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Avoid Unnecessary CT Scans

Immune System D-efense

A Simple Solution to Irregular Heartbeats

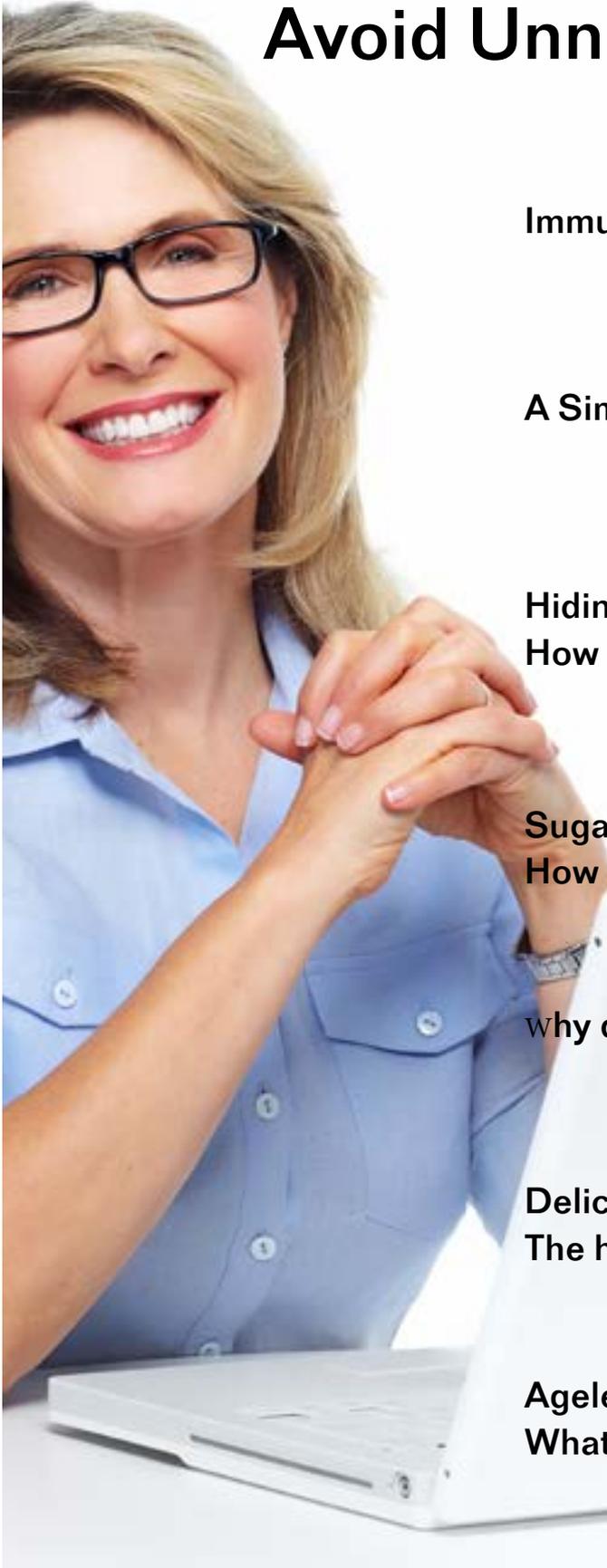
**Hiding in Plain Sight:
How Everyday Products Harm Your Health**

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How Sugar Feeds Cancer**

why do you Gain Winter Weight?

**Delicious and Nutritious:
The health benefits of coconut oil**

**Ageless Ageing:
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Editorial

This week our main article touches on the damage that can occur from CT scans. While they are indispensable for diagnosis of solid masses inside the body, such as tumours or other growths, there is overwhelming evidence that frequent exposure to CT scan radiation can cause irreversible changes in cells that cause cancer. There is no question that CT scans can cause damage to the tissues and organs. They expose the body to hundreds more radiation than a single X-ray shot and X-ray have long been confirmed as hazardous to the human body.

The key is to avoid CT-scans when you feel that there is no need for them. If you have chronic cough which you know is from persistent flu, then there is no need to have a CT scan of the chest. The same goes for other minor problems for which CT scans are recommended.

