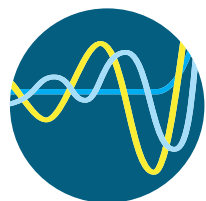


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EDITION 12. MAY 2016 WWW.MEDB.ES

Weight Loss Science

How to Lose Weight and Keep it off

Self-Help Therapy for
Chronic Back Pain

Treating Signs and Symptoms
Rather than Cause

How Cooking Affects Food

How Milk Promotes
Arthritis

Restless legs syndrome

Worrying Less to
Enjoy More



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Editorial

Hello and welcome.

This edition takes a look at weight loss. More people are obsessed with their weight than with any other aspect of their health and body. Ever year more people take up exercising and dieting, yet the rate of obesity and weight gain continues to rise.

It is easy to blame overweight people, after all from what we have come to believe; people are overweight because they overeat. Or as nutritionist put it, consuming calories without burning them is the reason people are overweight.

But there is a lot more to food than calories. The idea that calories entering the body must equal calories leaving the body to maintain weight, has been completely disproven.

Yes, food has a lot to do with weight, but as the saying now goes 'We do not get fat because we eat, rather we eat because we get fat' Weight gain and obesity are more likely caused by hormonal imbalances than by ingestion of too many calories.

This issue examines a new way of looking at weight loss and techniques that are proven to help you lose weight and keep it off.

The next edition will take a look at heart diseases, cholesterol and cholesterol lowering medications. Until then enjoy the read.

Please email your questions or comments to mag@medb.es



Dr Machi Mannu (MBBS)

WHAT'S INSIDE

“Processed foods not only extend the shelf life, but they extend the waistline as well.”

~Karen Sessions

4

Weight Loss Science
How to Lose Weight and Keep it off

8

How Cooking Affects Food

10

Q and A

11

Self-Help Therapy for
Chronic Back Pain

12

Restless legs syndrome

14

Treating Signs and Symptoms
Rather than Cause

Weight Loss Science

How to Lose Weight and Keep it off

Why do most diet programs fail? Why do some people continue to put on weight even when they start eating less and exercising more? Those who have tried to lose weight know that the problem most of the time is not really with losing weight but with keeping the weight off.

Many people believe that food quantity and level of fitness determines a person's weight. In other words, if you eat sensibly and exercise often, you will keep your weight down. Scientists describe the process as Calories in Calories out, meaning that the body balances out the calories consumed and the calories expended, and stores the excess as fat. Today we know this assumption to be false. There are more complex processes that control our weight and metabolic rate.

Many people think of food only as calories. To many, especially those on weight loss programs, 100 Calories of Bread is the same as 100 Calories of Broccoli. But Foods are much more than calories. Foods contain thousands of nutrients and compounds that interact in many complex ways to produce effects that go beyond numerical calories.

WHY COUNTING CALORIES DON 'T WORK

The cause of weight gain and obesity is not really due to the size of meals, but from the type of food and the time of meals. The foods we eat and the times we eat triggers hormonal changes that send messages to the brain, to reset a control switch that regulates weight upwards or downwards, according to the latest discoveries today.

Dr. Rudolph Leibel, Medical doctor, and geneticist disproved the theory that the body matches the energy consumed with energy expended. In his famous experiments published in 1995, he underfed obese subjects until they lost 10% of their weight. Then he measured their energy expenditure which he found to have reduced by 15%. However, when the subjects lost 20%, 30% and 40% of their weight, their energy expenditure remained at 15%.

Many of the participants in the experiment could not lose any more weight without feeling



physically ill. They felt cold and tired, and many dropped out after 10% loss in weight and regained weight very quickly after leaving the experiment.

According to Dr. Leibel, it's as if their bodies have been programmed to maintain normal metabolism at their set weight. People who are overweight are no different from skinny people from a metabolic point of view. The only difference it seems is that overweight people require a lot of fat to achieve normal metabolism.

