

Eternal Health Medical Centre

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Fruits that help you to lose weight

I have a friend who loves fruit, especially fruit juice, which he has with a meal every time we meet for breakfast. He used to play sports regularly and was fit, healthy and lean. Now he is in his mid-fifties, exercises infrequently, has a raft of health problems for which he ingests a number of medications and he's grossly overweight. He's of the opinion that fruit juice is good for him and it's difficult to convince him that this



supposedly healthy behaviour might be exacerbating his rapidly bulging waist line.

Fruits that we commonly enjoy because they taste sweet including watermelon, apples, cherries, mango and pears are high in a type of sugar called fructose that stimulates weight gain. Juicing these significantly increases their weight promoting potential, as do dried fruits. Consuming these fuels an insatiable desire to eat even more. This is because they switch off leptin and insulin, hormones which makes us feel full and control our blood sugar levels.

Low levels of fructose are found in blueberries, strawberries, kiwi fruits and citrus fruits.

Zinc treats hair loss

Recently I consulted with a patient in her early forties who was suffering from hair loss that was crippling her self-esteem. As is the custom with all my patients, I investigated her digestive capacity, assessed whether she had food allergies and nutritional deficiencies and then [examined](#) her hormonal status. A coated tongue suggested that she was producing insufficient digestive juices and her blood tests revealed that she had a gluten intolerance as well as exceedingly low levels of zinc and protein, nutrients that stimulate hair growth. Her thyroid hormone levels were at the bottom end of the range.

Having addressed all these dysfunctions, especially targeting her zinc and protein status, much to her delight within three weeks she noticed that her hair was starting to regrow. Ten weeks later her hair loss had undergone a substantial turnaround, as had her plummeting sense of self-worth. Her thyroid hormone status also improved as zinc and protein, not uncommon nutrient deficiencies, are vital for thyroid hormone production.

Propecia is a medication routinely prescribed to manage male pattern baldness. In some men, and it's not possible to predict who will be compromised, using this therapy can lead to lasting emotional and sexual dysfunction, long after the treatment has ceased. While the gains are more subtle and might sometimes take longer to manifest, homing in on the possible underlying nutritional needs particularly that of zinc might lead to tangible benefits without the devastating downside of conventional pharmaceuticals.

Preventing Ovarian Cancer

The problem with ovarian cancer is that it can be the great imposter, often going undiagnosed until it has grown significantly. Bloating, change in bowel habits, an urgent need to urinate, fatigue and abdominal pain are all obscure pointers to a disease that can be lethal, as it might only be discovered once it has spread its tentacles unremittingly.

While early detection would undoubtedly be advantageous, the American Cancer Society advises against routine ultrasound screening or using the CA-125 blood test. This is because both these investigations are not good at identifying cancer with many other causes leading to these being abnormal.

There might be no ironclad way to prevent this awful disease but evidence indicates that excessive consumption of red meat cooked at high temperature coupled with raised iron levels might be triggers. Marry this with metabolites or by-products of the hormone oestrogen which then corrupts DNA to instigate the growth of abnormal cells and we have the presence of a toxic consortium that ultimately leads to cancer. Iron status can be checked by means of a blood test. Urine tests which are not yet freely available or widely employed by doctors can be utilised to identify the abnormal oestrogen metabolites that are eliminated by the kidneys. Research suggests that the accumulation of these virulent oestrogen metabolites can be circumvented by supporting the biochemical pathways that prevent them from multiplying. Zinc, selenium, magnesium, B vitamins, resveratrol made from the skin of red grapes and N-acetylcysteine, a nutrient the boosts liver function and antioxidant status, all enhance oestrogen metabolism in a favourable fashion.

Executive Medical Health Checks

Dr Elstein is able to carry out [Executive Health Care Checks](#) at the Eternal Health Wellness Centre. Essentially there are three options available to busy high level executives:

1. The Foundation Assessment
2. The Premium Assessment
3. The Platinum Assessment

The Foundation Health Assessment takes approximately one hour to complete and provides a fundamental appraisal of core health parameters as well as focusing on some of the prime risk factors for diabetes and heart disease.

The Premium Assessment takes approximately two hours to complete. This evaluation focuses on the major risk factors for heart disease, diabetes and Alzheimer's dementia. It also measures the key vitamins and minerals that are essential for energy and wellbeing. Cardinal hormones that impact stress and healthy sleeping patterns will also be quantified.

The Platinum Assessment is an in-depth executive analysis using cutting edge technology to provide a unique, individualised overview of cellular functioning including genetic, hormonal and CT profiling.

An outline of what is involved in this service is shown below:

- Comprehensive organ systems and health evaluation questionnaire
- Personal & Family Health History
- Lifestyle Profile (including alcohol, smoking, exercise activity and nutrition)
- Stress and Sleep Assessment

For information regarding the above assessments, please call Dr Elstein on **9337 3589**.

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