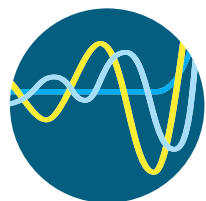


Free



# medb health

EMPOWERING WELLNESS AND HEALTHY AGEING

EDITION 7. NOVEMBER/DECEMBER 2015 [WWW.MEDB.ES](http://WWW.MEDB.ES)

## Alzheimer's Disease and Stroke: Causes and Prevention

Joint Replacement Surgeries  
and Cytomegalovirus

Amazing Aloe Vera

Is the Flu Vaccine More  
Dangerous Than the Flu?

5 Brain Boosting Foods

Should You Worry About  
Moles and Skin Tags?

What Are You Wearing?

**NEW**

## SERRAPEPTASE ENZYME

Dissolve deadly plaque in arteries and reduce your risk of heart disease and stroke

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- Alleviate arthritis and inflammation
- Clear congestion from the lungs
- Maintain a healthy digestion



“I have found serrapeptase to be an extraordinary substance for safely removing fibrous blockages from coronary arteries, particularly the carotid arteries found in the neck, which supply blood brain. For our health purposes, Serrapeptase dissolves only dead tissues such as the old fibrous layers that clog the lining of our arteries and dangerously restrict flow of blood and oxygen to the brain. Because of this, Serrapeptase is extremely useful in keeping arterial deposits from building up again after angioplasty or coronary bypass surgery has been performed.”

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

Serrapeptase is a natural enzyme produced by the Serratia bacteria living in silk worms. Once the silk worm has completed its transformation it uses the enzyme to dissolve the cocoon and escape as a butterfly. The enzyme dissolves the dead tissue around the butterfly, but leaves it unharmed.

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.

Current medical research has identified inflammation as the underlying cause of most chronic diseases, including heart attack and stroke. Inflammation leads to a build-up of fibrous tissue and plaque in arteries, joints, intestines, and other organs in the body.

Serrapeptase from MedB contains high quality enteric coated capsules.

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# Editorial

Hello Readers, Compliments of the Season! This issue is the last for the year, and what a year it has been!

Our original intention was to produce a monthly magazine, but we soon abandoned the idea when we realised the task involved in producing a magazine instead, we opted for a bimonthly issue.

Nevertheless, in future we will consider publishing a monthly issue to keep our content fresher and up to date with the latest information.

We finally launched our new website and this has helped us immensely to keep in touch with you and to provide you with a rich information portal. Our patient monitor also arrived, a bonus for our patients as it allows us carry out more health checks at no extra cost.

Next month, we will introduce a brand new 3D EEG technology for brain studies that will allow the patient follow the brain scan in real time.

The next edition in January will focus on Food and Nutrition. All diseases have an origin in what we eat, and many people lack a basic understanding of the principles of nutrition. The issue will present a clear and up to date picture of the science of food and nutrition.

We wish you happy holidays!

Dr Machi Mannu MBBS



# WHAT'S INSIDE

“Most patients probably assume that when a doctor proposes to use an established treatment to conquer a disease he will be using a treatment which has been tested, examined and proven. But this is not the case. The savage truth is that most medical research is organised, paid for, commissioned or subsidised by the drug industry. This type of research is designed, quite simply, to find evidence showing a new product is of commercial value”

**Dr Vernon Coleman (Author of over 75 books sold in 50 countries and translated into 22 languages)**

## 4, 5, 6

Alzheimer's Disease and Stroke: Causes and Prevention

## 7

Amazing Aloe Vera

## 8

5 Brain Boosting Foods

## 11

Joint Replacement Surgeries and Cytomegalovirus

## 14

Is the Flu Vaccine more Dangerous than the flu?

## 17

What Are You Wearing?

## 18

How to Avoid Cystitis

# Alzheimer's Disease and Stroke: Causes and Prevention

**B**rain diseases strike fear into our minds because more so than any other disease, they rob us of our memories, dignity and independence. The most common and well-known brain diseases today are Alzheimer's disease and Stroke. The good news is that these diseases are preventable, and even reversible especially with early detection.

## ALZHEIMER'S DISEASE

Today the risk of contracting Alzheimer's disease (AD) is higher than at any other period in human history, and this has sparked a lot of scientific research, leading to a better understanding of the disease.

### What Causes Alzheimer's?

We now understand that Alzheimer's occurs due to a malfunction in the manufacture of proteins that are important for memory. These malformed proteins accumulate in the nerves and brain, kickstarting the inflammatory processes that eventually lead to Alzheimer's disease. The malformed proteins also called '**Plaques and Tangles**' are a normal part of ageing, but at high levels, they cause accelerated nerve tissue damage and Alzheimer's.