BRAIN SWITCH THAT CONTROLS WEIGHT

Researchers have identified the region of the brain known as the hypothalamus as the main organ responsible for regulating our 'set body weight.' This set body weight can be reset higher or lower depending on the actions of hormones.

Several hormones are now known to influence appetite and weight. The most powerful being insulin. Other hormones include Leptin, which reduces appetite and Ghrelin which increases appetite. Amylin is another weight regulating hormone known to delay the emptying of the stomach and reduce appetite. The important role of insulin in the body is to convert and store blood glucose as glycogen in the liver or as fat in fat cells.

When we consume foods that release sugar into the blood, insulin rises to reduce blood sugar levels and then quickly falls to normal levels. The body tightly regulates insulin levels to prevent fat cells from developing a resistance from high insulin levels, a condition known as insulin resistance. If insulin levels remained persistently high, fat cells become resistant to its effects, and this causes a rise in blood sugar levels which sends messages to the brain to reset weight.

With the weight now reset higher, fat cells can now expand to maintain normal metabolism at a higher weight.

Several studies show that patients treated with insulin for type 2 diabetes put on weight when compared to those treated with hypoglycemic



tablets (diabetes tablets). People who take insulin for type 2 diabetes nearly always notice weight gain as a side effect.

Another hormone that sends messages to the brain to reset weight is cortisol. Cortisol is a steroid produced in the body during periods of stress. It is vital for our survival and has evolved to protect the body from danger. Cortisol primes the body for flight or fight. It shuts down all other bodily systems to increase blood glucose.

The muscles require sugar if we have to run from danger or fight for our lives, needless to say that cortisol would have played a very vital role earlier on in human evolution. However, persistently high levels of cortisol damages health. High cortisol increases blood sugar levels which in turn leads to insulin resistance, weight gain and obesity. People on long term steroids (Cortisol is a steroid) notice weight gain as a side effect.



HOW TO RESET THE SWITCH TO LOSE WEIGHT

A well-known cause of insulin resistance and therefore weight gain and obesity, is refined carbohydrates. Carbohydrates in their natural state are not the cause of weight gain. Many traditional societies in Africa and South America have diets that are 70% carbohydrates and have a low incidence of weight gain or obesity.

Carbohydrates in their natural state release sugar very slowly into the blood stream, thereby preventing persistently high levels of insulin that lead to insulin resistance. Today many people consume foods that are high in refined carbohydrates, table sugar, and high-fructose corn syrup, and all 3 spike insulin levels. Refined carbohydrates such as wheat flour are easily broken into simple sugars – glucose and fructose.

Table Sugar is also digested into glucose and fructose, and Studies show that both sugars cause insulin resistance. High fructose corn syrup is a very cheap alternative to sugar introduced in the 1960s and today it is found in nearly all processed foods including cereals, carbonated drinks, sauces, pastries, etc. High Fructose corn syrup contains very high

amounts of fructose, a main cause of insulin resistance, weight gain and diabetes.

Researchers believe that the introduction of high fructose syrup into food is behind the increasing rate of obesity and weight gain observed since then.

WHEN YOU EAT IS IMPORTANT

Although the health advise of the day is to eat very often but small amounts, there is a reason to believe that this may not be very sound advice. Eating around main meals otherwise known as snacking is a very recent practice. Cultures all over the world have always shunned the idea of eating in between meals seeing it as detrimental to health, and for good reasons.

Researchers have found that snacking maintains high blood sugar which in turn cause insulin resistance and other hormonal imbalances that are behind weight gain. Snacks also contain high amounts of refined carbohydrates, sugars, and high fructose corn syrup, the main causes of insulin resistance.

WHY FASTING HELPS

Many people believe that fasting is harmful to health, but many studies done on fasting have pointed to tremendous benefits. The truth is that the body evolved to accommodate fasting. Millions of years ago, humans hunted and foraged for food and were never sure of the next meal, and the body had to learn to adapt to many hours or even days without food. Many studies have shown that intermittent fasting reduces insulin resistance and therefore weight loss and obesity.

