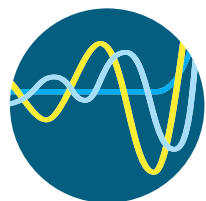


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EDITION 9. FEBRUARY 2016 WWW.MEDB.ES

Rethinking Underactive Thyroid Disorders

Healthy Fats and Oils
for a Healthy Heart

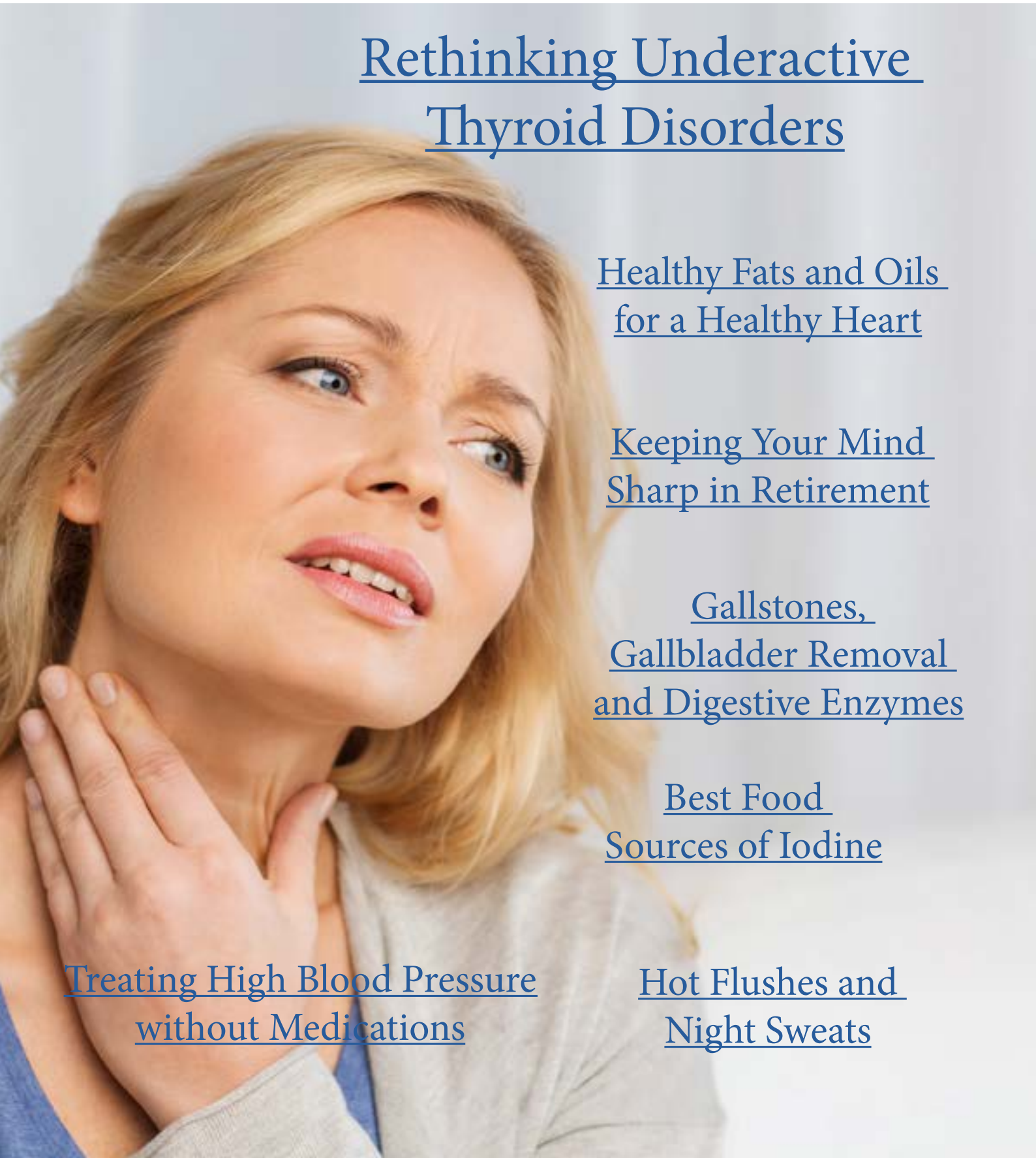
Keeping Your Mind
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Gallstones,
Gallbladder Removal
and Digestive Enzymes

Best Food
Sources of Iodine

Treating High Blood Pressure
without Medications

Hot Flushes and
Night Sweats



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DR H A Nieper, Head Dept of Medicine, Paracelcus Klink, Germany; inventor of serrapeptase

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Dr Nieper a german oncologist and medical doctor discovered and studied the cardiovascular and blood cleansing properties of serrapeptase, and found it very effective for cleaning out the blood vessels and organs where fibrous tissue has accumulated.

