



# Eternal Health Medical Centre

September 2015 Newsletter

By, Dr Michael Elstein

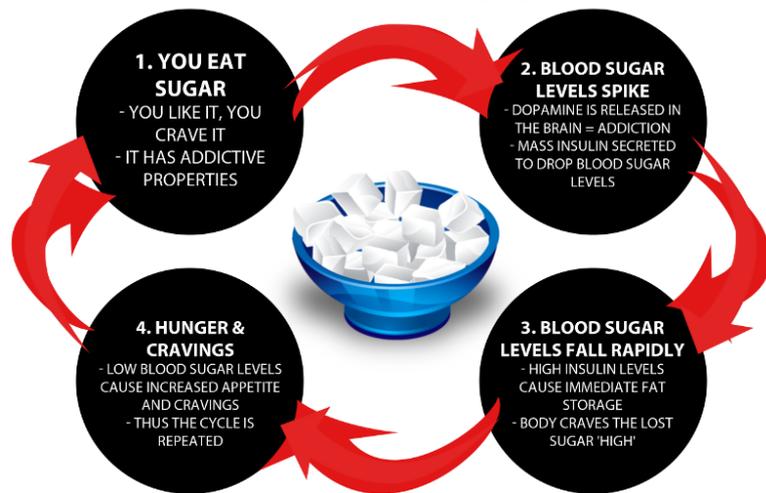
## Preventing Skin Ageing

Our addiction to sugar and the havoc it's causing in our bodies has recently been receiving a lot of air time on Australian television. Despite the fact that it makes us put on weight, which can ultimately precipitate diabetes and heart disease, as well as Alzheimer's dementia and a host of cancers, we are still finding it extremely difficult to turn our backs on this pernicious poison. The presenters of these programmes have the best of intentions but perhaps they're missing the right angle. We are a culture obsessed with looking youthful so maybe health advocates should be telling us how much sugar destroys our skin.

Food scientists are very clever at hiding sugar in foods and few would suspect that ketchup, vegemite and mayonnaise harbour significant amounts of sugar, as do a lot of the low fat foods which are supposedly good for us, like flavoured yoghurts. Nut milks made from almond and macadamia nuts, muesli's that are gluten free and a number of other ostensibly healthy breakfast cereals, are also impregnated with sugar. Scrutinising contents to identify the presence of sugar is absolutely mandatory. Fruits that are high in fructose, another form of sugar that has malicious intent, such as red apples, pears, lychees, mango, cherries, grapes, and watermelon, as well as other foods like honey and dried fruit, also need to be consumed in moderation.

What sugar does when we indulge our daily fix is lead to the build-up of what is called AGEs, short for Advanced Glycation End products. AGEs have a treacle-like effect, marinating our cells in a sticky, gooey substance that makes them age prematurely. AGEs also have devastating effects on the collagen which supports our skin, the prime reason for the genesis of wrinkling. Avoid sugar and one of the core promoters of skin ageing will be aborted before it even gets out of the starting blocks. Cinnamon, oregano, cloves and allspice inhibit AGEs, but these are no substitute for avoiding sugars in the first place.

### SUGAR ADDICTION: THE PERPETUAL CYCLE



## What determines subjective ageing?

Fresh research now gives new meaning to the old cliché; 'you're as old as you feel'. Scientific evidence has demonstrated that how old we feel depends on whether we are discriminated against because of our age or encouraged to participate fully regardless of how old we are. Acceptance rather than rejection has a major impact on how we feel about ourselves.

What also impacts our self-worth and our ageing evaluation are positive physical cues from our bodily performance and an absence or paucity of negative ones, like pain and disability. Research has uncovered that higher peak expiratory flow, a measure of how effectively we breathe out, grip strength, and lower waist circumference are associated with a younger subjective age. The opposite, lower peak expiratory flow and grip strength, as well as higher waist circumference, predict diminished mental function and mortality risk. Rather than deluding ourselves or investing huge amounts in a cosmetic overlay, the more we devote to looking after our physical selves the younger we will feel.