There are many different forms of fasting, but one of the easiest and most effective is called the intermittent fasting method. The method involves eating as much as you want for five days of the week, and for two days you eat a quarter of your usually amount of food.

Scientific evidence now points to hormones and not calories as the main cause of weight gain and obesity.

How Milk Promotes Arthritis

You probably believe that milk is healthy for your bones, especially if you believe TV ads with moustached celebrities touting the benefits of milk for stronger bones. No doubt calcium is essential; however calcium is not the most important mineral for maintaining bone structure, and although milk contains calcium, it is not a good source of calcium.

Calcium requires an equal amount of magnesium for proper absorption into the body, but milk contains very little magnesium, making milk a poor source of calcium for the body.

Calcium deficiency is also very rare in adult as most foods contain sufficient amounts of calcium, including green vegetables, fruits, nuts, and legumes. The increasing rate of joint and bone problems seen today is not due to calcium deficiency, but mainly due to the deficiency of MSM (Methyl Sulphonyl Methane)—the nutrient required to build collagen for strengthening the joints, bones, and other supporting structures of the body.

Shockingly, many studies show that milk contributes to the degeneration of bones. Milk is acidic like most protein-rich foods, and to neutralize the excess acid, the body naturally pulls calcium from the bones which depletes bone calcium. Studies show that people with the least incidence of fractures and bone problems drink the least amount of milk. Healthy alternatives to milk include coconut milk, almond milk, and rice milk.



Relieve Joint and Muscle Aches and Pain with MSM

MSM (Methyl Sulphonyl 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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How Cooking Affects Food

Depending on who you ask, humans may have cooked food for the past 40000 years or 2 million years. Whichever number you choose; we can all agree that cooking has been going on for a very long time. Historians believe that cooking started primarily as a means to store food, but over time, it evolved to produce other results such as to enhance the taste and palatability of food.

Foods rot very easily from microbes. Studies show that heating food to a temperature above 70C destroys most bacteria and helps food to store for longer. Nevertheless, cooking has an effect on foods. We eat, primarily to provide the body with nutrients for energy and to maintain and repair the body. Cooking changes the composition of nutrients in food and produces other chemical compounds that may affect the body positively or negatively.

Cooking is done through various means—boiling, frying, grilling, steaming, stir-frying, poaching, and many other methods, and the different cooking methods produce different effects on food.

Cooking enhances the flavour and appearance of food, and one of the ways this happens is through a process called caramelization which is when sugars in food undergo a browning effect to release flavours.

Food flavours are also released when carbohydrates react with proteins in a process known as 'Maillard reaction' This reaction is also responsible for browning some foods.

Another benefit of cooking is that it breaks down complex plant carbohydrates into simpler forms that are easier to digest. Many foods such as potatoes will be mostly indigestible to humans without cooking. Cooking meat makes it more

chewable by breaking down the strong bonds holding the fibers together.

But cooking also has its damaging effect on food. Cooking destroys vitamins and minerals. Vitamins are either soluble in water or in fat. Boiling food destroys most of the water-soluble vitamins; vitamin B and C while frying destroys the fat-soluble vitamins; vitamins A, D, E, and K. Minerals escape damage but are leached out of food during cooking.

Some cooking methods also introduce deadly compounds into food. Grilling and smoking meat are known to create cancer-causing compounds such as nitrosamine.

The worst method of cooking is with a microwave. Microwaves emit deadly radiation, but this is not the main danger from them. Microwaving foods convert some nutrients especially proteins, into cancer-causing compounds. Studies show that the blood markers of inflammation rise significantly within a few minutes of eating microwaved food.