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Editorial

In this month's edition, we take an in-depth look at the factors that most likely cause an underactive thyroid gland. We also look at the reasons why thyroid medications may not be working for some people.

We have continued to improve the services we provide for our clients and patients. We now have a 3D EEG brain scanner to help us with the diagnosis of subtle brain changes that may be precursors to more serious brain disorders.

The next issue will focus on 'Irritable Bowel Syndrome' and other problems of the stomach and intestines.

A big thank you to everyone who wrote in showing their appreciation. See you next month!

Please send your emails, comments and questions to mag@medb.es

Dr Machi Mannu MBBS



WHAT'S INSIDE

“Isn't it a bit unnerving that doctors call what they do “practice”?”

George Carlin, Comedian

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Rethinking Underactive Thyroid Disorders

So many women take thyroid hormone medications, and for most, these medications have barely improved the problems they had before starting the medications. They still feel tired, depressed, sluggish and unable to shift that extra weight even with dieting and exercises. And yet doctors will tell them they are perfectly normal from blood test reports. Understanding why many people still suffer thyroid problems irrespective of their medications, and normal blood test reports, require our understanding of the factors that influence and control the production of thyroid hormone.



Different Types of Thyroid Hormones

The thyroid gland located at the front of the neck produces two different kinds of thyroid hormones—**T3 (triiodothyronine)** and **T4 (Thyroxine)**. T3 is the active form of the hormone, the form that can be utilised by the body while T4 is the inactive form and not available to the body. The body must convert the inactive T4 into the active form T3.

The brain produces a different type of thyroid hormone called **Thyroid Stimulating Hormone (TSH)** whose main function is to regulate the amounts of thyroid hormone produced by the thyroid gland. When the thyroid gland fails to produce enough hormones, the brain responds by secreting a lot of TSH to stimulate the thyroid gland to produce more hormones. And when there is too much thyroid hormone, the brain produces very little thyroid stimulating hormone, causing less thyroid hormones to be produced.

To produce thyroid hormone, the body requires some key nutrients, most especially a protein called **tyrosine** and **iodine**. Other necessary nutrients are zinc, selenium and glutathione.

Why many people suffer from low thyroid hormone

Research shows that there are key reasons why people suffer from an underactive thyroid but in many cases, nutritional deficiency is to blame, especially deficiency of iodine. A well-documented fact is that regions that have soils deficient in iodine have a higher incidence of thyroid diseases including **goitre**. Today goitres are no longer as commonplace as the used to be, yet many people with low thyroid hormones still suffer from the symptoms of iodine deficiency including tiredness, weight gain, depression, skin and digestive problems.

Selenium is also usually lacking in people suffering low thyroid hormones. Selenium converts inactive thyroid hormone (T4) into the active usable form (T3). Without Selenium, most people on thyroid hormone medications, will continue to suffer the symptoms of underactive thyroid from failure to convert

their medication to the active form of thyroid hormone – T3. Deficiencies of zinc and glutathione will also affect the normal production of thyroid hormones.

Fluoride in drinking water and toothpaste is a problem

Fluoride is one of the most toxic chemicals in the world. The decision to add fluoride to drinking water supply was based on questionable scientific evidence, and in recent years, many towns and cities around the world have had it removed from their water supply. Yes, there is evidence that fluoride may help prevent cavities, but the health risk far outweighs any possible benefit. The deadly effects of fluoride are felt more in the thyroid gland than in any other organ in the body.

Fluoride belongs to the same family of chemicals as iodine and takes the place of iodine in the thyroid gland causing severe damage and affecting the production of thyroid hormone.

Fluoride is also routinely added to toothpaste and is an ingredient of some antibiotics such as ciprofloxacin. People with thyroid problems must avoid ingesting substances that contain fluoride.

Soy worsens thyroid problems

Many people believe soy to be a health food, but the reality is that soy contains toxic compounds, especially when not properly processed as in commercially available soy. Soy contains compounds called phytoestrogens that bind to thyroid hormones decreasing their availability to the body. Studies also show that babies fed milk formula containing soy are more likely to suffer from autoimmune thyroid diseases later in life. There is evidence showing that meat from farm animals fed soy may cause thyroid problems.

Cholesterol-lowering drugs can cause thyroid disorders

Diseases of the heart and arteries are not caused by high cholesterol, but by inflammation of the arteries which then attracts clotting cells that continue to pile up until arteries become clogged. High cholesterol occurs to protect the body against inflammation. Cholesterol is key to human survival. It is an essential ingredient for producing every hormone in the body. Lowering cholesterol will diminish the body's ability to produce hormones including thyroid hormones.