Other interesting articles in the publication have looked at some of the most important nutrients we require to keep healthy. Vitamin D is one such nutrient and is crucial for maintaining a healthy immune system. Magnesium is also a mineral with many important roles in the body, one of which is to maintain a regular heartbeat.

We are making immense progress with our administration system and patient portal to facilitate communication and information and medical records delivery to our patients. It will hopefully be ready in the next 3 weeks.

Until the next edition, enjoy the read.



Dr Machi Mannu (MBBS)

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Avoid Unnecessary CT Scans



Most people don't realise that a single CT (Computerised Tomography) scan exposes the body to the same dose of radiation as over 200 chest X-rays. According to a 2007 study published in the *New England Journal of Medicine*, the overuse of CT scans can cause 3 million cancers in the next 20 to 30 years. "About one-third of all CT scans that are done right now are medically unnecessary...virtually anyone who presents in the emergency room with pain in the belly or a chronic headache will automatically get a CT scan. Is that justified?" asks Dr Brenner, lead author of the *New England Study*. Recently scientists from Stanford University School of Medicine have demonstrated that even small exposures from CT scans cause damage to the cells—cellular damage is the underlying cause of cancer.

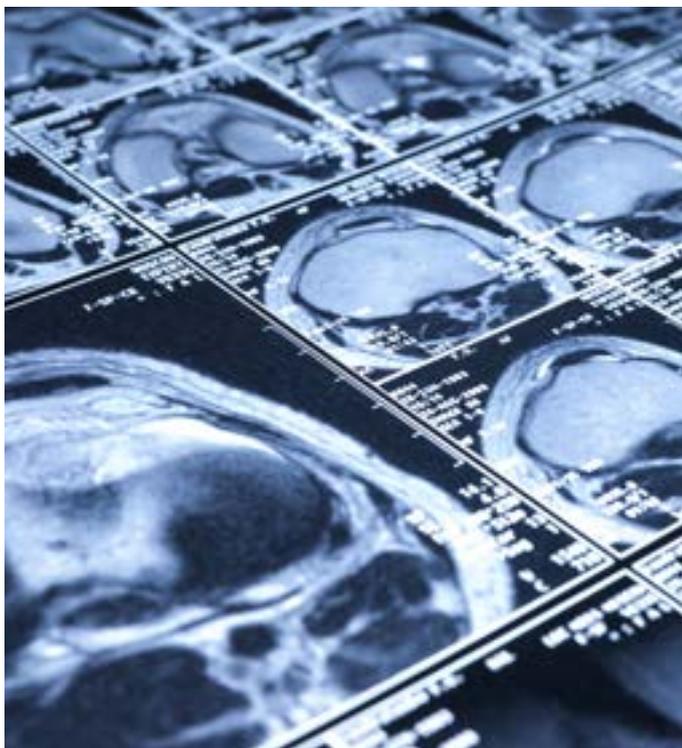
So what are CT scans? Simply put, they're X-ray machines on steroids. Traditional X-rays expose the tissues to a single shot of radiation to create a 2-dimensional image of the organ. A CT scanner, on the other hand, rotates around the body exposing it to hundreds of shots of radiation to create a 3-dimensional image of the examined area.

The introduction of CT-scans revolutionised medical diagnostics in many ways. CT scans help doctors visualise the internal organs, as

well as behind the organs, and allow them to check for the presence of masses or growths. They've done a lot of good in this regard as they've reduced the need for exploratory surgeries. Before CT scans were invented surgeons used to perform surgeries just to see if there were tumours present. CT scans brought an end to such unnecessary surgeries. CT scans have been immensely helpful for diagnosing a lot of cancers and detecting internal injuries.

Undoubtedly, CT scans are still a valuable diagnostic tool. The problem is that CT scans are used indiscriminately, even when they are not necessary. Most doctors and radiologists do not inform patients of the full danger of the radiation because patients would likely refuse CT scans if they were made aware of the dangers.

