



ETERNAL HEALTH

with
Dr. Michael Elstein

Preventing and treating migraines with natural alternatives

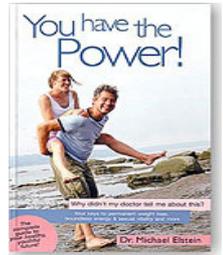
Migraines remain a debilitating condition affecting over 300 million all over the globe with a 70% proclivity for women. This has spurred a massive drug industry with a range of pharmaceuticals, not without their side effects, designed for treatment and prevention. Even Botox has muscled in on the act.

Recent research indicates that, over a six week period, the following regimen was found to be highly effective in a cohort comprised of 30 participants (males 11 and females 19) aged between 25–45 years:

- Zinc sulfate 75 mg daily in drinking water 1 hour after morning meal for 6 weeks.
- One capsule of vitamin B-complex daily for 10 days from the start of treatment.
- One capsule of vitamin-A or -E daily for 10 days from the start of treatment.

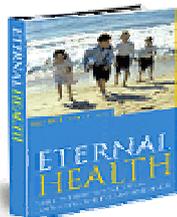
After 6 weeks of this treatment almost all the patients reported to be free from migraine. This group underwent ongoing surveillance for the next three years with only two women reporting the occasional mild headache.

The authors of this study posit that hormone imbalances including raised levels of oestrogen in the face of cortisol, thyroid hormone, melatonin and progesterone deficiencies, together with excess levels of the minerals copper and iron might be implicated. They also claim that high levels of copper and iron would increase free radical levels, which would be antagonised by zinc. What they don't have an explanation for is why vitamins A or E and B would be effective. My take on this is that vitamins A and E are antioxidants which reduce free radical stress, if this is involved.



Dr Elstein's
Latest Book
'YOU HAVE THE
POWER'

Available Now
as an e-Book at
www.eternalhealth.org
on the Products tab
or
please phone
02 9337 3589
to order your copy



A comprehensive guide
to Anti-Aging
for the new millenium.
Available Now
as an e-Book at
www.eternalhealth.org
on the Products tab
or
please phone
02 9337 3589
to order your copy

The reason for vitamin B being a game changer is the connection between elevated levels of homocysteine, a substance normally recycled by B vitamins and utilized beneficially, becoming harmful and setting off whatever it is contributes to migraines, like once again free radical excess.

Further research suggests that the herbs feverfew and butterbur as well as riboflavin, coenzyme Q10, and magnesium might help with migraine prevention, while melatonin looks promising for cluster headaches.

A lot of these benefits appear to rotate around neutralizing free radicals. Research isn't clear about the wisdom of measuring the above mentioned hormones and attempting to realign them if imbalances are uncovered.

M
A
Y

2
0
1
1

N
E
W
S
L
E
T
T
E
R

May 2011 Newsletter

Do drugs that suppress acid production pose a risk?

The story about pharmaceuticals that are used to reduce acid production bears repeating. Doctors are prescribing them as if they are a universal panacea. Often this is inappropriate and potentially dangerous. We desperately need stomach acid to digest protein and protein is the most essential of nutrients. We need it to make things like hair, skin, nails and DNA. Without protein our bodies would shrivel and become crippled and decrepit. I often find that patients are lacking in protein, usually not because they aren't getting enough in their diets, but for the reason that they aren't breaking it down sufficiently to digest it, which is the prime function of stomach acid.

Gastroenterologists and a legion of allied physicians love prescribing drugs called proton pump inhibitors, as they substantially reduce acid production, which might help to manage some of the most common complaints that trouble us, including indigestion, stomach pain and reflux or heartburn. My experience and research suggests that reactions to foods including yeasts and gluten are common triggers for symptoms like heartburn and stomach discomfort, indicating that simply avoiding these foods rather than taking medications that undermine acid production would be an easier solution, but this appears to be ignored by most physicians.

The question is whether we pay a price for our reliance on medications which might deprive us of essential nutrients, like protein, as well as iron and vitamin B12, with these also needing adequate amounts of acid for their absorption.

It is probably more difficult to assess protein status so research hasn't gone there but what the data do demonstrate is that in older patients and those who are malnourished vitamin B12 deficiencies do occur. Iron appears to be spared and is not compromised. What acid also does is to neutralise bacteria and if we lower acid bugs may thrive. Indeed research does confirm that a number of bacteria are able to assert themselves once acid production is suppressed by proton pump inhibitors, causing infections in the bowel that are associated with bloating, diarrhea, and malabsorption, which might once again lead to nutrient deficiencies.

In those who might have an increased risk of having brittle bones (elaborated in my book '[You Have The Power.](#)') and developing fractures taking these medications will heighten this possibility.

The review which examined the potential downside of proton pump inhibitors concludes that 'no therapy is completely without risk—whether pharmacologic, surgical, or psychological, and no matter how benign or straightforward. Consequently, no drug, procedure, or treatment plan should be ordered without a valid indication. Even with an indication, the risk-benefit ratio of the therapy prescribed should always be considered. If the indication for the proton pump inhibitor is weak or uncertain, then even a slight risk tips the balance away from the drug, and the drug should be discontinued.'

As noble as this proposal is, all too often, unfortunately, it does not translate into reality and we ignore this at our peril.

Journal Club

Join by clicking on the Journal Club tab at www.eternalhealth.org to receive articles from premier anti-aging journals on the latest in Longevity Management and preventative medicine.

These articles will also include commentary from Dr Elstein.

Memozeal Special!
While Stocks Last!