MitoQ

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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

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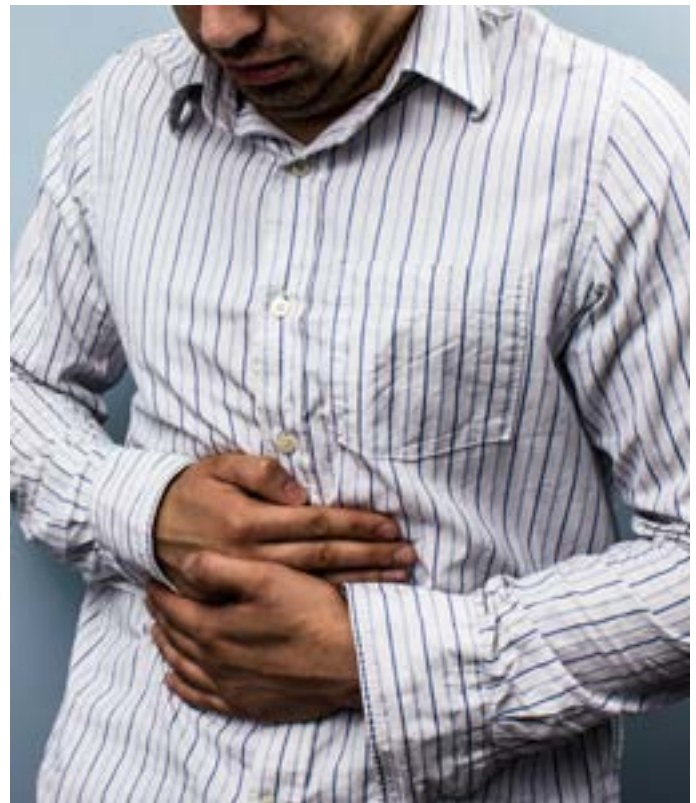
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I have suffered recurrent stomach pain and discomfort for the past couple of years, and the problem is worsening. I've had blood tests and an endoscopy, and the results have come back clear. I've been prescribed courses of antibiotics and other medications that have helped temporarily. I take medications for blood pressure and varicose veins regularly.



The pain you suffer is most likely caused by several factors acting together. It could also be due to a specific problem. Diagnostic scan reports show that people complaining of long-standing abdominal pain have severe inflammation of the organs of the digestive system, with superimposed microbial infections.

Infection from bacteria, fungi and viruses cause inflammation which in turn encourage the growth and spread of more microbes. Current research point to today's diet as the main reason for increasing levels of inflammation observed in most people. Studies point to wheat and vegetable oils as the main source of inflammation today. The wheat widely consumed today is a genetically modified variant from the mid-1970s. This semi-dwarf and dwarf strains of wheat contain high levels of toxins such as alpha gliadin which promote inflammation of the linings of the stomach and intestines.

Vegetable oils such as sunflower and canola oils contain high levels of Omega-6 fatty acids which cause inflammation. They also contain high amounts of other unsaturated fatty acids making them unsuitable as cooking oils as they break down into toxic compounds when heated to high temperatures.

Inflammation is a broad term for a progressive process. When inflammation starts inside the body, this can be likened to a rash for example, and if left unchecked, it can turn into a wound. Inflammation

makes it easier for microbes such as viruses, bacteria, fungus and even worms to enter the body and worsen the ongoing inflammation.

It is also possible that your problem is caused by specific problems such as polyps in the intestines. An endoscopy will only examine your stomach and the upper part of your small intestines. Gallstones and gall bladder inflammation may also give rise to abdominal pain, but problems with the gallbladder tend to cause right-sided abdominal pain. The pain from gallbladder problems also worsen after meals.

You should see a doctor for more tests to rule out more sinister problems such as polyps or even tumours. You will also benefit from working on your diet if you haven't already done so, to cut out foods that cause inflammation, especially foods made from wheat and vegetable oils. Healthy cooking oils include olive, almond and coconut oil. Rye, Corn, Spelt wheat, are healthier alternatives to wheat.