The fact that CT scans damage the cells, leading to chronic diseases affecting the heart and brain and even cancer, has been long established. CT scans expose the body to hundreds of times more radiation than X-rays, and X-rays are a confirmed cause of chronic and deadly diseases. X-rays damage the DNA leading to genetic changes that encourage cancerous changes in the body. These damages affect all tissues and organs of the body. X-rays are known to cause genomic or gene instability which has been observed in the most aggressive forms of cancer.



The fact that CT scans damage the cells, leading to chronic diseases affecting the heart and brain and even cancer, has been long established.

What compounds the dangers from exposure to CT scans is the cumulative effect. In other words, the radiation from CT scans is stored in the tissues for many years, frequent exposure to CT scans compounds the damage they cause and increases the risk of contracting diseases.

WHAT CAN YOU DO?

The fact is that CT scans are a useful diagnostic tool, but they are not always used correctly. Often there are safer alternatives to CT scans, such as an ultrasound. One reason for its rampant use is that doctors are fearful of litigation if they miss something and would rather recommend a CT scan to be on the safe side. However, this only accounts for their safe side; it is not the safest option for the patient. There is also anecdotal evidence that private practice doctors will recommend unnecessary CT scans to recover the high costs of installing and maintaining the machine. If a patient has insurance

then they see this as a harmless way of ensuring that they have the latest equipment, but it is not good for the person subject to the scan.

While the health system may not be doing much to review its policy around the use of CT scans, it lies on patients to take active steps to protect themselves. Quite simply, this means avoiding unnecessary CT scans, however, the challenge is knowing whether it is essential or not. After all, most patients aren't medical experts and won't feel comfortable in challenging their doctor's recommendations. One solution to this dilemma is for the patient to ask the doctor if the CT scan is absolutely necessary, while pointing to the risks associated with CT scans. Keeping a record of the number of X-rays, CT-scans and dental X-rays you've had is also important and will help doctors and radiologists assess the risk of exposure and decide if radiology is necessary. ■

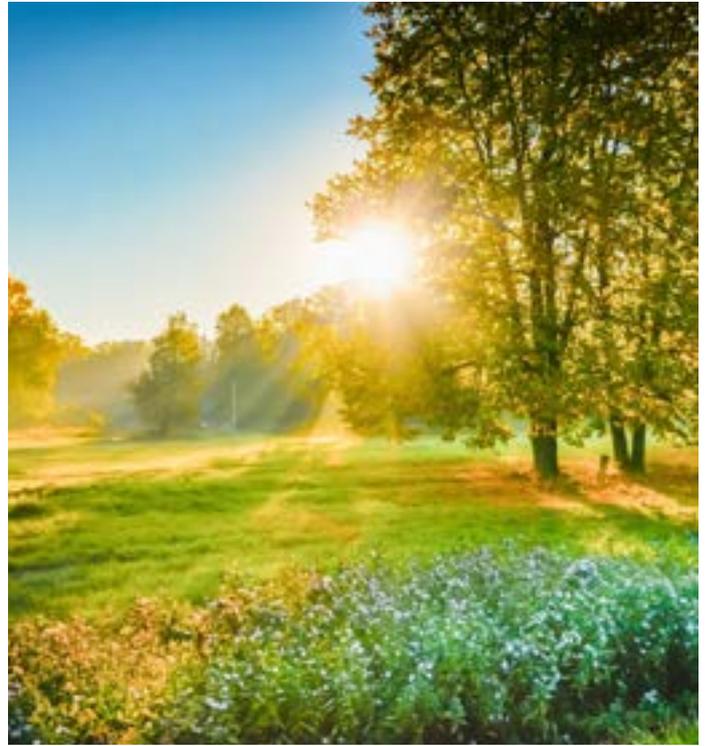


Immune System D-efense

What's the most important nutrient for enhancing your immune system? We've talked about its importance before—it's vitamin D. A strong immune system is vital for maintaining our health. It's crucial for fighting infections, preventing allergies and autoimmune diseases, and for reducing inflammation in the body.

