



Newsletter

May 2013

By Dr Michael Elstein

ANTI-AGEING/WELLNESS EXPERT

Losing Weight

Protecting your heart and the many benefits of fish and fish oil

Fish oil is a substance we connect mostly with preventing heart disease. It does a whole bunch of other things like help you to lose weight along with exercise, lowers your blood pressure, boosts your mental powers and contributes to the prevention of macular degeneration. Asthma, depression and ADHD have all been shown to benefit from fish oil. Period pain, preventing stroke and endometrial cancer, improving bone mineral density, psoriasis, rheumatoid arthritis, poor circulation associated with Raynaud's syndrome and irregular heart rhythms all respond favourably to fish oil supplementation. Eating two reasonable size pieces of salmon twice a week or taking fish oil supplements might help to prevent Alzheimer's. High levels of EPA and DHA found in fish and fish oil are associated with a reduced risk of prostate cancer. The problem is we're starting to deplete the ocean of fish, as I've indicated in a previous communication, and relying on farmed fish means that we have to trust the feed that the fish receive.



A possible solution would be to use algae, as these are a rich source of omega-3 fatty acids. Algae-derived oils are vegetarian friendly and easy to mass produce. This industry is slowly starting to gain momentum and it would provide a marvelous eco-sensitive initiative for realizing the numerous benefits of fish and fish oil.

The one small wrinkle connected with deriving numerous benefits from omega-3 fatty acids is our genes. The latest research indicates that while some genes interact with these fats in an entirely beneficial way, leading for example to an increase in HDL and a lowering of LDL, the kind of cholesterol profile that is hugely heart-friendly, another set of genes do just the opposite. All the more reason to have your genes profiled and this form of testing is now available. Have a discussion about this with your doctor.

Measuring and Preserving your Telomeres

A pathway to immortality or a journey to a health disaster

At the ends of our chromosomes where our genes are situated are perched our telomeres. They protect our genes allowing our cells to continue multiplying. As we age, our telomeres shorten becoming increasingly frayed and dysfunctional. This brings with it two significant and highly impactful consequences. It might speed up the ageing process, as research shows that telomere shortening is associated with weakening of the immune system and a host of age-related diseases. What telomere shortening also does is expose our protective genes to distorted DNA that might give rise to the development of cancers. Our body's defences are then activated to terminate any potential cancerous cells before they proliferate without any failsafe mechanism.

Telomere measuring has now become commercially available. What's not clear is how safe it is to adopt strategies to preserve our telomeres. Is this a way to beat ageing or a recipe to encourage the promotion of cancers?

Eternal Health Medical Centre

If you are suffering from Weight Gain, Diminishing Memory, Anxiety or Insomnia, then your body might be ageing prematurely.

At Eternal Health Medical Centre utilising appropriate nutritional, biochemical and hormonal evaluation, the underlying reason for your disorder will be examined.

Using dietary manipulation, optimising digestive and liver function with natural remedies and treating your hormonal imbalances, cellular health, energy and vitality can be restored. This can allow you to enjoy a life filled with enthusiasm, vigour, passion, joy and humour.

Seeing a doctor might never be the same again!

Please call **02 9337 3589** during business hours for more information.

The Eternal Health Wellness Program

This program is the latest in preventative medicine and anti-ageing technology.

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 can't enjoy our lives.

For more details, please [Click Here](#) or please phone **02 9337 3589** during business hours.

Q&A With Dr Elstein

QUESTION

I am 59, and in January this year my bone density results indicated that I was borderline osteoporotic. I am frustrated that despite a relatively healthy diet and lots of exercise (cardio and load bearing) over many years, I can't seem to halt the decline. In addition, I'm very unhappy about having been put on potentially harmful medication. I'd very much like to get to the bottom of the problem so that I can do whatever I can to prevent further decline and (optimistically) strengthen the bones naturally rather than artificially.

ANSWER

Aside from optimizing your mineral status including calcium, magnesium and zinc, which can be assessed by means of a 24-hour urine test, there are a number of strategies you can adopt to boost your bone status, including an exercise and weight training programme. You would also need to look at those factors listed in my e-Book '[You Have The Power](#)' which can negatively impact bone health. Vitamins K1 and K2 and the hormone DHEA can help to build healthy bones.

QUESTION

I have late onset Type 1 diabetes (?) or Type 2 depending who I talk to. I am working on getting off all medications using supplements, but think I need some guidance. My doctor wants to add blood pressure and cholesterol-lowering medications as well.

ANSWER

Doing a genetic test can be useful as it can let you know whether you have the genes that make it difficult for your body to make sufficient insulin-the hormone your body needs to control your blood sugar levels. This might make it more difficult for you to lose weight. Exercise, changing your diet and optimising the nutrients and hormones that help insulin to function might help to prevent the need for medications to manage your health challenges.

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.

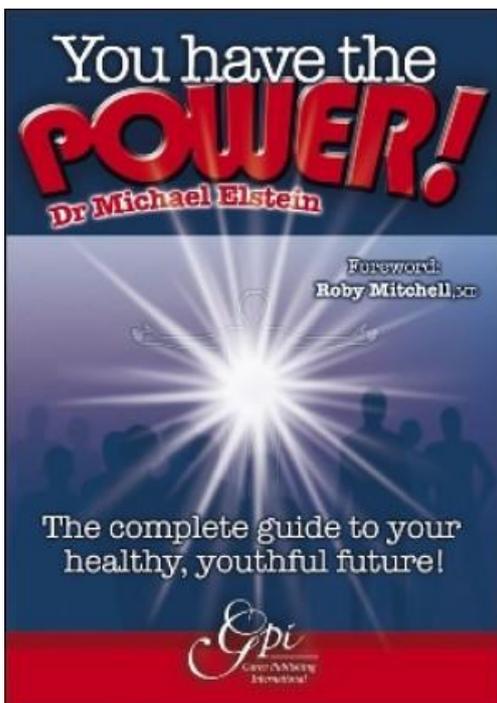
Dr Elstein's e-Book, [You Have The Power](#) provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease, treating wrinkles, negotiating menopause, permanent 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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of \$29.95!

To order using your credit card,
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