Women, more than men are more sensitivity to hormonal imbalances and will be affected more severely by low levels of cholesterol. Studies

Women suffer 9 times more from thyroid problems than men.

Goitre is a swelling of the neck due to an enlarged thyroid gland resulting from iodine deficiency. Without sufficient iodine, the thyroid struggles to produce thyroid hormone and to compensate, the brain secretes more of the hormone TSH to stimulate the thyroid gland to produce more hormones which then leads to an enlarged thyroid gland.

Goitre occurs as a result of extreme iodine deficiency. Today many people still have a severe deficiency of iodine, which although not severe enough to cause goitre, is serious enough to cause the problems of hypothyroidism that is prevalent today.

Thyroid blood tests measure thyroid hormones from the thyroid gland—T3 and T4 as well as the thyroid hormone from the brain—TSH. When levels of T3 and T4 are lower than normal, the thyroid gland is said to be underactive. The TSH level can be high with an underactive thyroid. When the levels of T3 and T4 are higher than normal, and TSH below normal, the thyroid is said to be overactive.



show that women with higher than average cholesterol (up to 7 mmol/L or 280 mg/dl, are healthier and live longer than those with average cholesterol levels of 5 mmol/L or 200 mg/dl. The symptoms associated with low cholesterol are similar to those seen in low thyroid hormone.

Iodine in your diet is important

Many of our regular foods do not contain iodine. **Seaweed is the best source of dietary iodine.** Other good sources include seafood such as shrimps and lobster. Iodized salt (salt fortified with iodine) is also a good source of iodine. Bread used to contain iodine in the form of potassium iodide which was added to hold the dough together. But today bread makers prefer the cheaper potassium bromide which can contribute to underactive thyroid.

There is a connection between stress and thyroid disorders

Studies show that stress has a negative impact on the thyroid gland, affecting the production of hormones. Severe stress can shut down the entire hormonal system and organs including the thyroid gland. On the other hand, a dysfunctional thyroid gland can cause or worsen stress.

The problem with hospital treatment

Most hospitals treat an underactive thyroid by prescribing thyroxine (T4), the inactive form of thyroid hormone. The correct dose is then determined by checking for the right blood levels of thyroid hormones. Many experts and specialists have pointed out the flaws of the current system for managing an underactive thyroid. The main problem is that the prescribed drugs are in the form of the inactive form of thyroid hormones which still needs converting into the active form T3.

Converting T4 to T3 is quite demanding and requires some key nutrients that are usually lacking in most diets. Critics also argue that the blood test readings for normal T3 is too low and puts many deficient people within normal range. The danger here is that blood test results will falsely show an improvement after taking thyroid hormones.

How Digestive Diseases affect The Thyroid

In addition to iodine, selenium and other minerals, your body also needs a key nutrient, the amino acid called tyrosine. Amino acids are the end products of protein digestion, and the body requires about 22 of them every day, to run effectively.

People suffering from digestive disorders will have problems digesting protein and absorbing amino acids. Protein digestion is a resource consuming process and requires many enzymes, minerals and vitamins to run through. A lack of any one of these nutrients can easily cause amino acid deficiencies, including a deficiency of tyrosine. And without tyrosine, the thyroid cannot produce thyroid hormones. Numerous studies have shown the link between digestive disorders and thyroid diseases.

What you can do

Many people will need to take thyroid hormones for life to manage an underactive thyroid. Still, many others taking thyroid hormones may not necessarily need hormones to correct the disorder. Before thyroid problems can be managed effectively; all factors must be considered that may affect the body's capacity to produce thyroid hormones. Nutrient deficiencies severely affect the production of thyroid hormones, especially iodine which is deficient in today's diet.

Selenium is essential for converting the inactive form of the hormone (T4) to the active form T3. Without selenium, many people taking thyroid hormone will not respond well to medication. Zinc and Glutathione are also essential nutrients for making thyroid hormones. Taking a good multivitamin will help prevent nutrient deficiencies.



Best Food Sources of Iodine



Seaweed



Eggs



Cod



Strawberries



Scallops

Relieve Joint and Muscle Aches and Pain with MSM

MSM (Methyl Sulfonyl Methane) is the most vital nutrient required by the body to build and maintain strong and healthy joints and bones. MSM occurs naturally in the body, and is used to make collagen- an important component of our bones, joints, skin and hair. More so than calcium your body needs MSM to build bones, joints, skin and hair. For this reason MSM has been called the 'beauty mineral'

MSM is a powerful painkiller and anti-inflammatory agent and studies have shown that MSM is more effective than prescription medications for treating Rheumatoid arthritis, Osteoarthritis, Frozen shoulder, Muscle cramp, Neck pain and Back pain.