Self-Help Therapy *for* Chronic Back Pain



Back pain is so common in older people it is considered a part of the ageing process. Yes, our joints and bones break down with age, but certainly not at the rate seen today. Today many people in their 40s and even younger suffer from chronic back pain, something that was unheard of not long ago. The structure of the vertebrae provides a clue as to why many people suffer from chronic back pain today.

Our backbone, the vertebrae, is made up of 33 independent bones separated by a narrow space and held together by ligaments and tendons. Adjacent ends of the vertebrae are lined by cartilage and membrane to prevent the bones from rubbing against each other and also to protect the blood vessels and nerves that pass through the narrow space between the vertebrae. These blood vessels and nerves provide nutrient to the bones and joints and also innervate the arms and legs.

Back pain occurs when the spaces between the vertebrae become very narrow, compressing the nerves and blood vessels that run through. Several factors may contribute to this process, most especially nutrient deficiencies. Studies show that today's diet is lacking in the most important nutrient required for regeneration of our bones and joints – MSM (Methyl Sulphonyl Methane).

MSM is used by the body to produce collagen, and collagen is what maintains the structure of our joints, bones, ligaments, tendons, muscles, skin, hair and the supporting frame of our organs. MSM occurs abundantly in fresh greens and vegetables. However it is easily destroyed by heat and so not available from cooked foods. The loss of collagen from our connective tissues caused by a lack of MSM in our diet is the main reason for escalating bone and joint diseases we see today.

Although many people associate bone strength with calcium, this is not the case. Calcium helps maintain the structure of bones. However, it is not as important as MSM, and it is very rarely lost from

the body, contrary to popular opinion. Rather than Calcium, MSM is the nutrient that should be taken as a supplement to maintain the strength of bones and joints. MSM supplements are very effective for treating many types of joint and bone diseases especially if taken in sufficient amount. The recommended dose for severe arthritis is between 7.5 – 15 grammes daily. MSM is a natural painkiller and also has powerful anti-inflammatory effects.

Today, the only available hospital treatment for joint problems is with painkillers and anti-inflammatory medications. Painkillers provide pain relief for a short period and do nothing to treat the underlying cause of the pain. Even worse is the fact that painkillers cause severe damage to the liver and kidneys. Anti-inflammatory drugs will depress the immune system and attack the joints and bones if taken for a long time.

A poor posture is also a common cause of chronic back pain. The spine has a natural curve which may become misaligned from a poor posture. Sitting in a slouched position or not walking erect will lead to an unnatural curvature of the spine which narrows the space between the vertebrae, compressing the blood vessels and nerves that run through the spaces.

Maintaining a healthy posture is important in the management of chronic back pain. You can practice by sitting on a stool without a backrest for as long as you can and do this very often. You should also become aware of your walking posture at all times, reminding yourself to walk erect whenever you find yourself slouching.

Restless legs syndrome



Restless Legs Syndrome (RLS) describes an involuntary movement of the legs especially at night, and mostly affecting women. The fact that older women are affected the most, has always suggested a relationship with hormonal changes that occur later in life.

Recently researchers from The Washington University School of Medicine discovered that inflammation may be the main reason for restless leg syndrome. The scientists found that restless leg syndrome was common in about 38 chronic illnesses associated with severe inflammation.

The diagnostic scans from MedB clinic show that people with a history of RLS have severe inflammation of the systems, but mainly affecting the skeletal system– bones, joints, muscles, ligaments, and tendons. Interestingly encouraging the regeneration of the skeletal system cures or improves the condition.

What is possible is that the chronic diseases associated with RLS cause inflammation of the skeletal system among other systems in the body. In a similar way, hormonal imbalances around menopause are also known to cause inflammation of the skeletal system, perhaps explaining the high incidence of RLS among older women.

More often than not, those suffering from RLS will also have other types of joint and bone problems such as arthritis and inflammation of the tendons and ligaments.