The malformed 'Plaques and Tangles' also deplete levels of an essential brain chemical **acetylcholine** responsible for maintaining short-term memory. Plaques and Tangles will also undergo a reaction with sugar to form complexes that attract toxic heavy metals that destroy the brain and nerves.

High levels of heavy metals like mercury, lead and aluminium are associated with Alzheimer's disease. Tests have shown that there is abnormally high levels of aluminium in the brain tissue of Alzheimer's sufferers. Aluminium contamination occurs through drinking water, deodorants, aluminium saucepans and long-term consumption of antacids and non-dairy cream.

In many instances, the symptoms of chronic nutrient deficiencies are very similar to Alzheimer's disease, leading researchers to speculate that Alzheimer's may be the result of chronic nutrient deficiencies. Studies show that deficiencies of Vitamins B1, B3, B12, Folic acid, Vitamin E and magnesium will each produce symptoms that are similar to Alzheimer's disease. In fact, Vitamin B1 mimics acetylcholine, the brain chemical involved in memory.

Vitamin B12 plays a role in nerve function, and its deficiency is common in the elderly and produces symptoms that are similar to AD. **Taking Vitamin B complex can result in a complete reversal of early stage Alzheimer's.**

Zinc deficiency is another common age-related nutritional deficiency believed to play a principal role in neurodegenerative diseases such as Alzheimer's. Zinc takes part in activating enzymes that are responsible for the replication and repair of DNA. Researchers believe that chronic zinc deficiency will lead to the production of abnormal DNA which consequently will lead to the production of abnormal proteins found in Alzheimer's.

### Preventing Alzheimer's

Alzheimer's is associated with diseases that affect the blood vessels such as atherosclerosis (hardening of the arteries) and diabetes. Scientists have now established that the main cause of damage to arteries is free radicals – the same toxins that trigger Alzheimer's disease. Free radicals are a normal part of the ageing process, but in Alzheimer's disease they overwhelm the body's defences. Free radicals starve the cell of oxygen and cause inflammation of the arteries, brain and other organs and eventually injury and death. The body defends itself against free radicals with antioxidants. Normally, a balanced relationship exists between free radicals and antioxidants but exposing the body to too many free radicals will damage the

tissues and organs. Some of the vitamins and minerals with powerful antioxidant properties include Vitamins C, E, Selenium, and Coenzyme Q10. Foods that contain impressive quantities of antioxidants include dark chocolate, pecans, bluish-red berries, pecans and acai berries.

## **Why Vitamins and Minerals are essential**

The brain relies on vitamins and minerals to remain healthy and function properly. Vitamins are required to maintain the structures of the brain as well as its cognitive and intellectual functions. In fact, most nutrients have been clearly studied, and their roles in maintaining the brain well understood.

For example, to produce energy, the brain cells require glucose but in the presence of Vitamin B1, which modulates memory, perception and problem solving, especially in the elderly.

Vitamin B9 plays a role in brain development, but also protects the memory during ageing. Vitamins B6 and B12 are used to produce brain chemicals. Clinical studies show that taking Vitamin B12 will delay the onset of dementia and improve brain function. **The nerves have one of the highest concentrations of Vitamin C in the body.** Vitamins D E and K help prevent the development of diseases of the brain and nervous system.

Metallic minerals like iron, zinc and copper are essential in the nervous system, participating in many processes such as producing brain chemicals, protecting nerves and relaying information between nerves. However, the brain tightly controls the concentration of metals because excessive amounts of metals or deficiencies can lead to brain tissue damage. Iron is important for providing the brain and nerves with oxygen for energy generation. It is also necessary for producing chemicals acting as brain messengers. Although iron is essential for the brain, its maintenance is critical to prevent high concen-

trations that can cause nerve cell injury leading to Alzheimer's and even Parkinson's disease. Magnesium is essential in many processes required for the nerves and brain to store and relay information. **The brain and tissues of Alzheimer's patients have low levels of magnesium.**

Zinc is involved in the activation of several enzymes responsible for maintaining and repairing the DNA and its deficiency is believed to be a key factor in the development of AD.

Eating plenty of fresh fruits and vegetables everyday as well as taking a good multivitamin supplement, will ensure that you receive the right amount of nutrients for your body.