Until recently researchers didn't know exactly how vitamin D enhanced the immune system, even though the evidence of its effect was undeniable. Recently scientists from the University of Copenhagen have discovered exactly how vitamin D enhances the immune system. Normally, when the body is invaded by foreign harmful microbes, the body responds by sending white blood cells – leucocytes and lymphocytes—to neutralise the foreign entities. **However, these white blood cells only become active when they attach themselves to vitamin D. This explains why vitamin D is important to the proper functioning of the immune system.**

The best source of vitamin D is sunlight. Ultra-violet rays from the sun reacts with cholesterol in the skin to form an inactive form of vitamin D which is then activated in the kidneys. As sunlight is crucial for producing vitamin D, those living in regions with low sunlight, such as the northern hemisphere, don't produce enough vitamin D in the winter months. Studies show that most people in Europe are deficient in vitamin D by January because they have lower than 20 ng/ml of vitamin D in their system. The normal values are 40 – 60 ng/ml. It's beneficial for those living in colder regions to take vitamin D supplements during the



winter months.

It's also important to remember that SPF, whilst crucial for guarding against harmful UV exposure, blocks the amount of vitamin D a person absorbs from the sunlight, thus people who wear SPF during the summer months may also need to take a supplement.

There is some controversy surrounding the RDA (Recommended Daily Allowance) for vitamin D. Recently the National Academy of Science's institute of medicine recommended 600 IU daily for vitamin D. Since then many institutions and researchers have pointed out the flaw in their calculation and have advised them to review the recommendation upwards by a factor of 10 so that the RDA is 6000 IU. And remember this is the allowance when the body is healthy.

When the body is diseased it uses a lot more vitamin D because the immune system demands it. There is therefore a need to up the intake in such situations. The RDA for a person suffering from an illness should be between 10,000 – 15000 IU. Also, those who are overweight need about twice their RDA and may need up to 12,000 IU daily. ■

Whey Protein in Protein Drinks – It's not as Healthy as You'd Think

On a number of occasions, I have seen patients taking protein drinks, usually to increase their muscle tone while working out in the gym. These drinks are also commonly recommended by the doctor for patients with nutritional imbalances, especially those who are recovering from major illnesses that may have taken a toll on their body and caused them to lose weight.

The drinks may appear to be a good idea because they are an easy and quick way to ensure that the person is being nourished, but upon close inspection there is a health danger hidden inside the bottle. Most of these drinks are loaded with sugar and contain whey protein, something which has been linked with severe adverse effects on the human body.

Here at the clinic, we see from our diagnostic scans that people who have consumed protein drinks for a long time, especially those containing whey protein, usually have dysfunctions in their detoxification and digestive systems. Whey protein is known to cause imbalances in the gut flora which leads to a host of digestive problems. Kidney stones and gout are some of the common problems that result from whey consumption. Whey is also known to contain high amounts of toxic heavy metals, such as lead and mercury, that cause chronic inflammation and disease.

The most difficult thing to swallow about people drinking these unsafe protein drinks is that it's extremely easy to make your own healthy alternatives. For example, 30 grams of dried figs is equivalent of whey protein! Some of the foods that contain high levels of proteins and are suitable to be added to shakes are melons, kale, spinach, broccoli, quinoa, mushrooms, oats, dried figs, chia seeds, buckwheat and spirulina. These ingredients are far better for your health (and your taste buds). ■



Claire Dockerty is a Nurse, Midwife and MedB Diagnostician

Why do you Gain Winter Weight?

A lot of people put on weight during the winter months and the general reason given for this is that we consume more food in the cold months because we need to put on weight to ward off the cold. Still, scientists couldn't say for sure why this occurred until very recently.

Researchers from the University of Alberta have discovered that the reason for winter weight gain is the absence of the blue light from sunlight. According to the senior author of the study Peter Light, the blue light from the sun actually helps shrink fat cells and also to release lipids from fat cells.

