



Attacking our sleep woes and melatonin

Melatonin, a hormone produced in a small gland called the pineal located at the epicentre of our forehead, packs a seismic punch when it comes to regulating how much sleep we get. As we age the pineal ossifies, the flow of melatonin diminishes and consequently the physiology of healthy sleep unravels resulting in less total sleep time, poorer sleep efficiency, increased night-time awaking and as a consequence daytime sleepiness and a newfound need to take a nap during the day.

This has obvious consequences for our wellbeing but the negative outreach of losing sleep extends beyond a crimp in our daily productivity. Less sleep and declining levels of melatonin have been linked to cognitive decay and even possibly Alzheimer's.

This might be because melatonin's influence extends beyond its capacity to regulate the sleep wake cycle. Its portfolio includes boosting our antioxidant defences, reducing inflammation, getting rid of cellular junk, modulating blood sugar levels and orchestrating hormonal function, all of which combining to possibly prevent brain ageing and dementia.

New research has revealed that melatonin has the power to boost mitochondrial function, our cellular battery, the efficiency of which deteriorates with ageing.

Ideally to renew melatonin we need to be eating as the sun goes down and limiting our exposure to blue light emanating from computer and television screens after dark. There are also glasses we can wear that filters out this form of light that reduces melatonin production. These are all habits that are difficult to maintain.

A complementary strategy would be to commence supplementing with melatonin 3 mg at night taken around 9.30 pm, three times weekly.

To find out if melatonin levels are low a [saliva test](#) performed in the early hours of the morning when the body is in darkness is the most accurate means of assessment.



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Red meat and obesity and the advantages of a plant-based diet

Research has increasingly revealed a connection between red meat consumption and weight gain, seriously repudiating those who advocate the highly popular lower carbohydrate, high protein/fat diet. The opposite is the case for vegetarian and vegan diets endorsed by a number of studies showing that those who embrace these lose weight and have significantly lower BMIs. Compared with other variants of the vegetarian-based diets, vegans performed the most spectacularly with a far more significant weight loss. BMI has also been shown to be lower in those who adhere to a plant-based diet compared with those who regularly eat meat. Following a plant-based diet also protects against weight gain when matched with meat eating.

Plant-based diets have also been associated with reduced rates of heart disease, diabetes and some forms of cancer. Those who pursue these diets need to ensure that they are getting sufficient amounts of protein, B12, zinc, iron and essential fatty acids as these might not be adequately provided by this type of eating plan.

The silent dangers of uric acid



Excessive consumption of animal protein and alcohol can elevate uric acid levels which can lead to gout, an extremely painful affliction often resulting in arthritis-like joint pain. Beyond painful toes and inflamed joints, uric acid can be a silent harbinger of blocked arteries, heart disease, diabetes and even failing kidneys. Bipolar disorder and depression has also been traced back to high uric acid status. The problem with uric acid is that we don't know it's present covertly carving out a pernicious niche of metabolic destruction unless we have a [wellness assessment](#) which measures this substance. Aside from tempering eating habits and drinking far less alcohol tart cherries can be a natural means for reducing harmful uric acid.

Sugar and Ageing



Dr. Michael Elstein has written a short article regarding the link between sugar and ageing, which has been published to the I Quit Sugar [website](#)

Please [click here](#) to read the post, and share it amongst your social media contacts.

Thank you

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.



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

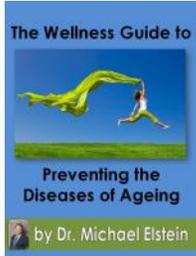
Chapter Six - The Medications

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.

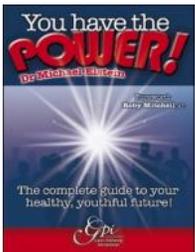
This latest e-book will give you the knowledge to assist in keeping you on the path of health, wellness and longevity.

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

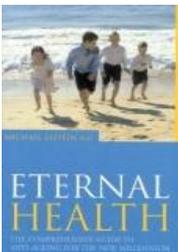
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Dr. Elstein's e-Book 'You Have The Power' provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's and Parkinson's disease,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

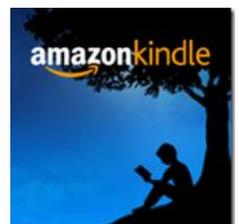
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Discover the secret of boundless energy, eternal youth, increased sexual vitality and maximum brain power. Eternal Health is a comprehensive, easy-to-read e-book that describes the Anti-Ageing program.

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.

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