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Gallstones, Gallbladder Removal and Digestive Enzymes

Most people have their gallbladder removed because of gallstones. The gallbladder contains bile juices produced in the liver and containing enzymes that help with digesting fats and oils. Bile hardens into stones when the gallbladder becomes dysfunctional. When you eat foods containing fats, the gallbladder squeezes bile into the small intestine to help with their digestion. Bile juices in the gallbladder also help the body regulate Cholesterol.

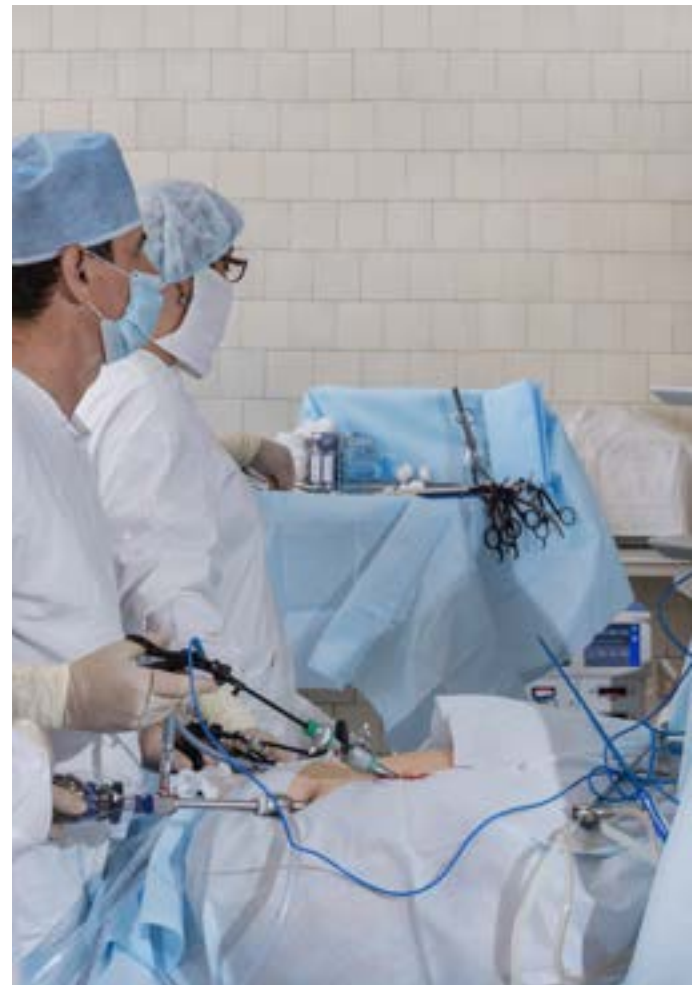
Why Do You Have Stones?

Gallstones can occur from a number of factors, especially from an unhealthy diet rich in refined foods and unsaturated oils. Some diseases of the kidneys and hormonal organs may affect the regulation of calcium causing a build-up which then precipitates as stones in the gall bladder.

Microbes and toxins will affect the gallbladder by slowing down its contraction and causing stagnation and hardening of bile into stones. Some medications especially **painkillers such as codeine and morphine slow down the contraction of the gallbladder and encourage the formation of stones.**

Stones do not always stay permanently in the gallbladder and can dissipate after a while. Although gallbladder removal surgery may be necessary, many surgeons are of the opinion that such surgeries are readily carried out even when unnecessary. Removing the gallbladder can have serious consequences, more so in some people than in others.

The Gallbladder plays a vital role in food digestion and enhancing the immune system and removing it, although compatible with life,



can have an adverse effect on health. Many people that have had their gallbladder removed will suffer from digestion problems such as burping, gas, cramps and even recurrent abdominal pain. And such symptoms worsen after meals rich in fats and oils.

What you can do

If you have had your gallbladder removed, and you suffer digestive symptoms, you must consider taking digestive enzymes with your meals. Digestive enzymes provide the body with lipase – fat digesting enzymes, that help the body digest fats and oils. Digestive enzymes are available as supplements but also occur in some natural foods such as pineapples and papaya.

MitoQ

Because disease and ageing start at the cellular level

HOW LONG HAS it been since you felt radiant, rested, and fully alive?

The chances are good that if you're over the age of about 35, it's been a while. Maybe it started as mild tiredness, and you wrote it off to stress or too much to do. But over time, you feel more and more sluggish.

Do you ever wonder if the vitality of your youth is gone forever?

If this sounds familiar – you're not alone, and you do not just imagine it, either!

Your body was made to produce a powerful source of fuel – Co-enzyme Q10 – for the energy producing engines in your body called mitochondria.

There's just one problem. Your body's ability to produce coenzyme Q10 (Co-Q10), starts to decrease as you age. In fact – at age 50, you produce half of the Co-Q10 you did in your 20s!