The implication is that the body stores less fat in the presence of this blue light that mainly shines in the summer months. In the winter light, the skin is unable to attract this light, which means the fat cells lose their natural suppressor and this results in an increase in the size of the fat cells and ultimately weight gain. The researchers believe that light could one day be used to treat problems such as excessive weight gain and diabetes. ■



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Sugar's not so Sweet Secret: How Sugar Feeds Cancer

Tucking into a sweet treat is one of the simple joys of life. Whether it's a piece of cake or a sweet drink, most of us enjoy eating sugar. When done in moderation, most people would assume that sugar can be a normal part of a healthy and balanced diet. However, the truth behind those little white grains is not so sweet because sugar supports the growth of cancer cells. This link between sugar and cancer is so strong that depriving the body of sugar is known to help stop or slow down the growth of cancer.



The ketogenic protocol for healing cancer is based on the idea that sugar is food for cancer cells. It discourages sugar in the diet and instead encourages the consumption of foods rich in ketones. Ketones are an alternate source of fuel for our body's normal cells in the absence of sugar. Healthy cells can get their energy from ketones but cancerous ones cannot, thus in the absence of sugar—which is their primary source of energy – they cannot grow anymore and they die off.

However, starving the body of sugar does not always prevent the growth of cancer cells and this has baffled researchers until recently. Researchers from Austria have now discovered a previously unknown role played by sugar to promote the growth of cancer. **The scientists discovered that in some cancer cells, even the tiniest amounts of sugar that isn't even enough to provide energy for the cancer cells, still promoted the growth of the cancer cells.**

The researchers discovered that sugar played a role in the signalling processes that regulated the environment of the cell such as removing calcium from inside cancer cells which helps them grow. The team found that depriving these cancer cells of sugar also increased the calcium inside the cancer cells which helped kill them.

The scientists postulate that depriving sugar from cancer cells and providing the cells with calcium could be an effective treatment for many cancers. This study has given the scientific community some extremely interesting food for thought and it is hoped that it will contribute to effective cancer treatments. ■

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Delicious and Nutritious:

The Health Benefits of Coconut Oil

Coconut oil is probably the best cooking oil available to humanity today. This is because coconut oil contains more saturated fats than any other oil. This may come as a surprise because of the misinformation portrayed by the media. Saturated fats are the healthy fats, whereas unsaturated fats are the unhealthy ones.

Like their name suggests, saturated fats are saturated and full. They have no loose bonds. This makes them stable, even when exposed to high cooking temperatures, and unlikely to react with external chemicals and compounds. This is in contrast to unsaturated fats that have loose bonds, making them unstable at high cooking temperatures and more likely to break down into toxic compounds. Unsaturated fats are also highly reactive to external chemicals, as well as reactive to compounds inside the body.

Saturated fat also promotes the burning of body fat, which is the reason why coconut fat is known to help weight loss. The special type of saturated fat found in coconut oil is called Medium Chain Triglyceride (MCT) One study found that 15 – 30 grams of MCT consumed daily increases the total energy expenditure of the body by 5% which equates to about 120 calories daily.



Coconut oil also contains lauric acid which is a powerful antibiotic. Lauric acid is metabolised in the body into monolaurin—another powerful antibiotic. Both lauric acid and monolaurin are known to destroy staphylococcus aureus and candida albicans, which are both very powerful bacteria.

Coconut oil is metabolised into ketones. Ketones provide healing benefits to the body. Many studies show that ketones are powerful for controlling intractable and very difficult drug resistant seizures that children can suffer from. Ketones have been shown to reduce the excessive electrical activity of the brain that leads to these seizures.

Ketones are also behind the ketogenic diet that has been documented to help heal many cancers. It is a well-known fact that cancer cells feed on sugar. The idea behind the ketogenic diet is that the healthy cells derive their energy from ketones and not from sugar, and in the absence of sugar cancer cells start to die off because cancer cells do not use ketones. Coconut oil is the best source of ketones.