## **The Brain Needs Essential Fatty Acids**

Essential Fatty Acids are fatty acids that we can only get through foods because our bodies cannot make them. Only two fatty acids are known to be essential: Omega-3 and Omega-6. Good food sources of these are deep sea fish such as salmon and mackerel, flaxseeds, hemp oil, sunflower seeds and walnuts. Omega-3 plays a beneficial role in preventing and treating many diseases including Alzheimer's disease and other associated diseases such as atherosclerosis, high blood pressure and irregular heartbeat. Reports show that Omega-3 maintains the fluidity of nerves, improves the transmission of information in the brain, enhances learning and memory performances, and protects the brain and nerves. **Low levels of Omega-3 in the body occurs together with a decline in brain function of healthy elderly people and Alzheimer's patients.**

## **The Benefits of Coconut Oil**

Coconut oil may well be one of the most useful foods for fighting Alzheimer's disease. There is very strong anecdotal evidence that Coconut oil prevents and also reverses Alzheimer's. Studies are currently carried out to prove the effectiveness of coconut oil in treating Alzheimer's disease. Coconut oil



contains a special type of fat—Ketones, which act like alternative fuel for the brain cells.

Studies have shown that about ten years before the symptoms of Alzheimer's start occurring, insulin resistance develops, in a similar way to type 2 diabetes, and glucose is unable to reach brain cells.

However, the ketones in coconut oil can bypass this insulin resistance to provide brain cells with an alternative source of energy. And with more energy, the brain can perform the vital functions that will prevent Alzheimer's. The recommendation is to take two tablespoons of coconut oil daily. Coconut oil is also one of the healthiest cooking oils.

## STROKES

Strokes or cerebrovascular accidents occur when brain blood vessels become blocked, limiting blood flow to the brain. The popular belief is that high cholesterol is responsible. However, that is not the case. The media has promoted this erroneous belief for so long that even doctors who should know better have joined the bandwagon.

### What Causes Stroke?

The reality is that the narrowing and hardening of arteries that leads to strokes are not caused by high cholesterol, but rather by the accumulation of platelets or clotting cells on inflamed arteries. The clotting cells migrate to the site of injury on the walls of arteries to patch up the wound. But because the cause of the inflammation is continually present, complete healing never occurs, leading to the build-up of clotting cells that eventually block the arteries. Sometimes portions of the clot can break off to block other arteries.

The healing that occurs inside arteries is very similar to the healing of a wound on the skin. When you have a cut on your skin, blood clotting cells migrate to the site of injury to stop the bleeding. The bleeding usually stops after about 3 minutes. However, the wound will never properly heal if it is picked on, or rubbed against continuously. Instead, the area around the wound will start to swell up.

The accumulating clotting cells on the walls of arteries will typically attract other compounds floating around, and sometimes this will include cholesterol. However it is important to realise that cholesterol is not the underlying cause of artery damage, neither does it make up the bulk of the mass that eventually blocks arteries.

Contrary to popular belief, cholesterol is one of the

most useful nutrients in the body. Half of the dry weight of the brain is cholesterol. The nerves are protected by a membrane composed primarily of cholesterol. All hormones in the body are produced directly from cholesterol. Cholesterol is so important that 70% of the total amount in your body is produced inside your body.

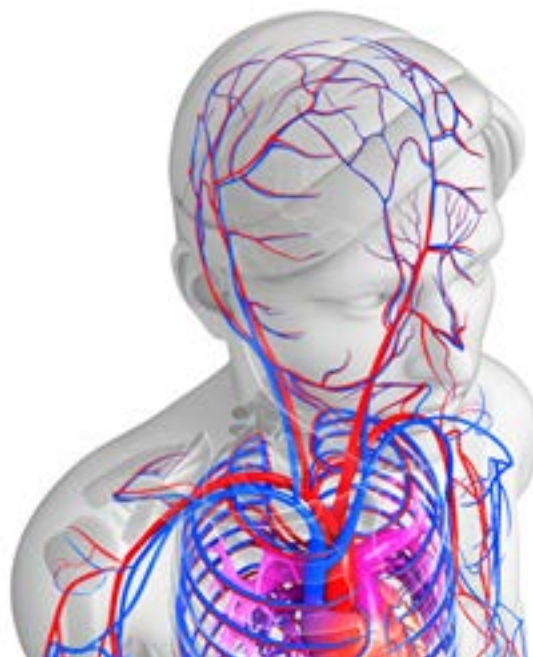
### How You Can Prevent Stroke

Researchers now agree that the most effective way to reduce the risk of stroke and heart disease is to reduce inflammation rather than cholesterol.

Inflammation is mainly caused by high levels of toxic compounds known as free radicals. Free radicals are produced by all kinds of toxins, especially heavy metals, insecticides and mycotoxins. Eating a healthy diet and avoiding toxins found in everyday household and cosmetic products will also help reduce the incidence of inflammation in the arteries. Antioxidants are very helpful for fighting off free radicals. **Detoxing with reliable agents to remove heavy metals and other toxins will also help prevent strokes.**

Studies show that the enzyme serrapeptase can dissolve the plaque that builds up in arteries causing atherosclerosis. Serrapeptase only dissolves unwanted tissue, including scar tissue from previous internal injuries, leaving healthy tissue intact. Serrapeptase can be used to prevent and even treat atherosclerosis.