MSM (Methyl Sulphonyl Methane) is the most vital mineral for maintaining the structure of the skeletal system. MSM is an essential ingredient for the production of collagen which provides the main support for the skeletal frame. The bones, joints, muscles, ligaments, tendons all require MSM to remain healthy and strong.

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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Treating Signs and Symptoms Rather than Cause



An unfortunate aspect of modern day health care is that it focuses more on treating symptoms rather than curing diseases. When was the last time you heard about a cure for a disease? Since the past 50 years when modern medicine became purely pharmaceutical based, there seems to be a lack of interest in curing diseases, and a focus on managing symptoms.

Critics believe that this unfortunate state of events may have something to do with pharmaceutical companies being privately owned corporation. And like all corporations, the primary interest is to make as much profit for shareholders as possible. Managing symptoms rather than treating the cause of illnesses will ensure that the patient continues to take medications for the rest of their lives, making them a lifelong customer of the industry.

Managing symptoms for life may not be such a bad idea but for the fact that chemical drugs also cause serious 'side effects'. These so called side effects are not side effects, but the effects of the medication on everyone taking them, and when these effects become pronounced, they are regarded as side effects.

History shows that prior to the 1950s, before the dominance of pharmaceutical health care, the aim of scientists was to cure diseases. Tuberculosis, Scurvy, Beriberi, and Rickets were very serious and life-threatening diseases for which a cure was developed. But this has not been the case in the last

50 years.

Today, what used to be considered signs of illnesses are now considered diseases. High blood pressure, for example, is only an indication of a malfunctioning system somewhere in the body, not just in the heart. High blood pressure can occur due to infections, hormonal imbalances, high toxicity, damage to nerves, etc. But today, high blood pressure is nearly always considered a disease of the heart and arteries.

Pain is equally a symptom, a warning that something is not right somewhere in the body. Treating pain without investigating the cause of the pain is like stopping a fire alarm without investigating the cause of the alarm. Painkillers cause chronic damage to the liver and kidneys due to their toxic nature.

High cholesterol is another warning sign now treated as a disease. Cholesterol is essential for synthesizing many vital chemicals as well as protecting many organs in the body. Blood cholesterol increases to counteract inflammation. When drugs are taking to block cholesterol, inflammation continues unchecked, leading to health problems that may occur within days or weeks of starting cholesterol lowering medications.

High sugar in the blood otherwise called Diabetes type 2 is a sign that the body is developing insulin resistance most likely caused by consuming a lot of refined carbohydrates. High blood sugar is the body's way of warning us to reconsider our diet.

Find out as much as you can about the diseases you've been told you have, as well as the medications you've been prescribed. Most people believe that there's no cure for diseases. And yes there are some diseases that may be incurable, but most diseases can be cured by identifying and treating the underlying causes. Even incurable diseases can always be improved on by improving nutrition and making the right lifestyle changes, in place of more medications.

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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.

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Common OTC Drugs Shrinks Brain and Slows thinking

A published study by scientists from Indiana University School of Medicine has shown that many drugs that suppress a signalling pathway in the brain affect the metabolism and structure of the brain. Such drugs, many of which are available over the counter (OTC) are called anticholinergics and include drugs used to treat colds, asthma, gout, depression and heartburn. Most elderly people take one or more of such medications.

The researchers studied 60 elderly people taking drugs that have anticholinergic effects by carrying out a series of examinations on the subjects including PET scans to check for brain metabolism, MRIs to assess the structure of the brain as well as a series of memory and cognitive tests.

Patients on anticholinergic drugs when compared to the control group, performed worse in test areas such as verbal reasoning, planning, short-term memory and problem-solving.

Furthermore, the MRI scans of participants found that they had a smaller brain volume and lower brain metabolism especially in the area of the brain responsible for memory known as the hippocampus.

The findings from the study are very similar to the findings seen in Alzheimer's disease and Dementia. According to the lead researcher Dr Shannon Risacher, **“Given all the research evidence, physicians might want to consider alternatives to anticholinergic medications if available when working with their older patients.”**



Know Your Minerals: Vitamin D

Vitamin D is not a vitamin, but a potent hormone. Most people recognise the importance of Vitamin D for bone development, nevertheless, Vitamin D influences over 3000 genes in the body.