Another important benefit of ketones is to provide the brain with energy. The brain can derive its energy from sugar and also from ketones but it actually prefers ketones. **Scientists have observed that Alzheimer's disease and other neurodegenerative brain diseases start when brain cells become insensitive to insulin and become unresponsive to brain sugar. This is now called Diabetes type 3.**

Ketones from coconut oil bypass the need to metabolise carbohydrates and produce energy to brain cells directly. Unsurprisingly coconut oil has been shown to improve the symptoms of Alzheimer's disease and memory loss.

Studies have also shown that coconut oil helps with the loss of abdominal fat. It appears to be particularly effective for reducing belly fat which lodges around the abdominal organs.

In one study 40 women with abdominal obesity, supplementing with 30 ml (2 tablespoons) of coconut oil per day led to a significant reduction in both BMI and waist circumference in a period of 12 weeks. ■

Hiding in Plain Sight:

How Everyday Products Harm Your Health

Looking after your health can feel like an uphill battle of making sure that you eat the right things, take plenty of exercise and avoid contact with harmful substances. Every time you leave your house you are confronted with a multitude of hazards, but at least when you're at home you're safe – right? Unfortunately, you may not be as secure as you think. Common household products could be negatively impacting your health without you realising. We've outlined five that you should be aware of.

Shampoo – The shampoo you use likely contains carcinogenic chemicals. Most shampoos contain Sodium Lauryl Sulphate, fragrance (usually toxic chemicals such as aldehydes, benzene compounds and phthalates), polysorbates, triclosan, cocamidopropyl betaine, synthetic colour and many others. Parabens are also known cancer causing chemicals. They have been found in over 90% of cancerous breast tissue and are strongly suspected to contribute to breast cancer. Natural and chemical-free shampoos can be bought at health stores and good chemists.

Non-stick cookware – Many people find non-stick saucepan to be a timesaver because less time is spent scrubbing them after they've been used for cooking. The non-stick feature is created by coating the cookware with toxic plastics including polytetrafluoroethylene or Teflon. When heated, Teflon is known to breakdown into toxic cancer-causing chemicals.

Air fresheners – Most people have air fresheners in their home because they can mask bad smells or freshen up the home. The reality is that they nearly always contain synthetic fragrances which are conveniently labelled as parfum. Parfum is a camouflage for a cocktail of chemicals too numerous to list on the label. Manufacturers are legally allowed to hide the names of the specific chemicals under the general term parfum as a trade secret to protect their signature fragrance. On occasions when the contents of any 'parfum' has been revealed, they've been known to contain cancer causing chemicals.

Cleaning products – There are a wide array of cleaning products designed for specific cleaning tasks, including for cleaning windows, cleaning floors, polishing metallic surfaces, polishing wood, polishing the floor, shining aluminium etc.

They're commonplace in most cleaning cupboards. However, these products contain a variety of toxic chemicals including 2-butoxyethanol (a well known carcinogen), ammonia (known to cause liver and kidney diseases) coal tar (causes damage to the nervous and hormonal systems) as well as parfum.

Artificial sweeteners – Artificial sweeteners are added to a lot of processed foods especially weight loss and diet products because they are a way to increase sweetness without adding extra calories. The most common sweetener is aspartame. From diet sodas to low-fat yoghurts, this chemical is used in place of sugar. Aspartame has been linked to many health problems including headaches, dizziness, digestive symptoms, mood changes as well as Alzheimer's and diabetes.

Sacharrin is another commonly used sweetener and in addition to causing a range of diseases it has been linked to urinary cancers. Safer and more natural sweeteners include stevia and maple syrup, but even a small amount of unprocessed sugar is preferable to the chemical sweeteners mentioned above. ■



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A Simple Solution to Irregular Heartbeats

There are many reasons why people develop irregular heartbeat. While doctors are often quick to prescribe beta-blockers to regulate the heart rhythm, these only treat the symptom of an underlying problem. What's really important is to find out the main cause of the irregularity.

A host of system dysfunctions can give rise to an irregular heartbeat. The hormonal system regulates the activities in the body using naturally-produced chemicals and any factors leading to a decrease or increase of these can affect the heart rate. Increases in the level of the thyroxine hormone, for example, is known to increase the heart rate. Furthermore, raised levels of adrenaline or epinephrine—otherwise called the fight or flight hormone—will also raise the heartbeat.