Although there is so much fear around brain diseases, the simple truth is that we can avoid them when we understand why and how they occur.



# Amazing Aloe Vera

Aloe Vera plant is native to Africa, but grows abundantly in various regions of the world. It is considered an ornamental plant in many places, however, it has far more interesting uses than that. For thousands of years, Aloe Vera has been used for its medicinal benefits. It contains many beneficial nutrients including Vitamins, minerals, amino acids, enzymes, antioxidants and polysaccharides (compounds that boost the immune system). It is one of the most nutrient-rich plants in the world.

The amazing benefits of Aloe on the skin are well known, and it is used to treat many skin ailments including cuts, abrasions, bites, eczema.

Aloe Vera juice is a recognised health tonic because of the variety of nutrients that it contains. Aloe Vera is also one of the best rehydrating agents in the body because it contains free hydrogen ions which is needed to draw water into cells. Water does not always enter our cells when we drink unless it contains high levels of hydrogen ions.

Aloe Vera also contains Methyl Sulphonyl Methane (MSM) that helps the body produce collagen, a supporting protein for the skin, hair, joints and bones. The MSM in Aloe Vera is what makes it very effective for treating joint problems.

Scientists have also identified several important antioxidants in Aloe Vera. Antioxidants are useful for neutralizing toxic free radicals linked to many chronic diseases including diabetes, heart failure and stroke. Aloe vera also has high levels of zinc and chromium that help keep the pancreas healthy, and prevent diabetes.

Aloe Vera juice is made easily from the leaves of the plant by cutting off the thorny ends and peeling the green outer skin. The resulting thick gelatinous mass can be used to make smoothies or applied directly to the skin.

## 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.

### **Pure Plant-based MSM from MedB**

One container ( 500 grams) retails for €35

Dose 1-2 teaspoons, 3 times daily

**To order call 965071745, 966189074**

or visit [www.medb.es](http://www.medb.es)



# 5 Brain Boosting Foods



**Turmeric** contains the powerful anti-inflammatory compound curcumin. And curcumin stops the production and breaks down the abnormal proteins responsible for Alzheimer's disease. Curcumin is also known to boost memory and encourage the production of more brain cells.



**Broccoli and Cauliflower** are excellent sources of the compound choline. Choline is needed to produce the brain chemical acetylcholine, which plays an important role in memory and learning. Choline also boosts brain cognition and mental acuity.



**Walnuts** contain high levels of a variety of nutrients required directly by the brain, including Omega-3, antioxidants, minerals and vitamins. Omega-3 reduces inflammation in the brain and is converted to DHA, an essential nutrient for brain function. Antioxidants neutralize toxic free radicals associated with stroke and Alzheimer's disease.

A 2015 study published in the Journal of Nutrition, Health and Ageing found that eating a handful of walnuts a day may help boost memory, concentration and the speed at which the brain processes information.

**Beans and pulses** are excellent sources of magnesium, an essential nutrient for the transmission of signals from the brain and the nervous system. Magnesium also increases blood flow to the brain by relaxing the blood vessels carrying blood to the brain.



**Dark chocolates** contain one of the highest amounts of antioxidant of any known food. Antioxidants neutralise harmful free radicals that cause inflammation, especially of the arteries. There is evidence that antioxidants improve learning, thinking and memory. Dark chocolates are also rich sources of magnesium that has many benefits for the brain.





# MitoQ

*Because disease and ageing start at the cellular level*

## **H**OW 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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Soon To  
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*This is the first time that an antioxidant can reach the mitochondria at levels that make a difference*



I have had stomach problems on and off for as long as I can remember. I usually suffer from stomach pains, diarrhoea, constipation and cramps. I have been diagnosed with several conditions, from Crohn's, Diverticulitis, and Ulcers and treated with many drugs. I am becoming more intolerant to foods that I could eat in the past. In the last year, I've had so many medications that haven't helped, and I'm starting to worry a lot about my health. Your help will be appreciated.

Digestive problems are a common reason people come to us for a diagnostic scan, and they often have symptoms similar to yours. The reality is that most digestive problems originate from our diet.

Although there may be other factors from our environment as well as genetic factors that will predispose us to digestive problems, the foods that we consume will worsen already existing symptoms and possibly create other problems. [Of all the foods eaten today, wheat is without any doubt the most toxic.](#) The wheat we consume today is not the same plant from biblical times. Rather it is a genetically modified variety introduced in the mid-1970s with the aim of increasing yield. The end product, the wheat eaten today, has ten times more yield than the original crop, but unfortunately, it is also loaded with toxic compounds.