I don't know about you, but I don't need only half the energy I did back in my 20s!

And while it would be nice to feel more energetic – that's not even the worst symptom of not getting enough of this vital nutrient.

Co-Q10 affects things like your heart health and your brain. It has implications for cardiovascular disease, Parkinson's, Alzheimer's, and even cancer.

When your body decreases its Co-Q10 production, you're increasingly at risk for significant health issues that can seriously decrease your quality of life in your later years (and even risk your very life itself)!

You've probably seen supplements at your favorite drug store, but before you purchase one, there's something you should know.

If they weren't produced in the way described below, you're just throwing money away.

You See, Co-Q10 is a very special nutrient, and most

supplements are produced in such a way that your mitochondria simply can't absorb the Co-Q10 you're providing, so it's wasted.

Until now.

Introducing a breakthrough in Co-Q10 production – MitoQ

This revolutionary supplement was produced by two pioneering researchers from Cambridge University, who found a way to deliver the Co-Q10 straight into your body's energy producing cells – the mitochondria – exactly where your body is ready to produce the energy you need to protect and revitalize your heart, brain, and all of the cells in your body.

In short – it's exactly what you need for your body to look and feel revitalized and full of energy once again.

But the only way to experience this kind of radiance and energy again is to try it for yourself.

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Dear Doctor, I've suffered from tiredness, joint and muscle pain for over 15 years. I am 65 years old and I think the problems started with my menopause. Over the years, I've seen specialists and have been diagnosed with fibromyalgia. In the last year, I've been treated for depression. I take a lot of painkillers including paracetamol, ibuprofen and naloxone. I am not keen on taking these painkillers and will appreciate your advice.



Our approach to healing is to identify and then treat the cause of a health problem, rather than treating just the symptoms. Fibromyalgia is just a name given to a group of symptoms. What's important is to find out the cause of your symptoms.

We know from diagnostic scans that patients with complaints similar to yours who have been diagnosed with fibromyalgia have problems within similar areas of the body. Typically there is degeneration or breakdown of the joints, bones, and surrounding tissues as well as degeneration of the nerve endings. Degeneration of the nerve endings will cause a hypersensitivity to pain. And although you may have arthritis, you will feel more pain than other people because of the degeneration of the nerve endings.

Hormonal disorders are also quite common in sufferers of fibromyalgia. A dysfunctional hormonal system will also cause increased sensitivity to pain. We can see from your history that your problems started around menopause, making it likely that hormonal problems may have started or worsened your condition.

People diagnosed with fibromyalgia will also show from scans, low-grade infections with viruses such as cytomegalovirus. Such viruses will settle on the nerves without causing any problems until the immune system becomes depressed and they become activated.

Digestive disorders are also common in fibromyalgia sufferers and include heartburn, diarrhoea, cramps, bloating, gas and abdominal pain. These problems will affect food digestion and nutrient absorption and some studies have

confirmed that people with fibromyalgia also have nutrient deficiencies. Digestive disorders encourage the entry of toxins into the body, and as these toxins accumulate, they cause many of the symptoms associated with fibromyalgia.

The goal in managing fibromyalgia should be to treat the whole body and not just the symptoms as they appear. Ideally, a full body diagnostic scan should be the starting point to find out all existing problems. But in the absence of a diagnostic scan, there is still a lot you can do.

The pain of fibromyalgia usually stems from degeneration of the joints and bones and should be managed with **MSM (Methyl Sulphonyl Methane)** which helps the body produce collagen which in turn supports the joints and bones, as well as the skin, hair and nails.

Vitamin D is also deficient in fibromyalgia sufferers, causing lowered immunity and joint pain. The sun is the best source of Vitamin D. However, those living in colder climes must take Vitamin D supplements all year round. Hormonal imbalances should also be properly managed. Stress worsens the symptoms of fibromyalgia, and doing what you can to reduce your stress levels will improve your quality of life.

Treating High Blood Pressure Without Medications



Pete, a 50-year-old gentleman, came to us complaining of pain and numbness in his legs. His main worry was that he had taken the antibiotic ciprofloxacin on prescription on and off for over 10 years. He had developed frequent urination in Australia and was diagnosed with prostatitis (inflammation of the prostate) and prescribed ciprofloxacin.

Just before coming to our clinic, he had become aware of the side effects of long-term use of ciprofloxacin, side effects that included muscle weakness, rupture of tendons, chronic pain, temporary blindness, damaged hearing and permanent damage to the nervous system.

Our diagnostic scan revealed that his most affected systems were the cardiovascular (heart and arteries) and detoxification system (the system in charge of removing toxins). His nerve endings were also showing signs of degeneration. The blood tests were all normal.