A malfunctioning detoxification system will be incapable of removing toxins such as mercury or lead from the body, and these toxins may accumulate in the heart causing irregular heartbeat. Other common causes include increased activity of the nervous system which causes anxiety and ultimately increased heart rate. From this it is clear that there are a range of potential triggers for an irregular heartbeat. Given the different underlying problems, the same solution of prescribing beta-blockers is not suitable. A detailed investigation into the patient's health needs to be carried out to pinpoint the true cause.

Nevertheless, most irregular heartbeat is due to one simple problem – the deficiency of magnesium. Magnesium has been identified as a key player in thousands of chemical reactions occurring in the body and one of its key roles is transmitting signals across the nerves and the heart. Magnesium ensures that the cardiac system produces regular and synchronous signals that maintain a healthy heartrate. When levels



are low the cardiac conduction system is incapable of producing synchronous signals and this eventually causes irregular heartbeats. Many studies have linked low levels of cellular magnesium with irregular or abnormal heart rates.

It is important to realise that blood tests are very poor indicators of adequate magnesium levels, thus making deficiency difficult to diagnose. This is because 99% of magnesium in the body is found in cells, and only 1% is in the blood. An accurate way of determining magnesium level is the RBC (Red Blood Cell) magnesium tests which checks for magnesium in the red blood cell.

There are several types of magnesium supplements available. The purest form is magnesium oxide. The best absorbed is magnesium malate or other magnesium chelates such as magnesium fumarate. Ionic magnesium in the form of liquid magnesium is also a well absorbed form of magnesium. ■

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What is the Pineal Gland?

The pineal gland is a small pine cone shaped organ located in the centre of the two brain hemispheres. The pineal gland has been of interest to philosophers and mystics for centuries and has been referred to as the 'third eye'. Interestingly, the pineal gland contains light sensitive cells like the eye and is sensitive to light. The French philosopher Rene Descartes believed that the pineal was the connecting point between the physical and mental body and referred to it as the 'principal seat of the soul'.



The pineal gland plays a role in regulating the body's circadian rhythm to light and sleep. It produces the hormone known as melatonin which is called the sleep hormone. Melatonin is crucial for helping us catch a good night sleep. The pineal gland needs total darkness before it can produce melatonin. This is one of the reasons why it is important to sleep in a completely dark room if you want to enjoy a good night's rest.

The pineal gland is sensitive to chemicals especially fluoride, and there is evidence that fluoridation of the water supply may contribute to the calcification of the pineal gland observed in some people when viewed with an MRI scan. Scientists believe that the more calcified the pineal gland, the less able it is to perform its physiological functions of helping with sleep and also its little known spiritual or esoteric functions! ■

Mexican Chilli Lentil

2 or 3 persons. 45 min. preparation time

2 tbsp. olive oil,
1 onion chopped,
3 cloves of garlic pressed
2 tsp cumin powder
½ tsp cinnamon powder
1 tbsp. paprika powder
½ tsp chilli powder or more to taste
400 g peeled tomatoes
30 gr Chocolate 70% Cocoa or more
1 pumpkin 600 / 700 gr. peeled and diced
200 ml Greek yogurt
1 large avocado
juice of 1 lime or lemon
400 g kidney beans (pre-cooked)
400g lentils (pre-cooked)



Preparation:

Heat the oil and fry the onion and garlic about 2 min. Add the cumin powder, cinnamon powder paprika powder and chilli powder. Scoop the peeled tomatoes, chocolate, the diced pumpkin, the paprika pieces and approximately 250 ml of water in the pan and leave about 20 min. simmer. Mix with the hand blender the Greek yogurt with the avocado, lime juice or lemon juice, and if you want some salt and pepper. Add the beans and lentils to the chilli, add some salt and pepper and cook it for approx. 10 min. more. Serve the chilli with the creamy avocado sauce. ■



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Ageless Ageing

What is age anyway?