## Why our brains desperately need vitamin B12

Anxiety, irritability, cognitive impairment and an increased risk of developing Alzheimer's dementia are all connected to a deficiency of vitamin B12, derived from animal and not vegetable sources. Aside from the above indicators, a lack of vitamin B12 might not lead to any symptoms and with Physicians not routinely assessing your vitamin B12 status, the absence of this cardinal nutrient might escape detection until serious mental decline sets in, at which stage the damage has already been cemented and replenishment might have little impact on a runaway decaying brain.

Up to 20% of adults in industrialised nations don't get enough B12. Alcohol intake, vegetarianism, a lack of stomach acid, sometimes caused by drugs used to treat heartburn and stomach discomfort, by suppressing acid production, gluten intolerance and poor absorption, are some of the common causes of B12 insufficiency.

# Blog Spot

## Hormones and insulin, hormones and cancer and the optimal anti-ageing diet

### Dr Elstein's presentations at the recent anti-ageing conference in Kuala Lumpur

At the beginning of May I was one of the speakers at the 2015 [annual conference](#) of the Society for Anti-Ageing, Aesthetic and Regenerative Medicine in Malaysia. I addressed an audience of medical professionals and specialists and presented three lectures dealing with vital components of the anti-ageing agenda.



My first presentation focused on the relationship between hormones and insulin, the key hormone which controls our utilisation of the food we eat to generate the energy we need to sustain our daily activities. I explained that our genetic code still programmes us to be hunter gatherers and procreators in order to perpetuate the species. Both of these primary activities are governed by insulin. However most of our hunting and gathering is confined to a sedentary lifestyle with much more eating than is needed to keep pace with precious little exertion. In this case insulin stores a lot of the resources we derive from food consumption as fat. We are simply overconsuming and exerting very little.

This is the predicament we are now in with the obesity epidemic threatening our survival as a healthy species giving birth to wholesome offspring. Insulin masterminds how much we eat and instructs the hormones we need to drive procreative activity. Burgeoning fat cells release chemicals which interfere with insulin's conducting role making us eat even more and derail sexual activity.

I went on to elaborate how two key hormones, melatonin and vitamin D, which assist insulin's major functions, have also been undermined by our predominantly indoor lifestyle. This further compounds our tendency to gain weight and our ongoing battle to shed excess kilos. ['You Have The Power,'](#) recently available as an e-Book contains a key segment dealing with strategies that can be used to utilise diet, hormones and nutritional aids to judiciously assist with effective, prolonged weight loss. The ['Eternal Health Wellness Programme'](#) also measures hormones including thyroid hormones, melatonin, vitamin D, oestrogen and testosterone, as well as identifying how efficiently insulin operates to promote healthy sugar metabolism. These tests are then utilised to determine individualised weight loss regimens.

In another key presentation, I outlined how hormones are related to cancer risk with the recently completed e-Book ['The Wellness Guide to Preventing the Diseases of Ageing,'](#) which provides detailed segments that can be incorporated to reduce cancer.

Finally I presented a lecture which focused on the ideal anti-ageing diet. Scientific evidence suggests that healthy longevity can be promoted by eating less and less often as well as early after dark. This would allow insulin to be engaged more effectively which would make weight loss easier. Much more importantly, this would limit our escalating capacity to gain weight easily, which is our current plight.

# 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**

## Social Networking



[Send a friend request](#) to  
Dr Elstein, or please  
[Click Here](#) for regular  
Health Updates.

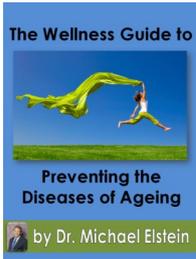


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# e-Book Sale

## Only \$19.95 each



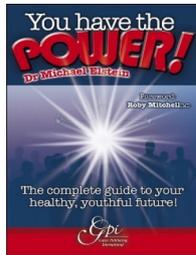
Dr Elstein's reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health.

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.

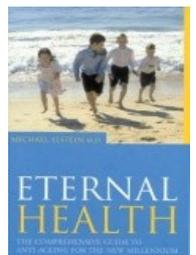
Chapter contents are:

- 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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