



Antibiotics and Obesity

Antibiotics are given to animals to make them fat quickly and then we consume those animals. The reasons for the recent substantial increase in the prevalence of obesity across the world are many, but the derangement in our gut flora caused by the use of antibiotics in animal husbandry and by physicians could be partly to blame. Inappropriate and excessive deployment of antibiotics widespread in diverse medical and agricultural environments is speedily becoming one of the health crises of the 21st century. What few seem to realise is that this practice can make us fat spawning the rise of obesity in children who are unwittingly becoming victims of this potentially poisonous pursuit. Right now somewhere in the world someone is dying because antibiotic resistant bacteria have outsmarted and outgunned even the most powerful drugs that modern medicine can muster to neutralise this burgeoning insurgency. Daily, this mortality statistic is multiplying soon to be joined by legions of children about to become morbidly obese adults while they are being doled out antibiotics widely viewed by many medical professionals and the patients who increasingly request them as some all-conquering entirely beneficent panacea.



What antibiotics found in livestock and those prescribed by physicians do is alter the healthy distribution of germs in our gut to one that extracts excessive amounts of fat from the food we eat. Most alarmingly, research on animals shows that once this early antibiotic exposure establishes a metabolic programme geared towards obesity, it is difficult to reverse even when the population of germs in the gut is normalised. The next time we cajole our doctors into prescribing antibiotics either for ourselves or for our children to treat a lingering cough, sore throat or runny nose, we might have to ponder the prudence of this request.

Laughter and living longer

It's hard not to notice that children play and laugh a lot, while we much wiser custodians of their wellbeing enjoy much less mirth. If we want to stay around longer as our offspring grew older we might do well to reintroduce much more laughter into our daily schedule. Research scientists from Norway, a country not traditionally associated with side-splitting humour, have discovered after 15 exhausting years of painstaking data collecting, that women who have an in-built tendency to see the funny side of things live longer even in the face of illness, while men with similar dispositions appear to be protected from succumbing to infections. Humour appears to be a buffer against stress as when the stress hormone known as cortisol is churned out in repeatedly high amounts, this can weaken our immune system. Constant salvos of laughter and engaging with our experiences in a humorous way is a mechanism for neutralising excessive cortisol.



Artificial sweeteners and weight gain

Experts warn that if we crave sugar relying on artificial sweeteners as a replacement might set us up to put on weight. This is because artificial sweeteners are so much sweeter than sugar, they train our brains to desire increasingly sweet foods. What we might need to do for example is temper our consumption of chocolate that contains artificial sweetener, and assuage our need for sweetness by eating some form of fruit or even a small amount of fat such as nuts or avocado which can reduce our sugar cravings.

Social Networking



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The Eternal Health Wellness Programme

This programme has been developed by Dr Michael Elstein and is the latest in preventative medicine and anti-ageing technology and is the first of its kind in Australia. 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 simply can't enjoy our lives. Some rules for successful ageing are:

1. Accept it
2. Enjoy it
3. Anticipate and plan for it
4. Follow the Eternal Health Wellness Programme

[The Eternal Health Wellness Programme](#) is based on the well-founded belief that age related diseases and symptoms as experienced by the majority of the Western World are largely induced by our modern lifestyle, our diet and environmental factors. The Eternal Health Wellness Programme begins with an assessment of the influence of all these factors.

Utilising sophisticated medical technology and comprehensive computerised assessment of your current health status; we will identify the metabolic and hormonal imbalances that contribute to accelerated ageing and degenerative disease processes. From this we can identify areas of your health and lifestyle that you need to modify. Your programme will then be individually tailored to suit your unique biochemical profile, which throughout the programme will be constantly monitored and reviewed.

The aim of the [Eternal Health Wellness Programme](#) is to reduce the signs and symptoms of ageing and replace them with robust good health and a sense of well-being for as long as possible. Fatigue, poor memory, weight gain, diabetes, heart disease and diminished sexual vitality are not an inevitable consequence of growing old. By becoming pro-active, planning and implementing your health program you can slow the biological clock, experience renewed health and vitality, and help protect your body from age related degenerative diseases.

For the programme to be successful you have to commit to it and take control of your health and follow your individual programme specifically designed for you based on all your information and test results. Early Detection and Prevention is the Key to managing good health.

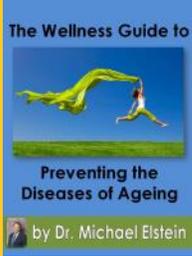
If you answer yes to any of the following then the [Eternal Health Wellness Programme](#) is highly recommended for you.

- Do you or any one in the family have High Blood Pressure?
- Is there a history of heart disease in your family?
- Do you or any one in your family have High Cholesterol?
- Do you or any one in your family suffer from Diabetes?
- Are you or any one in your family Overweight?
- Do you tire easily?
- Are you easily stressed?
- Are you or any one in your family showing early signs of aging?
- Do you suffer from Depression?
- Do you have a family history of cancer, strokes, osteoporosis or autoimmune disorders?
- Do you have trouble remembering things?
- Is your libido diminishing?

If your answers to the above are yes, then you need to take preventative measures in order to prevent disease and restore your vitality. Take control and commence your [Eternal Health Wellness Programme](#) now by planning for your health success and begin a program for LIFE and help reduce the signs and symptoms of ageing.

**Please call 02 9337 3589 during business hours for more information,
and to make an appointment**

e-Books - only \$19.95 each



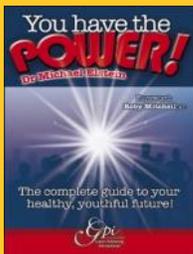
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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.

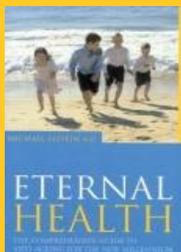
Chapter contents are:

- Bone Health and Osteoporosis Prevention
- Alzheimer's Prevention
- Preventing Heart Disease
- Colon Cancer Prevention
- Prostate Cancer Prevention, and
- Breast Cancer Prevention



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.

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.



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.

In Eternal Health, Anti-Ageing expert Dr Michael Elstein tells you how to:

- Safely use hormones of youth to turn back the clock
- Use 'super-nutrients' to help your brain and heart
- Protect yourself against cancer
- Increase your sexual vitality and performance
- Lose weight effectively
- Overcome fatigue and boost your energy

To order any of the above e-Books, please [click here](#) An email will then be sent with a PayPal invoice and once payment has been completed, the e-Book will be emailed to you. Thank you.

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