Is it the years passing? On some level yes. But on another age is a creation of our mind. How often do you hear people either say, “I am old now”, or on the other hand, “I feel like I am 20 on the inside.”

These different worlds exist as if in parallel universes. And what is it that makes the difference between one person’s point of view and another’s? Have you noticed how the early agers have an ‘old’ energy about them? Whereas the ‘forever young’ among us have that radiant glow to the very end.

Apparently 70 is the new 57. Older people feel, on average, about 13 years younger than they really are, according to a new study of ageing from the University of Michigan and the Max Planck Institute for Human Development in Berlin.

“This concept of how you feel about your age is so important and defines, in a way, how we act,” Dr. Jacqui Smith, a psychologist at the University of Michigan Institute for Social Research said. “If you self-define yourself as someone who is old, then you probably act that way.”

“It’s good for us to think we’re a little better than we actually are,” Dr. Smith said. “It’s associated with feelings of hope and well-being.”

Age is really a measure of time, not how ‘old’ we are.

Here are some factors that contribute to early ageing, on the inside.

1. Referring to yourself as old reinforces that point of view that you are intact on the way out. Some people start talking like this in their 30’s.
2. Some people feel more important if people see them as old so are incentivised to ‘be’ old before their time.
3. Ill health can definitely be a contributing factor and one that no-one can be blamed for. At the

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same time attending to your physical health can add decades to your self-perception and experience of what is possible in life.

4. A lack of physical activity. A little every day with an attention to your posture can do wonders.
5. Not breathing fully enough. So take those deep breaths all day long.
6. Lack of mental stimulation. Use it or lose it! Give your mind jobs to do each day. Tackle a Sudoku puzzle, knock out a few chapters of that book you promised you’d read, commit to learning a new hobby. Anything that forces your brain to work in a way that it normally wouldn’t.
7. Bad dietary decisions: Many people are simply not attending well to the foods they eat. Coconut oil is a fantastic food for keeping the brain young.
8. Medications that dull you down can make anyone feel older before their time. Learn about the drugs you are on, their side effects and what natural alternatives there are that may do the trick just as well, if not better, without this debilitating life robbing effect.
- 9 A lack of purpose leads to feeling like life has less meaning or that you are less meaningful to life and others you care about.

Look to find ways to continue to contribute to those in your life rather than seeing yourself as ‘past, the age of giving and into the age of dependence’ ■



The Full Body Scan at MedB

How the scan works

The diagnostic scan examines the whole body by measuring the frequencies of the cells, tissues and organs in the body. Different parts of the body emit unique frequencies, and with the aid of sensitive technology, these frequencies are measured and analysed by advanced computer programmes to determine your state of health with high accuracy. At MedB, we use the most advanced form of this diagnostic technology called Sensitiv Imago.

What to Expect

At MedB, our aim is to make your scan experience as comfortable & relaxing as possible. It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

The only things you need to remove for the scan are any jewellery or metal/electronic objects. We would also ask that for 48 hours before the scan you avoid coffee, alcohol & very spicy food. Everything else is OK. You also need to avoid smoking or using your mobile phone an hour before the scan.

Included in the report of the scan will be a recommended Direction of Therapy that we suggest based on the findings of the scan.

We divide the therapy into 1st and 2nd Line therapy. The first line therapy is usually to treat the underlying cause of the illness while the second line therapy is to help regenerate and strengthen damaged areas of the body.

Taking the Direction of Therapy is by no means a compulsory requirement but we will point out that we only prescribe products based on many years of use and supported by extensive research.

Benefits

Non-invasive and Safe: Unlike other scans such as X-rays and CAT-scans, your body is not exposed to harmful radiation.

Accurate and Detailed: The scan reads information from the cells and tissues as well as from organs and systems to produce an accurate and detailed information about your state of health. In contrast, other scans such as endoscopies use a camera to examine just the surface of internal organs.

Affordable: A similar scan using the same technology cost up to 6 times more in England and other EU countries. Products from MedB are also cheaper than anywhere else. For More information, **Call 965071745, 966189074** or visit www.medb.es



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