



Eternal Health Medical Centre

November 2015 Newsletter

By. Dr Michael Elstein

The death of Paleo

When the World Health Organisation warns about the dangers of processed and red meat consumption, then we might need to sit up and take notice. At the end of October, the International Agency for Research on Cancer, the arm of the World Health Organisation, comprising 22 experts from 10 countries, which investigated the cancer-promoting effects of meat, collated all the scientific evidence and concluded that both processed and red meat consumption increase cancer risk, especially bowel cancer. Pancreatic, stomach and prostate cancer are also on the hit list with pancreatic cancer being especially lethal, as once this diagnosis is made the trajectory towards a terminal state is tragically swift.

Processed meat would be the bacon, salami or sausage variety, as well as hot dogs, ham, corned beef, canned meat, meat based preparations or sauces and biltong or beef jerky. Red meat includes beef, veal, mutton and pork.

Curing and smoking, as well as cooking at high temperatures by panfrying, grilling or barbecuing generate carcinogenic chemicals that might be the source of meat's woes. Red meat increases DNA damage which can be mitigated by calcium.



Meditation to prevent Alzheimer's

Ongoing anxiety, insomnia, benzodiazepine or Valium use and unremitting stress, particularly that which is work related, increase Alzheimer's risk. Research shows that regular mediation can temper the adverse effects of cortisol, the hormone triggered by excessive stress, connected with Alzheimer's disease causation.



This might sound wacky but a simple form of meditation that involves intoning the sounds Saa, Taa, Naa, Maa while touching the thumb to the four fingers of the hand in sequence starting with the index finger for 10 minutes daily can lead to a range of benefits. For two minutes these sounds need to be voiced out loud, followed by whispering, then silently, then whispered and finally out loud again, each for two minutes.

If done daily for an extended period, elevations in mood, energy, sleep and memory function together with lengthening of telomeres, small bits of genetic material thought to prolong life and prevent age-related diseases like Alzheimer's, are activated.

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Calcium and our bones update

Do we really need to drink more milk and eat more yoghurt according to the wishes of the Dairy Board? Not according to recent research. Putting together a number of clinical trials experts have determined that increasing calcium in the diet or via supplementation has only marginal benefits on improving bone density. This is strange as most of us aren't getting our daily rations of 1000 - 1200 mg of calcium needed to prevent osteoporosis. To resolve this confusion my e-Book '[The Wellness Guide to Preventing the Diseases of Ageing](#),' has an excellent segment outlining calcium's connection with osteoporosis prevention.

Q&A with Dr Elstein

QUESTION

I had some dental work done about 5 months ago, 3 teeth removed due to an infection and periodontal disease, since then I have had a continuous drip down the back my throat which really concerns me, I have just come back from 3 months of travel and have now other symptoms, nausea (for the last 2 weeks), at times excessive urination, dry mouth, metallic taste in mouth, weight loss, lower back pain in bed.

At first I thought that this may be related to the mucus that I seem to be continually swallowing but a doctor suggested that it may be gastritis and not much you can do except watch your diet. I am extremely good with my diet anyway and basically just living on steamed greens as that is all that I can stomach at the moment. I did read though that Helicobacter Pylori can be a cause so I have had the breath test and am awaiting the results. Do you have any suggestions, feeling very unwell and a little lost as to what to do?

ANSWER

It is possible your periodontitis is unresolved. There is a gel derived from natural sources you can apply to dental brushes, which I have formulated based on research. This can be utilised to manage this disorder. Where you travelled and what happened there is of interest. Your symptoms are diffuse and you would need an assessment of your kidney and liver status. Blood sugar control, hormone imbalance leading to dry mouth and excessive urination and connective tissue disorders all need to be evaluated. Gastritis might not only be connected with Helicobacter Pylori infection, but also with food intolerance.

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.

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