

Eternal Health Medical Centre



March 2017 Newsletter

By. Dr Michael Elstein

How well are you sleeping?



Insomnia, it's enough to give you sleepless nights. Well, maybe no more. Time Magazine, ever the vanguard of all things scientific and life-enhancing, has a compendium of technological aids that might provide a much smoother ride through those turbulent night time bumps. There is an aromatherapy diffuser that disperses gentle mists of the essential oil Lavender, which is reputed to promote deeper sleep. A Zeeq Pillow contains sensors and vibrating panels, which nudge you into a more restful position when you snore. Smartshaker 2, a vibrating

disc, placed under your pillow, can be programmed by your smartphone to wake you up with a gentle vibration, a pleasant non jarring way to start your day.

For those needing a sleep inducer that is more substantial, combining the herbs valerian, hops and lemon balm with melatonin, a hormone used to manage jetlag, might ease that much needed early transition into deep sleep while the technological innovations keep you there.

Longevity 2017

The same Time Magazine article, featured in the February 27th/March 8th edition of the magazine, shines the spotlight on advances in the anti-ageing arena. A large part of any longevity assessment is identifying the risks for developing the maladies of ageing such as Alzheimer's, cancer and heart disease, so that these can be abrogated before they set in. [Health Nucleus](#) is a programme offered in the USA which involves comprehensive sequencing of the genome as well as a genetic profile of the germs residing in your GUT. The theory being that what happens in anybody's GUT has a major effect on their wellbeing. The eight hour assessment, which is not for the financially faint hearted, includes a full body MRI scan and an assortment of blood tests which will help outline any underlying vulnerabilities for developing future diseases so that these can be actioned and reversed where possible.

While [anti-ageing assessments](#) in this country aren't as sophisticated, they do encompass genetic testing, scans and a range of tests which assess the risks for a host of diseases that escalate with ageing including osteoporosis, dementia, heart disease and cancer.

Anti-Ageing super pills

Ever since I ventured into the world of eternal youthfulness, the race has been on to find the one magic elixir that would grant immortality. The latest anti-ageing superhero is a product called [Basis](#).

This formulation contains two principle ingredients: nicotinamide riboside and pterostilbene. While the former, a derivative of vitamin B3 and the latter, found in almonds, grape leaves and blueberries, have tremendous potential for promoting longevity, their potential has yet to be tested in clinical trials on humans.

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New e-Book Announcement

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

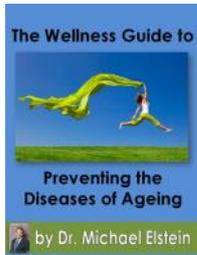
Chapter Seven – Surgery

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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.

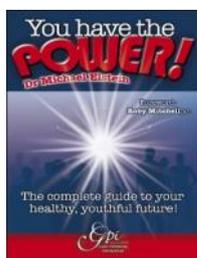
This latest e-book will give you the knowledge to assist in keeping you on the path of health, wellness and longevity.

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

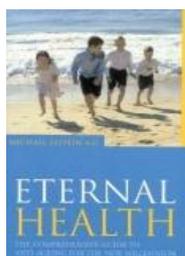
Please [Click Here](#) to purchase



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.

Please [Click Here](#) to purchase



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.

Please [Click Here](#) to purchase



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.



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