None of his organs showed any deep structural changes, but there were signs of inflammation of the heart arteries, kidneys and joints. His blood pressure was high at 174/107 and remained high when it was checked again a few days later.

From the scan report, he had extremely high levels of toxins probably from years of continuously taking antibiotics, and this seemed to be the cause of his high blood pressure. We prescribed a cellular detox therapy for his kidney and MSM powder for his joints. 3 months later, his blood pressure had dropped to 140/ 84, and most of his joint pain and numbness had gone.

We know from the analysis of our diagnostic scans that many people have high blood pressure unrelated to the heart and caused by other problems including chronic pain, digestive disorders, and infections.

Many others suffer low-grade infections that are not serious enough to cause noticeable symptoms but cause high blood pressure. And treating such infections is all that is needed to bring blood pressure under control.

Unfortunately, doctors are very quick to prescribe medications to lower blood pressure just from measuring blood pressure. Blood pressure will rise as a compensatory and protective mechanism to the body, and reducing it without finding the cause will only mask the real problem.

However on rare occasions blood pressure will increase without an underlying cause, and in such cases, it will be wise to take blood pressure medications.

Hot Flushes and Night Sweats



You may never experience hot flushes and night sweats going through the menopause, but most women do. Hot flush is a feeling of intense heat that spreads through the body lasting from a few minutes to a few hours. Some other symptoms may also occur including vaginal dryness, mood swings, fatigue, headache, weight gain and palpitations.

Hot flushes that occur at night can severely disrupt sleep and reduce the quality of life. Without proper management, studies show that menopause can last 7 years on the average. From clinical studies, we also know that women who experience hot flushes before the end of their periods can suffer for longer.

Hot flushes occur from a reduction in the levels of circulating oestrogen (female hormones) in the body. Oestrogens have an effect on the hypothalamus, the part of the brain that regulates appetite, sleep, sex and body temperature. During menopause, the ovaries produce fewer oestrogens. However, other glands – adrenals and fat cells will take over production. But to do so, these glands will need essential nutrients including amino acids, vitamins and minerals, making a healthy diet very helpful for reducing the symptoms of menopause.

Foods that contain phytoestrogens–plant oestrogens are helpful and include flaxseed, seaweeds, celery and parsley. Soy and soy-based foods and supplements will also alleviate hot flushes. However soy can have serious side effects, especially commercially available soy that may not be properly processed to remove harmful toxins. Although HRT (Hormone Replacement Therapy) can be effective for treating hot flushes and other menopausal symptoms, it also comes with serious problems including increased risk of suffering from breast cancer, strokes and blood clots. HRT should only be considered by women suffering from severe menopausal symptoms affecting their quality of life.

Herbs that are known to reduce hot flushes include **Black Cohosh, Sage and Red clover.** Red clover contains similar compounds found in soy (isoflavones) that help reduce other menopausal symptoms. Black cohosh contains phytoestrogens–plant-based oestrogens that mimic the effects of oestrogen and helps reduce hot flushes.

There are reports that controlled breathing for about 15 minutes daily is also very helpful. Controlled breathing involves inhaling and exhaling to the count of 5.

Colloidal Silver: The Universal Antibiotic

Silver has been used for thousands of years as an antibiotic. Ancient cultures used silver pots to store water, with the knowledge that it will protect them against diseases. Silver dressings and products are currently used in specialist hospitals to speed-up the healing of wounds. The international Space station and the Russian Space station use colloidal silver to purify water. Most recently, silver has been recommended for use in surgical instruments and silver coated catheters, to prevent MRSA infections. .

Colloidal Silver was recognised as a powerful antibiotic as soon as it was first discovered by Dr Silver in 1906, but it fell out of favour decades later, when antibiotics became available. And today, with the rise of antibiotic resistant microbes, colloidal silver is making a comeback as the preferred antibiotic of choice for a variety of infectious diseases.

Several scientific studies have demonstrated that colloidal silver is a powerful antibiotic.

In the 1980s, studies carried out at the Syracuse University and the UCLA School of medicine showed that colloidal silver was highly effective against bacteria, viruses, and fungal microbes, including those that had become resistant to antibiotics. Recently studies at the University of Texas suggested that colloidal silver may be effective against HIV-1 virus.

Colloidal silver has absolutely no side effects. The particles of silver in colloidal silver are extremely tiny, making it impossible for any form of toxicity to occur in the body. The cosmetic side effect of argyria (greying of the skin) is only seen when people consume silver salts and solutions that are not fit for human consumption

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HEALTHY FATS AND OILS FOR A HEALTHY HEART



Today we have a better understanding of the factors contributing to heart diseases. Unfortunately, many people believe there is a link between heart diseases and cholesterol. The reality, however, is that cholesterol is essential for our survival.

