collagen and elastin from the very juvenile age of 18. Imperceptibly our bodies are going downhill without nature giving us much notice or due consideration.

So does Time offer us any breakthrough remedies for our prematurely ageing bodies? As it turns out a lot of the more easily accessible strategies are mental rather than magical physical potions. Really simple actions like regular meditation and exercise, optimism about the future, being happily active rather than cynically sedentary and oh yes eating less, especially sugar, chowing down on plant-based foods, nuts, avocado, olive oil and some protein might allow us to watch, at least for some of its journey, the baby who could live to be 142 years old.

Growth hormone and weight loss

If surplus cortisol is not your poison growth hormone might be your weight loss saviour. A number of clinical trials on those suffering from obesity show that growth hormone treatment leads to reductions in fat mass especially that which accumulates around the abdomen. Growth hormone also builds bone and muscle and lowers cholesterol, further important structural and metabolic benefits. Aside from some studies indicating that growth hormone raises blood sugar levels, others point to just the opposite.

What about the more serious adverse outcome whereby growth hormone could make cancer cells grow or even worse give birth to cancer cells? While the research is reassuring in this regard the evidence is not conclusive. Anyone taking growth hormone needs to be aware of this.

The Wellness Guide to



Preventing the Diseases of Ageing



by Dr. Michael Elstein

The latest [e-Book](#) by Dr Michael Elstein is very well priced at only **\$10** considering its content which comes from Dr. Elstein's wealth of knowledge.

His 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.

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. This latest e-book will give you the knowledge to put you on the path of health, wellness and longevity.

Please [Click Here](#) to get your copy

Event Announcement

Where:	Petrozzi Wellness Centre 183 Norton Street Leichhardt NSW 2040
When:	Tuesday, 17 March
Time:	7.00 pm
Cost:	\$15 (<i>tea, coffee and water will be served</i>)

Who hasn't agonised over failing to recall names or had that tip of the tongue, celebrity amnesia moment? Does this mean you are lurching inexorably towards Alzheimer's or can your memory cells be reinvigorated?

At this exciting workshop, Dr Michael Elstein, author, energising speaker and anti-ageing specialist will provide you with:

- Dietary,
- Nutritional,
- Hormonal and
- Behavioural strategies to optimise your mental powers and prevent the neurodegenerative diseases of ageing.

You will learn:

- About the investigations that can be utilised to assess the underlying processes that compromise your brain function
- Learn about the steps that can be taken to address and reverse these before they lead to irreparable damage.

You will come away with:

- An action plan to safeguard the most vital asset you have that makes you a unique human being. Your brain.

Don't miss out on an informative evening.

Please RSVP by telephoning Petrozzi Wellness Centre on 9518 0096

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