Vitamin D is essential for maintaining blood pressure, strengthening our immune system and regulating normal growth and development of our cells. Vitamin D also offers protection against muscle pain and weakness, autoimmune diseases, heart disease as well as some forms of cancer.

Researchers have also pointed out that regardless of the type of cancer, the one thing sufferers have in common is a deficiency of vitamin D

The best source of Vitamin D is the Sun. Foods containing vitamin D include tuna, mackerel, egg yolk, and cheese. During summer months, we expose our bodies to more sunlight, and this allows the skin to make sufficient amounts of Vitamin D. But in the winter months, we cover-up against the cold, preventing the skin from making Vitamin D.

A lot of people suffer from health problems that occur during winter, and clinical evidence shows that a deficiency of Vitamin D in the winter months may be responsible.

One common health problem some people suffer from especially during winter is joint pain and aches. Rheumatologists believe that poor absorption of calcium causes the winter aches and pain due to vitamin D deficiency.

Health experts agree that the recommended daily allowance (RDA) of Vitamin D at 600IU is too low, especially when you consider that exposing the body to sunlight on a good summer's day, will produce about 20,000IU of Vitamin D.

Mounting evidence linking Mobile phones to cancer

In the past decade, evidence has been mounting demonstrating the dangers mobile phones pose to human health. Mobile phones emit a radiation called Radio Frequency Radiation (RFR) which enables wireless communication. Until a few years ago, mobile phone manufacturers claimed that the RFR was too low in energy to cause any harm to the body.

But a landmark study in 2010 the 'International telephony study' found that using mobile phones for at least ten years increases the risk of brain cancer by 40% and the risk of acoustic neuroma (a nerve tumour) by 300%.

In 2011, the international agency for research on cancer classified RFR as a possible carcinogen – cancer causing agent. In 2015, a study in Germany found a link between RFR (Cell phone radiation) and tumour growth.

To protect yourself, take measures to limit your exposure and use of mobile phones. Use landlines when you can, they are cheaper. Avoid using your mobile phone as an alarm clock or having them in the same room you sleep in.

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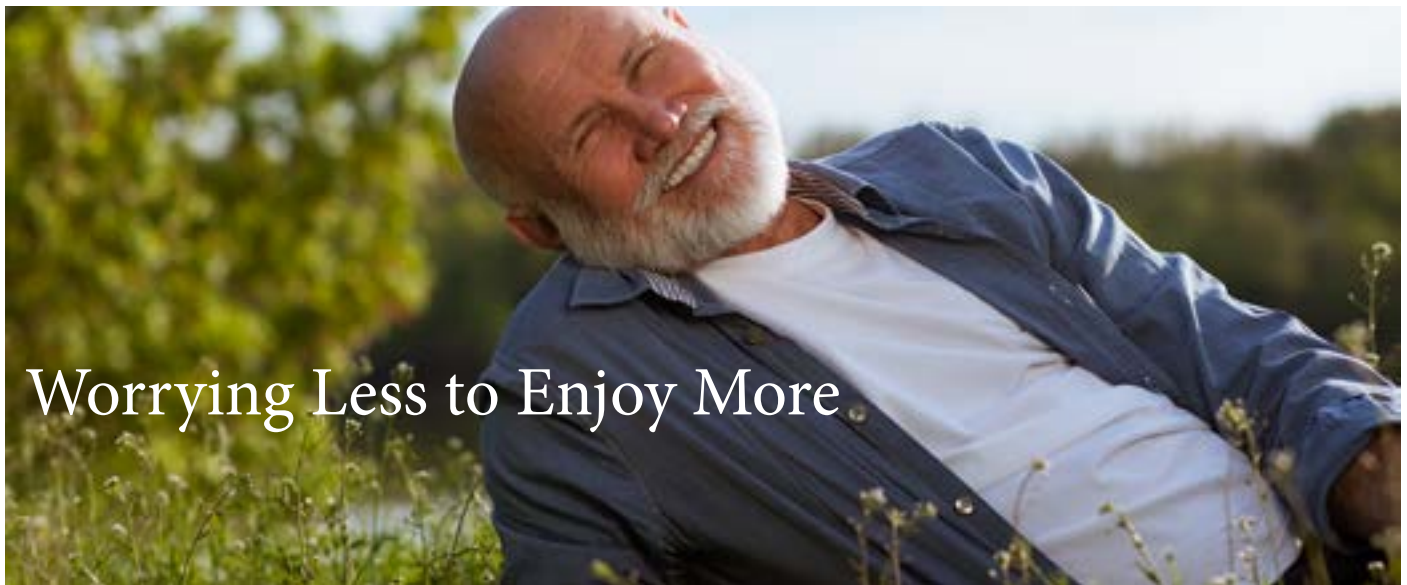
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Worrying Less to Enjoy More

