



Enhance exercise with Tocotrienols, Whey Protein Isolate, and Creatine

If exercise tasted like chocolate we'd all be Olympians. Mostly we exercise because of the hoped for benefits, not because we experience an abundance of pure joy as we drive ourselves through roadblocks of discomfort to hone that perfect physique. Pain that is more bearable and gains that are more achievable and substantial might make exercise more appealing. Recent research on overweight rats shows that Whey Protein Isolate and Tocotrienols, a component of vitamin E derived from palm oil, dramatically improves exercise capacity and endurance.

Despite being overweight, rats were able to swim twice as far when given these two substances. They also had increased muscle mass and burnt fat more efficiently. In a running test they were able to run further and longer compared with animals who did not receive these supplements. What these substances also do by promoting fat burning is to reduce lactic acid levels which makes exercise more sustainable with less unpleasant effects. While we await trials on humans, anecdotal reports suggest that we might enjoy the same payoff as rats.

In some studies, Creatine supplementation has been shown to boost endurance and muscle strength as well as increasing gains in muscle mass.

Highlights from recent Anti-Ageing Conferences

Experts from around the world convened recently in Kuala Lumpur and Sydney to showcase their latest research findings from the world of anti-ageing medicine. Queen Garnet plum juice, a delicacy harvested in Queensland, was presented as a possible alternative to conventional blood lowering medications. Rich in antioxidants and low in fructose, making it an ideal agent, it was found to reduce blood pressure over a twelve-week period as much as conventional medications, thereby providing a more desirable treatment option than pharmaceutical interventions with their attendant side effects.

Olive oil was shown to preserve cell membranes which wither with ageing while excessive consumption of polyunsaturated fatty acids found in margarines and safflower oil might accelerate ageing.

Gingivitis in healthy young adults was shown to increase the kind of inflammatory chemicals which raise the risk of having heart disease later in life. With gingivitis and periodontitis being so widespread, and these being associated with heart disease, in collaboration with a group of compounding pharmacists we have formulated a natural gel which when applied to dental brushes and administered daily can eradicate gingivitis, treat periodontitis and preserve healthy gums. For those interested, contact [TJ Pharma Compounding Pharmacy](#) in Sydney on 02 8964 9492, and they will ship this product to you.

I presented research on the microbiome, or the balance of bacteria in our gut, indicating how vital a healthy gut ecology is for our mental and emotional wellbeing and also for the integrity of our immune system. Rather than turning to the influenza vaccination, which European research suggests is only 60% effective, probiotics or healthy gut bacteria have the power to prevent coughs, colds and flus. One of the participants suggested that rather than relying on probiotic supplements, the most over-arching means for obtaining high-octane probiotics was to consume kefir, which provides a vast array of bacterial strains far in excess of any supplement.

Contrary to the advocates of the Paleo Diet, lowering protein and increasing carbohydrates facilitated longevity in mice. It also protected their brains and improved their memory.

Media Appearances and Mentions

Dr Elstein has been interviewed for the Today Tonight TV Programme in Adelaide to discuss the adverse effects of the Paleo Diet, and has raised some very interesting points. Please click on the image below to view the clip.



Another great mention is for the Anti-Ageing Health Boosters article which was published in the latest edition of New Idea Magazine. Please [Click Here](#) to read the article.

Social Networking



[Send a friend request](#) to Dr Elstein, or please [Click Here](#) for regular Health Updates.



Please follow Dr Elstein on Twitter or tweet him a greeting @DrElstein



@DrMichaelElstein



The Eternal Health Wellness Programme

This programme has been developed by Dr Michael Elstein and is the latest in preventative medicine and anti-ageing technology and is the first of its kind in Australia. 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 simply can't enjoy our lives. Some rules for successful ageing are:

1. Accept it
2. Enjoy it
3. Anticipate and plan for it
4. Follow the Eternal Health Wellness Programme

[The Eternal Health Wellness Programme](#) is based on the well-founded belief that age related diseases and symptoms as experienced by the majority of the Western World are largely induced by our modern lifestyle, our diet and environmental factors. The Eternal Health Wellness Programme begins with an assessment of the influence of all these factors.

Utilising sophisticated medical technology and comprehensive computerised assessment of your current health status; we will identify the metabolic and hormonal imbalances that contribute to accelerated ageing and degenerative disease processes. From this we can identify areas of your health and lifestyle that you need to modify. Your programme will then be individually tailored to suit your unique biochemical profile, which throughout the programme will be constantly monitored and reviewed.

The aim of the [Eternal Health Wellness Programme](#) is to reduce the signs and symptoms of ageing and replace them with robust good health and a sense of well-being for as long as possible. Fatigue, poor memory, weight gain, diabetes, heart disease and diminished sexual vitality are not an inevitable consequence of growing old. By becoming pro-active, planning and implementing your health program you can slow the biological clock, experience renewed health and vitality, and help protect your body from age related degenerative diseases.

For the programme to be successful you have to commit to it and take control of your health and follow your individual programme specifically designed for you based on all your information and test results. Early Detection and Prevention is the Key to managing good health.

If you answer yes to any of the following then the [Eternal Health Wellness Programme](#) is highly recommended for you.

- Do you or any one in the family have High Blood Pressure?
- Is there a history of heart disease in your family?
- Do you or any one in your family have High Cholesterol?
- Do you or any one in your family suffer from Diabetes?
- Are you or any one in your family Overweight?
- Do you tire easily?
- Are you easily stressed?
- Are you or any one in your family showing early signs of aging?
- Do you suffer from Depression?
- Do you have a family history of cancer, strokes, osteoporosis or autoimmune disorders?
- Do you have trouble remembering things?
- Is your libido diminishing?

If your answers to the above are yes, then you need to take preventative measures in order to prevent disease and restore your vitality. Take control and commence your [Eternal Health Wellness Programme](#) now by planning for your health success and begin a program for LIFE and help reduce the signs and symptoms of ageing.

Please call 02 9337 3589 during business hours for more information and to make an appointment

New e-Book

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

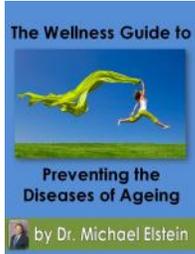
Chapter Seven – Surgery

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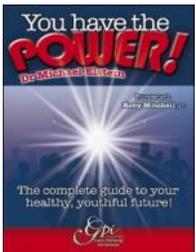
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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

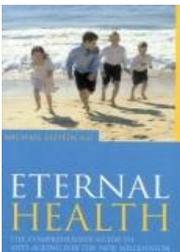
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Dr. Elstein's e-Book 'You Have The Power' provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease, 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



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