A recognised fact is that since the genetic modification of wheat in the 1970s, there has been a disproportionate rise in the incidence of chronic diseases such as diabetes and heart diseases and many researchers relate this trend to modified wheat. Today's wheat contains very high levels of toxins that cause intense inflammation of the intestines such as gluten, lecithin, and Wheat Germ Agglutinin.

The toxins in wheat will damage the lining of the stomach and intestine, destroy healthy bacteria, and cause other changes that will encourage the growth of harmful microbes including bacteria, fungi, viruses and even intestinal worms. Unfortunately, prescription antibiotics that are commonly used to manage digestive problems are more likely to do more harm than good. [Prescription antibiotics destroy beneficial probiotics that help the digestive system, and by doing so, worsens existing digestive symptoms.](#)

The inflammation caused by wheat also gives rise to what is called leaky gut syndrome – a condition in which undigested materials leak from the intestines into the surrounding tissues and organs causing severe inflammation. High levels of toxins in the body will also give rise to increased intolerance and allergy to everyday chemicals found in our environ-

ment and foods.

The inflammation and infection caused by wheat, is not restricted to the stomach, and will spread to the pelvic organs to cause urinary tract infections and even prostate inflammation in men.

[Many people are sensitive to wheat, although they may not have coeliac disease or gluten intolerance.](#)

We find in our clinic that for many people, just eliminating wheat from the diet will reduce many abdominal symptoms. However, this may not be an easy task due to the ubiquitous nature of wheat today. Most foods in supermarkets contain wheat. The alternative to wheat is other grains such as rye, corn, rice and oats. So rather than have normal bread or pasta, you can have rye bread or corn pasta.

In our experience at MedB clinic, most of our patients with digestive problems usually have raging infections as well as high levels of toxins. For this reason treating the infections and detoxing the body are also necessary. Colloidal Silver is the best choice of antibiotic because it has a broader spectrum of action. Studies have shown that colloidal silver can destroy about 650 different types of microbes, in comparison to about 12 with prescription antibiotics. Clearing the microbes as well as worms will dramatically reduce the inflammation and improve symptoms.

Worms are treated best with an over the counter deworming drug called Mebendazole (A very popular brand is Lomper).

Detox involves removing the toxins that are buried deep in the tissues, with the use of special agents. An effective detox agent is Pectasol - a natural product made from citrus pectin and scientifically proven to remove toxins from the body. Unlike special diets and drinks promoted as detox, Pectasol travels deep inside the tissues to bind with toxins, pulling them into the bloodstream to be eventually flushed from the body. Eliminating toxins will reduce cellular inflammation and promote deep healing.

However, it is important that you see a doctor or carry out a full body scan, to determine the exact cause of the problem.

# Joint Replacement Surgeries and Cytomegalovirus

**J**oint replacement surgeries have become commonplace and are typically carried out as day case surgeries where the patient is allowed to go back home the same day. For this reason, it is possible that in some cases, the surgeries are not performed under strict aseptic conditions, leaving room for possible infection with cytomegalovirus.

Perhaps this is why at MedB Clinic, we find from our diagnostic scans that a large proportion of people who have had any form of joint replacement surgery, and complaining of joint pain will have an active viral infection. And the most common virus detected is the **cytomegalovirus**, a virus that belongs to the same family as herpes virus.

Sometimes, there is also accompanying bacterial infection, especially with streptococcus and staphylococcus. Cytomegalovirus can exist in the body in a dormant state without causing any problems, but will become activated under stressful conditions such as surgery. When joint replacement surgeries started, extra precautionary measures were taken to maintain aseptic conditions and minimize infections. That may not be so true today, and it is possible there are higher rates of infection today.

Another explanation may be that viruses already existed in the body long before the surgery. Cytomegalovirus will normally stay in the body for life once a person is infected, but will exist in a dormant state until reactivated by a lowered immune system.

A widely held belief is that there are no easily available medications that can eliminate harmful viruses. Fortunately, **colloidal silver** is a well-known anti-viral agent capable of destroying many viruses including cytomegalovirus and many other harmful microbes that contribute to joint pain.

Colloidal silver is the therapy of choice at Medb clinic for managing joint problems caused by

harmful microorganisms. Even after treatment cytomegalovirus may still exist in a dormant state and will only remain suppressed by a healthy immune system. Needless to say that it is important to maintain a healthy immune system to avoid recurrence. One of the most important ways to keep the immune system healthy is with Vitamin D. The best source of **vitamin D** is the early morning or late evening sun to avoid sunburns.

Colostrum is the first milk of cows and contains sufficient quantities of antibodies and other proteins that enhance the immune system. It is available as a supplement. Reishi is regarded by the Chinese as the 'Mushroom of Immortality' and contains many compounds that strengthen the immune system.



# Should You Worry About Moles Or Skin Tags?

**T**hese days we worry about skin growths of any type because of our awareness of skin cancer.

The reality, however, is that most skin growths are relatively harmless. Skin growths come in different forms, but the most common are moles and skin tags.

