



How civilisation evolved and the genesis of eczema

In 'Against the Grain: A Deep History of the Earliest States,' James C Scott, a Professor of Political Science at Yale, explains how we devolved from a co-operative of hunter-gatherers into a society centred on crop cultivation which essentially sowed the seeds of our current morass. You only need to examine the status of the Bushmen, a tribe, essentially descendants of Homo sapiens, who have been inhabiting Southern Africa for the past hundred and fifty thousand years, to understand how our march towards crop cultivation and the consumption of grains as a primary food source might have fomented a range of health-related problems.

The Bushmen are currently split into two factions. One is still centred on a hunter gatherer lifestyle and enjoys robust health. Their food sources are a wide range of live game including Porcupine, Kudu and Wildebeest, from which protein is derived while they extract their other nutrient needs from around a hundred and twenty-five plant species. The other group lives miserably in resettlement camps servicing a host of farms where grains are their dominant food source. Archaeological records also testify to the havoc that the evolution to a grain based economy exacted on our health. We became sicker, our bones weakened, and we died earlier.

Fast forward to our current super civilised existence beset by a smorgasbord of modern day maladies and we might have to look no further than our reliance on grains for their source. One of these is eczema, a debilitating skin condition, whereby whole swathes of skin can resemble scorched earth, the only treatment being embalming the raging tissue in a coating of steroid cream. While the origins of eczema are many and have yet to be completely elucidated, an imbalance of germs on the skin and the rise of a rogue bacterium appear to be the prime instigators of a scrambled immune system with the skin being the prime outlet for this raging inferno.

Treatment with steroid creams are palliative, superficial attempts to douse a rampaging hellfire with a single faucet. Only recently has research started to target the underlying disharmony by repopulating the gut and the skin with an army of good bacteria or probiotics that might restore a devastated vegetation the likes of which we might never have encountered when our hunter-gatherer ancestors drew their sustenance in part from a plant rich diet.

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Are vaccines the only way to fight viruses?

This season's flu season in Sydney has been especially vehement laying vast segments of the city low for extended periods of time. This has prompted health authorities to extol the virtues of vaccinating notwithstanding the evidence that the flu vaccine is at best only 50% effective. Recent indications show that the virus has the ability to mutate as the vaccine is being prepared, rendering the final product even more ineffectual. Health experts are slowly coming around to the fact that rather than targeting the instigator who is equally determined to survive, it might be more advantageous to fortify our defences making it necessary for any insurgency to double down on their efforts to penetrate our resistance. Are there any natural remedies that we can embrace to make our immune systems stronger so that we can repel the tentacles of even the most street smart of enemy combatants?

Research demonstrates that a herb called andrographis as well as garlic, ginseng and probiotics that contain lactobacillus rhamnosus have the power to prevent colds and influenza but they aren't failsafe strategies. There is also limited evidence for zinc and echinacea, although these both limit duration of symptoms rather than stop viruses from taking hold in the first place. For those opting to go to the doctor to treat their condition, a drug called Tamiflu might be employed that can accelerate the time it takes for initial improvements by a matter of 16 hours, also reducing the total duration of illness by one day. Side effects of this medication include headache, nausea and even psychosis in some.

Q&A Your Questions Answered

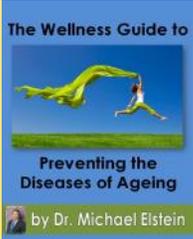
Question: My brother is borderline diabetic. Would hormone replacement assist in correction of that. I know it was same for me with high sugar and have not looked back since I started hormone replacement with your clinic that I have kept up with my local GP. He is on and has been on strict eating habits has lost a lot of weight sine 2014 so the cause of high sugar is not known to him or his doctor. He is overweight but that is due to being on crutches for bad knees so exercise is hard for him.

Answer: Rather than simply commencing your brother on testosterone, which might indeed help with weight loss, it would be worthwhile doing a comprehensive evaluation looking at all the hormones that can impact weight loss as well as the nutrients needed for these hormones to function optimally. In order to optimise nutrient status gut function would also need to be [assessed](#).

Question: Hi, I'm a 53 yo female who had ER + breast cancer at 42 years-old and now taking T4 and slow release T3 for hypothyroidism post hemithyroidectomy. All my steroid hormones are low to non-detectable eg estrogen, progesterone, testosterone, pregnenolone and now I have post exercise fatigue and more recently also have symptoms of sjogrens, which followed after taking pregnenolone supplements. I also take ubiquinol and other mitochondrial support. Which of your books might give me the greatest insights into my health and what I can do? I have a good mostly plant based diet etc and my thyroid panel is optimal and cortisol tests normal. I am wondering what bioidentical hormones are safe to take post breast cancer to build my vitality and what can be done to treat sjogrens.

Answer: Both of my e-Books, '[The Wellness Guide to Preventing the Diseases of Ageing](#),' and '[You Have The Power](#)' would provide useful information about the strategies you can adopt to optimise your hormone status. You would need to be extremely cautious as there are definite risks attached to utilising any form of hormone replacement after you have received a positive breast cancer diagnosis and you would need to consult with your cancer specialist before embarking on such a course. If you are experiencing fatigue, a thorough evaluation of all the nutritional and hormonal factors that contribute to your malaise would be worthwhile. There is some evidence that optimising the healthy balance of germs in your gut would help to manage sjogrens.

All e-Books now available on amazon kindle



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.

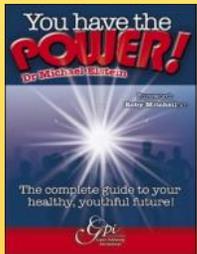
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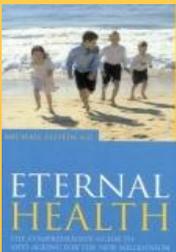


Dr. Elstein's e-Book 'You Have The Power' provides a wealth of natural insights for alleviating depression, reducing hair loss, overcoming fatigue, managing insomnia, preventing heart disease, combating HIV/AIDS, MS, Alzheimer's & Parkinson's disease, treating wrinkles, negotiating menopause, permanent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

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.

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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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