



## The benefits of creatine



Creatine is a naturally occurring amino acid found in red meat and seafood. It provides fuel for muscles enabling exercise. Having more of it allows us to exercise more with research showing that loading up with creatine facilitates greater exercise capacity, increased muscle strength and enhanced muscle mass. Creatine helps to prevent injury and makes it easier for us to recover more quickly from an intense training regimen. Whether it's running faster sprints, increasing the weights we are lifting or doing longer periods of aerobic activity taking extra creatine empowers us to execute these activities easier with greater gains and less damage. Cramping is lessened, muscle strains occur less frequently and injuries decrease.

Even the most committed carnivores and certainly vegetarians won't obtain enough creatine from dietary sources. The trick is to supplement with substantial amounts of creatine before we exercise. Initially we need 20g a day in four divided doses for about a week then we can significantly reduce the dose to 3-5grms a day before exercise and this amount of creatine can then be maintained.

There is even some evidence that creatine can lower cholesterol, help manage osteoarthritis, lower blood sugar, preserve bone strength, improve cognitive function and reduce depression.

## Onions and garlic protect against bowel cancer

Consuming allium vegetables, including garlic, garlic stalks, leek, onion, and spring onion, substantially reduces the risk of bowel cancer, specifically the large bowel or colon. This is because these vegetables contain flavanols and organosulfur compounds which have cancer preventive properties. Eating these raw is more beneficial as cooking diminishes the power of these cancer protective effects.

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## Vitamin C and coenzyme Q10 lower blood sugar and slow down ageing

Research on vitamin C and coenzyme Q10 has shown that these two nutrients have the capacity to lower blood sugar and possibly ameliorate the ageing process. In the first study diabetics who supplemented with 1000mg of vitamin C daily experienced lower blood sugar levels and reduced spikes in sugar highs after meals, as well as diminished blood pressure readings. In the second trial participants over the age of 70 were given coenzyme Q10 and selenium for a five-year period resulting in lower levels of inflammation and oxidative stress, two events that might exacerbate the ageing process.

Therefore, would it benefit us to supplement with these two nutrients? Provided that we don't suffer from low blood sugar problems meal related hikes in blood sugar which are prolonged and often proceed unrecognised and elevations in inflammation and oxidative stress, also phenomena that we might not experience, can speed up the ageing process. Supplementing with nutrients that have the power to neutralise these might go some way to limiting adverse biochemical circumstances that might trigger premature ageing.

## 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.



# 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**

# The latest e-Book is now available on both: iBooks through iTunes, and Amazon Kindle

## 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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