The underlying cause of artery and heart diseases is inflammation. Studies show that most of the inflammation comes from consuming unhealthy foods especially unhealthy cooking oils. And so eating the right fats and oils is key to maintaining a healthy heart.

Healthy fats and oils are saturated meaning that the bonds that hold the oils and fats together are very strong and without gaps. For this reason, saturated fats and oils can withstand high cooking temperatures without breaking down into toxic compounds that cause inflammation, and this makes saturated fats and oils healthy oils.

Fats and oils have a similar chemical structure but fats are solid at room temperature and oils are liquids.

Coconut oil and cream are the best plant sources of saturated fats. Meat also contains a lot of saturated fats, as well as full cream milk, butter and lard. Saturated fats maintain the inner linings of our organs, including the lining of the blood vessels.

In contrast, Unhealthy fats and oils are unsaturated. Unsaturated fats and oils are held together by weak and porous bonds that are easily broken down by heat into toxic inflammatory compounds. Nearly all vegetable oils are unsaturated and examples are corn, canola, rapeseed, sunflower, safflower, and soy oils. Many studies have linked the 'out of control' inflammation seen today, to increased consumption of vegetable oils. Some types of unsaturated fats are required to maintain health.

Olive Oil is good cooking oil as it contains a blend of saturated and unsaturated oils in a combination that makes it stable when heated.

Omega-3's are unsaturated oils, but they are the exception to the rule because they are essential for our survival. Omega-3 prevents inflammation by counteracting the inflammation caused by omega-6.

A healthy body contains equal amounts of Omega-3 and Omega-6 to balance out each other, but today many people have an unhealthy ratio of extremely high levels of Omega-6 mainly from unsaturated vegetable oils. You can reduce inflammation of the arteries and protect your heart by eating a diet rich in Omega-3 (Salmon, Mackerel and Flax seeds are good sources of Omega-3)

A low-fat diet is an unhealthy diet. This may be difficult for many people to believe, but the reality is that your body thrives on fat. Your brain, in particular needs fats to function properly. It is nearly entirely made of fat and depriving the brain of healthy fats will cause problems such as depression, insomnia, irritability, memory loss. The key is to eat healthy fats with caution.

Repair Your Body With YTE



YTE IS THE extract of fertilized chicken eggs incubated for nine days and carefully extracted to preserve the unique blend of nutrients found nowhere else in nature.

Canadian Medical Doctor, Dr Davidson first discovered the healing powers of YTE in the 1930s. While studying chicken eggs, Dr Davidson found that on the 9th day of incubation, the eggs undergoes a tremendous growth spurt that triples the size of the embryo. He theorized that the chicken egg on day nine must contain concentrated forms of the most vital nutrients for maintaining life. And he was right.

Since the 1990s, several studies have confirmed that 9-day old chicken eggs contain nutrients that are the source of life. These nutrients include all 22 Amino Acids, Polypeptides, Oligopeptides, Neuropeptides, Growth factors, vitamins, minerals and a host of other nutrients.

But Above all, YTE contains FGF (Fibroblast Growth Factor) which initiates the regeneration and repair of damaged organs in the body.

Because YTE is packed full of life giving nutrients, most people who take it notice a difference in their health in days rather than weeks or months.

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Coconut Oil destroys cancer cells?

Scientists from the University of Adelaide discovered that a compound found in coconut oil destroys colon cancer cells.

The in vitro study - carried out in a test tube, showed that **lauric acid** which makes up 50% of the fats in coconut oil, destroyed 9 out of 10 cancer cells in 2 days.

Coconut oil is one of the richest sources of healthy saturated fats known to man. Over 90% of the fats in coconut oil are saturated fats. Saturated fats are essential for maintaining the lining of many organs in the body including the linings of the stomach and intestines.

A special type of fat in coconut oil known as Medium Chain Triglycerides (MCT) is considered a likely cure for Alzheimer's disease. **Lauric acid** also makes coconut oil a powerful antibiotic capable of destroying many harmful viruses, bacteria and fungi. Other studies have also demonstrated other benefits of lauric acid.



Painkillers cause heart attacks

Researchers from Denmark following over 100,000 people for 5 years have concluded that painkillers increase the risk of dying from heart disease.

The found that patients were 60% more likely to die of a heart attack in the first year after diagnosis if they were prescribed Non-steroidal anti-inflammatory painkillers such as ibuprofen, compared to those that were not.

Other studies have shown that painkillers spark a range of other health problems.



Know Your Minerals: Copper

Copper is central to maintaining the structure of the joints and bones, maintaining the volume of blood and generating energy for the body. The body needs only a tiny amount of copper and the foods we eat, also contain tiny amounts of copper. Processed foods can leach copper from the body.

