



# Eternal Health Medical Centre

September 2015 Newsletter

By. Dr Michael Elstein

## The benefits of alcohol

There aren't any net advantages according to a study of almost 115,000 people from twelve countries conducted over nearly five years. The benefit is a reduction in the risk of a heart attack or heart disease, but this is trumped by a significant increase in a number of cancers including those of the mouth, oesophagus, stomach, colon, liver, breast, ovary, as well as the head and neck. Spirits pose the most risk, followed by wine and then beer.



The authors of this research were so galvanised by these negative findings that they advocate raising the price of alcohol, making it less available to younger drinkers and discouraging frequent drinking that leads to intoxication.

For those who are happy to continue placing their lives in danger, recent scientific evidence indicates that alcohol-induced DNA damage which could lead to cancer might be mitigated by taking resveratrol, a substance found in the skin of red grapes and available in supplementary form, but these findings need to be supported by more extensive experimentation.

## The many dangers of gluten

Celebrity chefs who suggest that faddish avoidance of gluten can trigger unnecessary culinary deprivation and specialists prescribing widespread gluten desensitisation so that this substance can be reintroduced to gluten impoverished children might be delivering us into the arms of the apocalypse. Gluten, found in wheat, rye, oats and barley, is a non-digestible substance with no nutritional value. Yet it's ingratiated itself into our food chain, way beyond bread, cereal, pastries and pasta, giving texture as a thickener to a smorgasbord of consumables. Coeliacs, who are allergic to gluten, face the risk of developing bowel cancer if they ingest this toxin. But the possible harms of gluten extend way beyond those who are genetically predisposed to react adversely, affecting a huge swath of the populace world-wide.

Those of us who aren't coeliacs, identified by blood tests and a biopsy of the bowel but who suffer from a range of disorders including fatigue, dizziness and unsteadiness, nerve damage, arthritis, headaches, skin conditions, diarrhoea, constipation, depression, anxiety and memory deficits, might be suffering from the harmful effects of gluten ingestion, all of which ameliorated once we cease to eat gluten. Not avoiding gluten might have disastrous consequences, slowly destroying brain cells, leading to the decline of mental function and ultimately dementia and Alzheimer's. The toxicity of gluten and the insidious damage it causes to our brains can be compounded by the ingestion of fats, alcohol and non-steroidal inflammatory drugs like Voltaren, now advertised for use in children.



# Should we be concerned about Helicobacter pylori?

Around 50% of the world's population harbours this bug, which resides in the stomach. This is a bacterium which has been linked with stomach ulcers and even cancer. Indications are that it's acquired in childhood but we might not know about its presence until it has burrowed into our insides making us feel increasingly uncomfortable. Research indicates that it can interfere with the absorption of iron leading to iron deficiency and fatigue. Vitamin B12, critical for healthy brain function, can similarly be compromised by Helicobacter pylori. It can also tamper with blood glucose levels, which can result in diabetes. Psoriasis, an overactive thyroid gland, pancreatic cancer and heart disease have all been linked with this bacterium. There is also some evidence, although conflicted, that hives might be associated with Helicobacter pylori, which improves once this germ has been successfully eradicated in some studies, but not in others. Therefore is there any wisdom in testing all of us and initiating treatment once this organism is isolated?

Despite its ubiquitous nature, most of us will be untainted by its existence, with only a fraction of the world's population suffering any harmful consequences. For those who complain of ongoing tummy pain or who have any of the above mentioned conditions, testing and eradication might be helpful. The rest of us, who are healthy and unaffected and don't have a family history of stomach cancer or don't smoke or have excessive exposure to dust, coal, quartz, cement or work in quarries, don't need to be investigated.

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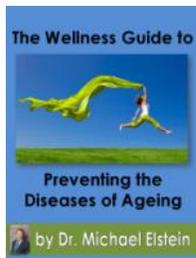
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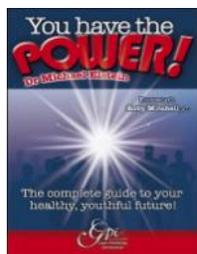
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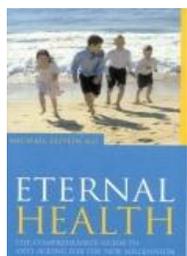
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Dr. Elstein's e-Book 'You Have The Power' provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease, treating wrinkles, negotiating menopause, permanent weight loss, limitless energy and sexual vitality.

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