Moles are formed from clusters of melanocytes (melanin pigment producing cells). These pigment cells are the reason for our skin colour and are usually evenly distributed but sometimes they clump up to form moles. Moles typically have a different colour from the skin.

Moles are usually harmless, but should be watched for changes in their colour, size, shape, and height, as this can indicate a change to a cancerous form. **Moles that occur from birth called 'Congenital Nevi' have an increased risk of becoming cancerous.** As soon as you notice a change in a mole on your skin, you should inform your GP immediately to have it checked out.

Skin tags are small tissue that hang off the skin. They are always harmless, but may get caught on clothing, and this may cause injury and lead to infections.

Skin tags are presumed to be caused by skin rubbing and moistness, as they usually occur in the folds of the skin and other areas where friction occurs such as the neck, armpits and groin. Women also seem to have more skin tags than men, and this has led to the suggestion that they are related to hormonal imbalances.

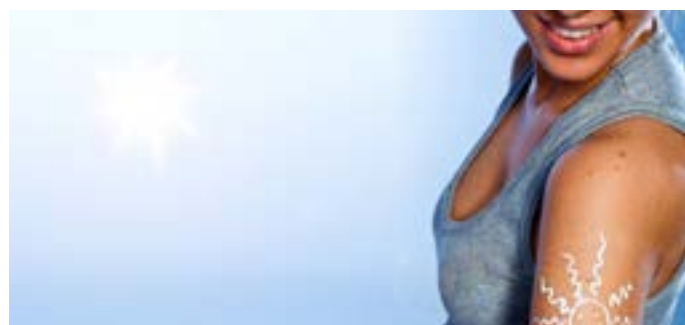
Skin tags are easily removed by a professional with a scalpel. Other methods of removing them include cryotherapy, which involves freezing them out with chemicals. Care should be taken with chemicals, as most can be toxic. Electrosurgery may be preferable, and involves burning off the tag with electricity.

**The most important step to take with skin growths is to observe them and see if they are painful, or if they are changing in shape, size, colour, height or texture over time.**

Changes may indicate that they are becoming infected or even cancerous.

Skin growths and other skin problems can be avoided by taking proper care of the skin. Avoid putting toxic chemicals on your skin. Many sunscreen lotions are made from known toxic compounds. Mineral based suntan lotions contain zinc and other minerals that reflect sunlight and are preferable alternatives to chemical based suntan lotions.

MSM (methyl sulphonyl methane) is the nutrient required to produce collagen, the supporting material for the skin, hair, joints and skin. MSM is called 'beauty mineral' due to its beneficial effects on the skin.



# Colloidal Silver: The Universal Antibiotic

**S**ilver 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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€22.50



Colloidal Silver Gel  
€22.50

# Is the flu vaccine more dangerous than the flu?

Since the flu vaccine was introduced in the 1980s, it has remained a most controversial vaccine for a lot of reasons. It comes as a surprise to many people to learn that there is no real scientific evidence proving the effectiveness of flu vaccines.

**A Large-scale review of 51 studies published in the 'Cochrane Database of Systematic review' in 2006 found no evidence that flu vaccines were more effective than placebos.** Even manufacturers of vaccines have admitted that the current year's vaccine relies on a prediction of what the flu virus would look like from last year's strain – in other words, the science of the flu vaccine is based on pure guesswork. Above all, flu vaccines cause serious damage to the body.

*According to a recently released report from the United States, Over 60% of claims awarded for vaccine injury was from the flu vaccine.* Some of the injuries mentioned in the report include neurological injuries, Guillain-Barre syndrome (a disease very similar to Polio), multiple sclerosis, fibromyalgia, hypersensitivity reactions and myopathy (muscle disease). Experts and researchers believe that flu vaccines and other vaccines for that matter, cause serious injury to the body, especially to the nervous and immune system.

Vaccine injuries are usually insidious in nature, and take a long time to appear, making them seem unconnected to vaccines. Vaccines cause severe harm to the body because of the toxins they contain. Flu vaccines are preserved with an agent that contains toxic levels of mercury – one of the most toxic compounds known to man. Scientists believe that there is no safe level of mercury.

Studies have shown that mercury causes severe inflammation and degeneration of the nervous and immune systems. **Dr Fudenberg, one of the world's leading immunologist, discovered that people who receive ten consecutive flu vaccines have an 80% chance of developing Alzheimer's compared to those who receive just one shot or none at all.**

In addition to mercury, flu vaccines also contain

other toxic compounds such as antifreeze and antibiotics like tetracycline. Flu vaccines also contain the proteins of the animal embryos in which they are prepared.