Copper is required to manufacture collagen for maintaining the structure of the bones, joints, hair, skin and nails. Copper helps with energy production by helping to prevent anaemia which is a major cause of lack of energy and tiredness.

Copper is needed for manufacturing enzymes that help generate energy in the body. Foods that contain the most copper include sesame seeds, cashews, soybeans and mushrooms. Other foods that contain copper include: Asparagus, Squash, and Kale and turnip greens.

Fluoride Reduces IQ

Researchers from Harvard University have found that children who live in regions containing high fluoride in the water supply have lower IQs than children living in areas with low fluoride. This study adds to the growing list of studies that show the damage caused by fluoride in water supply. One study found that 60% more children from a city with high water fluoride, had signs of mental retardation, compared with similar cities with low fluoride water.

Scientists regard fluoride as one of the most toxic chemicals in the world, and many experts have wondered how it ended up in water supplies. Fluoride may prevent cavities, but the damage it causes far outweigh any benefits. Fluoride displaces iodine in the thyroid gland to cause thyroid diseases.

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- **Lead**
- **Pesticides**
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Dose: 2 capsules in the morning, then you must drink at least 1.5 L of water through the day

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Keeping Your Mind Sharp in Retirement

Your body will slow down with age, but not your mind, if you can keep it going. Many people worry about Chronic brain diseases such as Alzheimer's and Dementia and don't realise such illnesses are preventable, according to strong scientific research. Your lifestyle and attitude towards life have a lot to do with maintaining a sharp mind. You can start taking action right now to prevent and even reverse any tell-tale signs of brain deterioration.

Believe in Yourself: Believing in yourself will help you maintain your self-confidence. There is a strong link between loss of self-confidence and chronic mind diseases such as Alzheimer's.

Be organised: We all misplace our keys or mobile phones or even forget why we walked into a room, but as we become older, we worry more about such lapses. Of course, it becomes a real problem when the forgetfulness occurs more frequently. Nevertheless, we handle a lot more information today than we did 20 years ago. To help you remember, keep routine information at hand with planners and reminders. Have a designated place for your keys, phones, glasses and stick to it.

Keeping Learning: Brain cells start to die when they are not in use. And the best way to keep them fired is to keep learning. Experts advise that we learn activities that are not only mentally stimulating but also novel. If you've never painted before, learn to paint, learn to dance, learn a new language or a new trade. Studies show that photography improves mental acuity.

Maintain a healthy diet: Your brain needs certain key nutrients to function properly, and the best way to help your brain receive essential nutrients is to eat a balanced diet. Nuts, fruits, fresh vegetables, contain antioxidants that fight off toxic chemicals that promote brain degeneration. Omega-3 reduces inflammation and prevents brain diseases. Over 70% of the brain contains fat, and the brain requires healthy fats to stay on form. Coconut oil contains healthy fats called Medium chain triglycerides (MCT), and there is strong evidence that these fats prevent and even reverse Alzheimer's.

Spend time outdoors: Taking a walk through nature, strolling on the beach or sitting outside of your home, stimulates the mind. Sea air contains ionisers that can neutralise some of the toxins in the body. Walking through nature removes stress and sharpens the mind.

Stimulate the Mind: Playing Sudoku, crossword puzzles and other mentally stimulating games helps keep the mind focused and improves memory. Studies even show that playing an hour of video games every day improves mental acuity in 60 to 85-year-olds.

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.

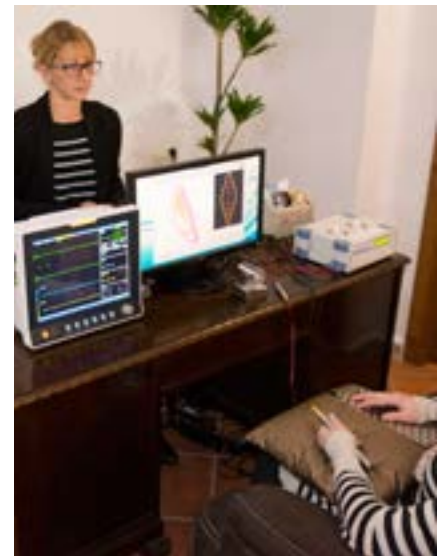
The only things you need to remove for the scan are any jewellery or metal/electronic objects.

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.



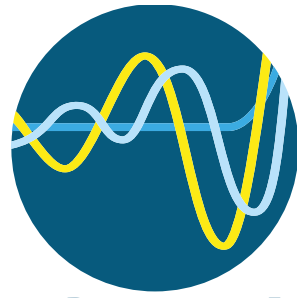
Benefits

Non-invasive and Safe: Unlike other scans such as X-rays and CT-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.

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- Detection of Toxins and Allergens
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