

Eternal Health Medical Centre

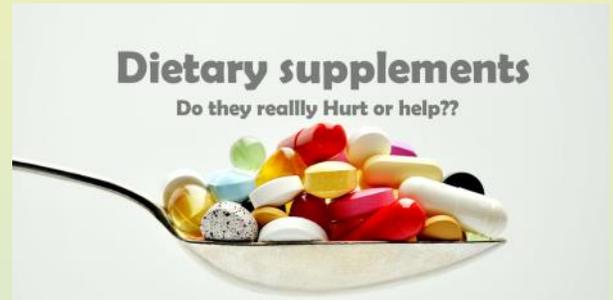
NOVEMBER 2016 NEWSLETTER



A moratorium on supplements

It doesn't come more erudite or trustworthy than Physicians from Harvard announcing that taking supplements isn't only a waste of time, they're actually poison. According to the mavens from Harvard, we're being conned by increasingly lax regulatory standards and the cynical employ of celebrities. A review in the Journal of the American Medical Association, widely acknowledged as the best medical journal in the scientific universe, anchored by Dr Pieter A Cohen, Professor of Medicine at Harvard and winner of a number of best teacher awards, blacklists a whole slew of supplements including Echinacea, St John's Wort, Glucosamine, Beta-Carotene and Vitamin E, berating the first three for not alleviating the common cold, depression and arthritis respectively, while tagging the vitamins for increasing cancer risk. Echinacea, St John's Wort and Glucosamine aren't just everyday supplements, they're icons of the natural therapy industry with much heralded benefits and now we have to accept that it's all an almighty hoax. So should we heed Dr Cohen's counsel based on the scientific research funded by the National Institute of Health who invested millions of dollars to confirm that these purportedly beneficial remedies are in fact worthless or challenge his heresy?

Echinacea, is a herb embraced by many to prevent and treat the common cold, as it's supposed to ward off viruses in a manner that antibiotics cannot. One way to examine if we are in fact wasting our money is to collate all the evidence which scrutinises the true utility of any substance, natural or chemical. An enterprise which executes this function is called the Cochrane review. Here all the studies that pit Echinacea against a placebo are analysed by experts and a verdict is derived. The findings suggest that at least some Echinacea preparations may reduce the risk of catching a cold by 10% to 20%. Doing the mathematics indicates that if 500 out of 1000 persons receiving a placebo would catch a cold, this number decreases to 425 of 1000 persons with an Echinacea product. With regard to treatment of the seven trials on the duration of colds, only one showed a significant effect of Echinacea over placebo. While these results aren't exactly a crack open the champagne endorsement, they don't relegate Echinacea to a 12-step avoidance at all costs programme.



When it comes to disparaging St John's Wort for not effectively treating major depression, a review which included thirty-five studies examining 6993 patients concluded that for targeting mild and moderate depression, St John's Wort is superior to a placebo in improving depression symptoms and not significantly different from antidepressant medication. For depression that is severe, this herbal treatment is not an option but for a host of depressive disorders, St John's Wort would be just as effective as drugs without debilitating side effects.

Pharmaceutical remedies don't repair or regenerate joints that are devastated by arthritis, which is what makes Glucosamine so appealing. Is this promise baseless? The evidence shows just the opposite. For patients with painful knee osteoarthritis, a high-dose combination of Glucosamine Hydrochloride (1,500 mg) and Chondroitin (1,200 mg) was as effective in lessening pain and stiffness and improving function as the drug Celecoxib (200 mg). Another trial showed that compared with placebo taking 1,500mg of Glucosamine Sulphate for three years reversed the destruction of knee joints while improving functionality.

When it comes to vitamin E increasing cancer risk, my e-Book, ['The Wellness Guide to Preventing the Diseases of Ageing'](#) explains the complex non-linear connection that this vitamin has with diseases like cancer and heart disease.

Professor Cohen's review also questions the benefits of ginkgo biloba while ignoring the evidence that a special extract of this herb namely, EGb761, does boost memory and mental function. Should we discard all our natural remedies and start taking drugs? Maybe not just yet.

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.



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