That you like the idea of being protected against the flu does not mean that the vaccines are protecting you. Many people vaccinated against the flu still contract the flu.

The diagnostic scans from MedB clinic show that those who receive the vaccine a few weeks or months before the scan will show severe inflammation and degeneration of the immune system as well as the presence of active and dormant microbes.

The best way to protect the body against the flu is to start boosting the immune system in the weeks coming up to winter. Vitamin D is an essential nutrient for the immune system.

The best source of Vitamin D is sunlight, and low levels of sunlight in the winter months is the reason for the increased incidence of colds and flu seen this period. People living in sunny climes should take the most of the opportunity and spend the early morning or late evening outside in the sun.

**Vitamin D** supplements are essential for those living in colder climes such as northern Europe. Other supplements that are beneficial for the immune system include colostrum and Reishi. Colostrum is the first milk of Cow and is rich in antibodies and other proteins that boost the immune system.

**Reishi** is from a mushroom regarded as the mushroom of immortality by the Chinese. Reishi enhances the immune system as well as other systems in the body. Equally important is relaxation, which reduces the damaging effects of stress on the immune system. A healthy diet composed of fresh fruits and vegetables, and drinking enough water daily (at least 1.5 litres) will go a long way to help boost the immune system.

# Repair Your Body With YTE



**Y**TE 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.

## Other Benefits:

- Deep and Refreshing Sleep
- Increased Stamina
- Enhanced Memory
- Reduced Physical and Mental Stress
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1 bottle contains 120 capsules

Dose: 4 capsules at night or 2 capsules in the morning and evening

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# Statins Users Age Faster

Researchers at Tulane University at New Orleans have just discovered that statin drugs used to lower cholesterol speeds up the ageing process by destroying stem cells - the body's reserve network of cells that repairs and regenerates damaged parts of the body. The scientists treated stem cells with cholesterol and found that within a few weeks, they were prevented from carrying out the main function of reproducing other cells in the body to carry out repairs.

According to the lead scientist of the study Dr Reza Izadpanah,

“People who use statins as a preventative medicine for health should think again as our research shows they may have general unwanted effects on the body which could include muscle pain, nerve problems and joint problems.”

Statins are mainly known for their side effects of joint pain, bone degeneration and severe

muscle weakness, and according to the studies, statins prevented stem cells from generating new bone and cartilage.

Contrary to popular belief, cholesterol is one of the most useful nutrients in the body, and not responsible for clogging arteries. The cause of clogged arteries is accumulated platelets or clotting cells, brought on by inflammation of the walls of arteries. There are safer and more effective natural alternatives to statins that do not produce side effects, and include policosanol, nicotinamide, and plant sterols.



## KNOW YOUR MINERALS: ZINC

Zinc is very vital for our health, and plays a role in more than 300 chemical reactions in the body. It activates many enzymes required to produce DNA—the genetic code. Zinc is necessary for growth, regeneration and wound healing. It also plays a role in maintaining the immune system, and protects the body against infections.

Zinc is known to stop the spread in the body of herpes virus, and applying zinc oxide cream is known to shorten the duration of herpes sores.

Zinc is important for keeping the prostate gland healthy and preventing inflammation. The prostate gland has the highest concentration of zinc of any organ in the body, and a lack of zinc may cause prostate gland inflammation. It is also important in sperm health. It is part of male ejaculate, and sexually active men can be at risk of zinc deficiency. Zinc is also important for male fertility and keeping sperm healthy. Studies have shown that zinc deficient men may be infertile.

Zinc is necessary for bone development and maintaining bone health. Men and women with osteoporosis usually have blood and bone levels of zinc that are up to 30% lower than in those with healthy bones.

Lack of zinc is one of the most common cause of loss of the sense of taste and smell. Good food sources of zinc are sea foods such as oysters, brewer's yeast, beans and pulses, and eggs. Zinc can also be taken as a supplement, and the best form is zinc picolinate.





# WHAT ARE YOU WEARING?

**Cotton:** Cotton is produced from the seeds of the cotton plant. Cotton makes very good outerwear in warm temperature, and dust and germs from the air cling far less readily to it than to other rougher materials such as wool. Cotton is a good conductor of heat and so conducts heat very quickly away from the body to keep it cool. For this reason, cotton should be avoided as inner wear or undergarments in cold temperatures as it soaks up sweat that evaporates with much loss of heat from the body.

**Linen:** Linen is derived from the fibres of the flax plant, and gives a finer and smoother material than cotton. It has similar properties as cotton, but it is a better conductor of heat, and also not suitable for the cold season.

**Wool:** Wool is derived from the fleece of sheep and similar animals, and is most valuable for clothing, especially in winter and colder climes. It absorbs and retains perspiration, and is a bad conductor of heat which means it is very suitable for winter clothing. Wool is practically non-flammable, as it only smoulders without catching fire. It produces warmth partly because of the large air contained in the spaces between the fibres, and partly because the fibres contain a large amount of natural oil. For this reason, woolly materials should be washed carefully to avoid removing the oil.