It is impossible to live life without worrying. Nevertheless, worrying is one of the most destructive of human behaviours. Worrying has a deadly effect not just on the mind, but also on the physical body. Worrying creates enormous stress for the body and produces the same effect as physical injury to the body.

Worrying increases levels of stress-related hormones such as cortisol and continuously high levels of cortisol shuts down the bodily systems gradually, causing physical illnesses such as diabetes, high blood pressure, and low immunity.

Worrying has a particularly harmful effect on the brain. On the short term, worrying inhibits concentration, which affects the capacity to find effective solutions for the cause of the worry. Worrying is a major cause of insomnia, and lack of proper sleep is a contributor to chronic illnesses including hormonal imbalances, sexual dysfunction, depression, and cancer.

In today's world, it is impossible to stop worrying, but you can take steps to limit your worrying:

Worry with a purpose: Make sure you understand what your worry is all about. Sometimes when you're worrying, and you think about the situation, you find your worry may be totally undefined.

Keep it under control: Make sure you are worrying about what you can control. When you realise you cannot control a situation, you find you worry less.

Imagine the worst case scenario and become comfortable with it: Rather than continuously worrying about an unknown outcome, you should imagine the worst case scenario, and in many cases, you will find that you can deal with that.

Understand that Everyone Worries: You have probably heard the experience of knowing someone for a while and then later hearing their unbelievable story. Realise that you are not alone and that people around you also have serious problems.

Do what you can today: Procrastination is the biggest cause of worry. When you do as much as you can today, you will have less to worry about.

Stand up straight: You will be surprised how much our posture affects us. When you stand erect, you are more in control of situations.

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.

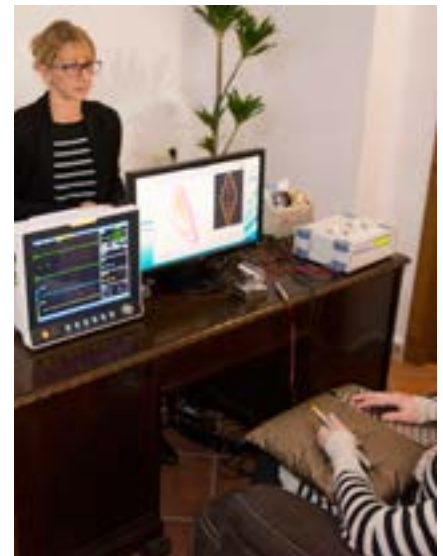
It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

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.



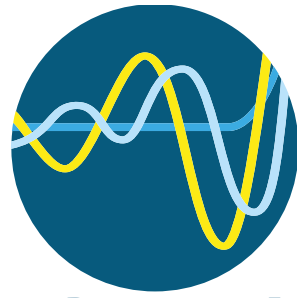
Benefits

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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