3 FOR THE PRICE OF 2

To Receive this offer call (02) 9337 3589



May 2011 Newsletter

Chemicals are disrupting our hormones, increasing cancer risk and dramatically reducing our fertility

Since the middle of the 20th century there has been a considerable increase in reproductive diseases and in cancers affecting the reproductive system, aligned with a significant drop in rates of fertility in the developed world. This is largely attributable to the massive increase in environmental chemicals both natural and synthetic, that are being used in agriculture and commerce, to mould and subvert nature in order to make our lives more comfortable and enrich our material gains. Nature is fighting back with ferocious intent, as we have witnessed in the past year and we are paying a huge price for our folly, masquerading as civilisation and progress. Our hormones are stewing in a toxic chemical soup and the outcome is a host of maladies and deadly diseases together with a sizeable decline in fertility rates

For those who are members of the journal club you will receive a recent scientific report, which contains a table outlining the devastation that is occurring around our hormones and reproductive function as a result of exposure to environmental chemicals.

A lot of the damage appears to happen in the womb when the fetus is extremely vulnerable to hormonal influences that are defective. Take thyroid hormone for example. Exposure to optimal levels of thyroid hormone are critical for normal brain and nervous system development. There is good evidence that polychlorinated biphenyls and pesticides cause a decrease in maternal thyroid hormone production and function in such a way that it won't even be picked up by blood tests. The result is mental retardation and neurocognitive deficits that might only be identified years later. We only need small reductions in thyroid hormone during the 1st trimester of pregnancy to lead to a substantial reduction in mental performance much later on in adulthood.

Exposure to phthalates found in personal care products, plastics including flooring and tubings inhibits testosterone synthesis and when this happens in the womb a number of disorders involving male reproductive tissue may result, including testicular cancer.

While we cannot reverse what we've encountered in the womb we can reduce our exposure to environmental chemicals that can continue to disrupt our hormones. If you wish to discover which personal care products contain harmful chemicals try www.cosmeticsdatabase.com. Store your food in glass rather than plastic containers and avoid using plastic in the microwave. In fact heating of certain foods including breads potato chips and meat releases cancer causing agents. A colleague and friend has recently released in an excellent book, with easy to utilize simple recipes, about the dangers of heating foods and the benefits of a raw food diet. The book is called 'Golden energy,' and can be found at www.marilyngolden.com.au

The Eternal Health Wellness Program

This program is the latest in preventative medicine and anti-aging 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. There is further information about the Eternal Health Wellness Program on the Anti-Aging tab of the website, www.eternalhealth.org

Start planning for your health success and begin a this program for LIFE and help reduce the signs and symptoms of ageing. For more details, please phone 02 9337 3589

Questions and Answers

Your Queries Answered

Question: Your book 'Eternal Health' has had a positive impact on my quality of life & thanks! My girlfriend suffers the pains, weight gain and fatigue associated with fibromyalgia, which I believe is heightened by her taking over 9 different drugs a day. Can you suggest any natural remedies that might help? Are any of your programs designed to help sufferers of fibromyalgia?

Answer: Fibromyalgia and fatigue with associated weight gain can be so debilitating that it is not surprising that doctors have rushed to medicate your girlfriend. There is evidence that those who suffer from fibromyalgia have heightened pain sensitivity as well as the fact that descending inhibitory pathways from the brain aren't able to blunt the pain response. This might have something to do with the neurotransmitter or brain chemical called serotonin, which is involved in mediating or reducing the experience of pain but has become dysfunctional, possibly due to biochemical activation of antagonistic pathways that are set in motion by an inflammatory process.

Inflammation is a state referring to an ongoing elevated immune sensitivity that has adverse effects on brain structure and function. Evidence from scanning shows that those who suffer from fatigue tend to have a degree of grey matter loss. What inflammation does is suppress the formation of new nerve cells and inhibit the establishment of connections that nerves have with each other. Aside from disturbing brain function which intensifies pain sensitivity inflammation might also be directly damaging to parts of the body which are associated with fibromyalgia pain.

Inflammation might also compromise the production and function of hormones leading to fatigue and this includes hormones such as thyroid hormones, cortisol, growth hormone and vitamin D.

The principal question then becomes: What triggers inflammation? Here a host of viruses, fungi and bacteria have been implicated including candida albicans, the herpes simplex and Epstein Barr viruses, helicobacter pylori found in the stomach and a number of others. There is some evidence that while targeting these organisms the immune system inadvertently homes in on the self, leading to what is known as an autoimmune process and diminished production of hormones.

There are a number of other factors that lead to inflammation including allergies to foods, the presence of heavy metals like aluminium, lead and mercury, raised levels of a substance called homocysteine, obesity itself and excess free radical stress.

Studies also show that fibromyalgia patients have low levels of zinc and magnesium. Iron and copper might be elevated or depressed. Raised iron and copper levels increase free radical levels.

There is scientific evidence that the following helps to manage fibromyalgia: applying cream containing 0.025% of the active capsicum constituent capsaicin 4 times daily to tender points for 4 weeks, malic acid with magnesium, 5-hydroxytryptophan which increases serotonin, balneotherapy with mineral baths, taking gamma-hydroxybutyrate orally, which seems to help reduce pain, fatigue, and sleep disturbances as well as taking SAME.

Aside from these remedies reducing inflammation, treating its underlying cause, optimizing hormone levels and immune system function and balancing mineral status, might lead to significant reductions in pain, without the need for so many medications and you would need to find a physician who is familiar with this approach, if you are going to help your girlfriend wean off her medications.

Eternal Health Medical Centre

Ph. 02 9337 3589 **Fax.** 02 9386 0362 **Web.** www.eternalhealth.org

(We are next to the dental surgery, please park on the David Jones side of shopping centre)

PRACTICE ADDRESS

Shop 6013D, Suite 6, Level 6, Westfield Shopping Centre
Bondi Junction NSW 2022

POSTAL ADDRESS

PO Box 2365
Bondi Junction NSW 1355