**Silk:** Silk comes from the cocoon of the silkworm. Silk is a very bad conductor of heat and very light, making it suitable for both warm and cool weather. It hardly shrinks and does not absorb perspiration as much as wool.

**Polyester:** Polyester is produced from naturally occurring chemicals or synthetic chemicals. It hardly fades, and does not lose its shape. It is also very easy to wash and clean. It can be itchy to the skin, and does not breathe. It is also not biodegradable. Unlike cotton, polyester does not shrink and does not require ironing.



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# How to Avoid Cystitis

Cystitis or inflammation of the urinary bladder is common in women and presents as a burning sensation during urination. Sometimes other symptoms occur such as nausea, lower abdominal pain and low-grade fever. Infections are a major cause of cystitis, and the main culprits are bacteria - E.coli, Streptococcus and Staphylococcus as well as the fungi - Candida. Cystitis is also commonly caused by non-infectious agents such as chemicals from shampoos and bubble baths, tight underwear and chlorinated swimming pools.

Cystitis from non-infectious agents is usually mild and resolves very quickly. In contrast, when microbes cause cystitis it can spread to the kidneys and surrounding organs, leading to kidney infections and other serious complications. Infectious cystitis responds very well to Antibiotics.

However prescription antibiotics are mainly effective for bacteria, and may not work if the infection is due to a virus or fungus. In most cases of cystitis, Colloidal Silver will be the preferred choice of antibiotic because it has a broader spectrum of action against viruses, bacteria and fungi.

Acidic foods will promote cystitis, and such foods include high meat diet, sugar, and processed foods. Sometimes avoiding such foods may be the only solution to those suffering from recurrent cystitis.

Dysbacteriosis (low levels of beneficial bacteria in the gut) will cause recurrent cystitis. Beneficial bacteria or probiotics are an important part of the immune system and help to keep the levels of harmful bacteria low. Beneficial probiotic bacteria are found in the gut as well as the bladder and the vaginal canal where they help fight and prevent urinary tract infections by maintaining the correct acidity level. Food sources of probiotics include fermented foods - sauerkraut, Yogurt and Kefir.



## Tips to Stop Snoring

Snoring is caused by partially obstructed breathing passages due to problems such as respiratory infections and diseases, partially deviated nasal septum, obesity and some medications. Snoring leads to poor sleep that in turn causes tiredness and stress. Snoring may also cause sleep apnea that enlarges the heart, causing heart attacks eventually. Reduced oxygen from snoring will also cause high blood pressure.

Here are some of the steps you can take to stop snoring:

Change your sleeping position. When you sleep on your back, your palate blocks the airways, and this may result in snoring. Changing position to lying on your side may make all the difference. You can use a side pillow to hold your body in place.

Lose weight: Snoring is noticed more in people with excessive neck fat and this may constrict the breathing tubes.

Avoid Alcohol and sleeping pills as these may relax the airways causing collapse and snoring.

Treat nasal congestion, respiratory infections and other problems that may block the breathing tubes.

# Eliminate Toxins from Your Body with Pectasol

**I**magine spending your life in a house that is never cleaned. The human body without proper detoxification (or clean-up), is exactly the same as that house. Every day we are exposed to dozens of toxic compounds that cause chronic diseases. From prescription drugs to household cleaning products, cosmetics, plastics and even drinking water, we are surrounded by potential sources of deadly toxins that contaminates the body.

Researchers have calculated that the average person has inside them over 100 deadly toxins such as mercury, lead, cadmium, aluminium, mycotoxins (from moulds), DDT, insecticides, BPA (from plastics) and many others. These toxins accumulate in all our organ, and over time cause chronic health problems such as memory loss, high blood pressure, arthritis, diabetes, dementia, sexual dysfunction and premature ageing.

Pectasol is the only orally taken natural detox that has been rigorously tested and shown to remove many different kinds of toxic chemicals from the body.

Research has also shown that Pectasol binds to a cancer causing chemical in the body called Galectin-3

Pectasol helps people suffering from Tiredness, Heart and artery disease, memory loss and dementia, rheumatoid arthritis as well as asthma.

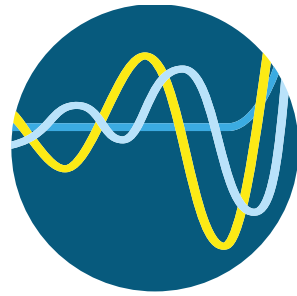


Dose: 2 capsules in the morning, and then drink at least 1.5L of water all through the day.

Bottle of 90 capsules -€64.75

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