

# September Newsletter



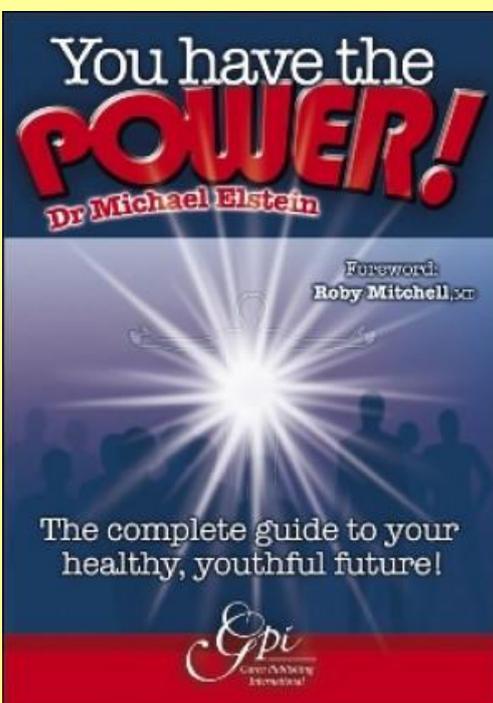
Dr Michael Elstein

## The Benefits of DHEA

DHEA, a hormone made mostly in the adrenal glands situated just above the kidneys, is the major source for female and male hormones in women, also contributing to the manufacture of these hormones in men. Research shows that because of this capacity, and due to its stand alone benefits, DHEA has garnered a pretty impressive portfolio. It boosts bone mineral density, elevates mood, at least in some studies, reduces inflammation, which might help to prevent heart disease, increases libido and diminishes erectile dysfunction. In post-menopausal women DHEA has a vast array of benefits with regard to sexual function. It has been shown to increase desire, fantasies, lubrication, arousal, activity, satisfaction and orgasm.

With ageing DHEA production diminishes, which is why this hormone has been embraced as a panacea for reversing many of the functional deficits that happen as we get older.

Does it have a downside? In women mild masculinising effects include acne and hair growth, but these are reversible and unlikely with judicious dosage. What about the likelihood of developing breast and prostate cancer? While no studies have demonstrated that this risk increases, these have been of limited duration. The evidence is more reassuring for women with some research even showing that DHEA might protect against breast cancer. However I advise any women taking DHEA that the danger is not entirely eliminated therefore continued breast surveillance is imperative. My e-Book, '[You Have The Power](#)' has a chapter dealing with breast cancer prevention. For men taking the herb red clover might offset any adverse effects on the prostate.



This is the latest e-Book edition from Dr. Michael Elstein, an anti-ageing physician who specialises in allergy testing, nutritional and dietary therapy, sexual health and weight loss. Having been in clinical practice since 1984, he has a wealth of experience in the alternative health field with post-graduate studies in acupuncture, herbal medicine, iridology, nutritional medicine and psychotherapy. He is a Fellow of the Australian College of Nutritional and Environmental Medicine and a Fellow of the American Academy of Anti- Aging Medicine.

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.

# Hormone Replacement for Women? Yes or No?

My clinical experience tells me that women who take hormones for the long term do better than women who do not. Their brain function, the quality of their skin, their bones and possibly their hearts all seem to benefit. Just over 10 years ago after the findings of the Women's Health Initiative were released, which suggested that conventional hormone replacement therapy had the potential to do some harm, a substantial decline in this form of treatment was the consequence. What isn't widely known is that there was a group of women in this trial who were only taking oestrogen and this group actually experienced a positive outcome. Compared with the women taking the placebo medication those women aged 50-59 who persisted with oestrogen had less heart attacks and fewer breast cancers.

Now a recent study has revealed that for the 10 years after 2003 when the findings of the Women's Health Initiative trial surfaced, women in the USA between the ages of 50-59 who have not embarked on oestrogen hormone replacement had a significantly higher incidence of dying prematurely to the tune of somewhere between 9,000-92,000 women.

Unfortunately all doctors can safely tell women is to embrace hormone treatment around the menopausal transition for the relief of the symptoms of menopause like hot flushes, but the evidence doesn't allow any advice about long-term treatment, especially with regard to safety or efficacy. The problem with short-term hormone treatment is that this is unlikely to preserve strong bones, prevent dementia, sustain youthful looking skin or provide the ongoing foundation for healthy heart function. While there is some research showing that hormone treatment is good for bones science has yet to determine whether taking hormones for an extended duration is equally beneficial for female hearts and brains.

## Social Networking

**Dr Michael Elstein is on Facebook, Twitter and Linked In. He gives regular updates from the world of Health, Wellness and Anti-ageing.**

**Be sure to connect with him on Facebook or Twitter by clicking on the links below. You can click on the Linked In Logo to be taken to his Linked In Profile.**



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## Preventing Diabetes with Fruit



Scientists have been taking fruit consumption very seriously. Using the data from three studies they have found that eating three serves per week of any of the following including blueberries, apples, pears, grapes, raisins, bananas and grapefruit reduced diabetes risk while cantaloupe and fruit juice had the opposite effect. While I can endorse blueberries, as these have also been shown to boost brain function, grapes, apples, pears and raisins are high in fructose, which might compromise insulin function, if consumed excessively.

Insulin is the hormone which controls our blood sugar levels.

## Q&A with Dr Elstein

**QUESTION:** In your book [YOU HAVE THE POWER](#) you don't mention collagen as an anti-ageing supplement. Any particular reason, as your book has become my health bible?

**ANSWER:** Apart from using stem cells derived from fat tissue to enhance collagen production in the skin, which will have anti-ageing and skin rejuvenating effects, and nano-technology based research which taps into collagen's potential to promote wound healing, treat acne scars and reduce wrinkles, as well as evidence that  $\alpha$ -Naphthoflavone, a plant product, can induce pro-collagen type I protein, I could not find any research specifically targeting collagen, a substance found all over the body, as a longevity promoting remedy.



Spring is finally here and apart from enjoying the warmer weather and watching the colourful flowers beginning to blossom, few things are more satisfying than spring cleaning. There's something about clearing the clutter from our lives and starting anew that can energise and inspire us. We're most likely to think of spring cleaning as something we do on the outside, but why not apply the same practice to our insides as well? Think about it... isn't spring the perfect time to clarify your health and wellness goals?

Now is a better time than ever to book in a consult. Dr Elstein utilises dietary manipulation, optimises digestive and liver function with natural remedies and treating your hormonal imbalances, cellular health and energy. Allow an internal Spring Clean to help restore your vitality. Call **02 9337 3589** for more information.

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