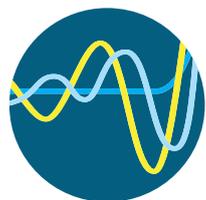


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medb health

EMPOWERING WELLNESS AND HEALTHY AGEING

EDITION 6. SEPTEMBER/OCTOBER 2015 WWW.MEDB.ES

**Causes and
Prevention of Joint
and Bone diseases**

7 Health Benefits of Wine

Do you have Insomnia?

Why Artichoke is Good for You

Causes of Kidney Failure and How to Protect Yours

How to Prevent Candidiasis

5 Causes of Hair Loss

NEW

SERRAPEPTASE ENZYME

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

- Reduce high blood pressure
- Alleviate arthritis and inflammation
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“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, Paracelsus 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.

1 bottle contains 90 capsules
Dose: 1-3 capsules, 3 times daily.
Quantity: 80,000 IU per capsule

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3 bottles for 60 Euros

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Editorial

Welcome to another edition of MedB magazine. This issue is focusing on bone health as well as other interesting topics. We have improved some of our services since the last edition.

Our website has been completely redesigned using the latest applications, to make it easy to view on any mobile device. We have also installed a Live Chat application to make it easier for our patients to communicate with us online in real time.

And for the clinic, we have finally acquired a patient monitor that will enable us perform other clinical checks such as ECG, Pulse oxygen levels and respiration. We are also looking to add other diagnostic technologies shortly.

The next edition will focus on the brain and nervous system.

If you have any questions or comments, please send an email to mag@medb.es.

Until the next edition, Enjoy the read!

Dr Machi Mannu (MBBS)



WHAT'S INSIDE

“It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine.”

Marcia Angell, MD (*“Drug Companies and Doctors: A story of Corruption.” NY Review of Books, Jan. 15, 2009.*)

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Causes and Prevention of Joint and Bone Diseases



THE ROLE OF DIET IN JOINT AND BONE DISEASES

Bone and Joint diseases are believed to be caused by calcium deficiency. The widely held assumption is that eating a diet rich in calcium usually from dairy products will help strengthen the bone and prevent joint and bone diseases. The reality, however, is that although seven times more milk is consumed today than in the 1950s, the rate of bone and joint diseases have skyrocketed. The simple truth is that calcium deficiency is not a major cause of bone diseases.

It is true that calcium is a major component of our bones, and that low levels of calcium in the body will lead to bone diseases. However the fact is that calcium deficiency is not as rampant as it is made out to be. Rather than calcium deficiency, current clinical studies and research now point to MSM deficiency as the main reason a growing number of people suffer from skeletal problems. MSM (Methyl Sulphonyl Methane) is the building block of collagen. And collagen is the main component of the supporting structures of the body –bones, joints, skin and organs. Over 30% of our bones comprise of collagen. Our hair and nails also require MSM to stay healthy.

Although MSM occurs in many food sources, it is not readily available in our diet. And this is because it is easily destroyed by cooking, and not as abundant in our foods as it used to be years ago. To receive enough MSM from our diet today will require consuming up to 2 kilos of fresh vegetables daily, an impossible task for most people. **Other minerals required for maintaining healthy bones include vitamin K, Silica, copper, iron, manganese and Magnesium.** Magnesium plays a crucial role in maintaining bone structure and is essential for the absorption of calcium.

HOW DAIRY CAUSES DAMAGE TO THE BONES

Although dairy is regarded by many as a good source of calcium, it contains very little magnesium, which means that most of the calcium contained in milk is not absorbed. Milk also contains lactose that cannot be tolerated by most people. Furthermore, lactose blocks the absorption of calcium. Milk also contains casein, an indigestible protein that accumulates in the stomach causing bloatedness and abdominal distension.

The milk produced today also has substantially high levels of hormones and antibiotics injected into cows to increase milk production. Rather than strengthening bones, milk does the opposite and weakens bones. Milk is highly acidic and increases the pH of blood, which encourages the loss of calcium from bones. Milk leaches calcium from bones.

A Harvard study involving over 77000 women showed that those that consumed milk had more fractures than those who drank less milk. Calcium is abundant in many foods, in particular, green leafy vegetables, fruits, fibres, seafood, nuts and legumes. While people are encouraged to take more calcium, what isn't mentioned is that the body is unable to absorb calcium without magnesium.

DISEASES OF THE JOINTS AND BONES

Arthritis is the name given to inflammation of the joints. There are different causes of joint inflammation, which gives rise to the different forms of arthritis.

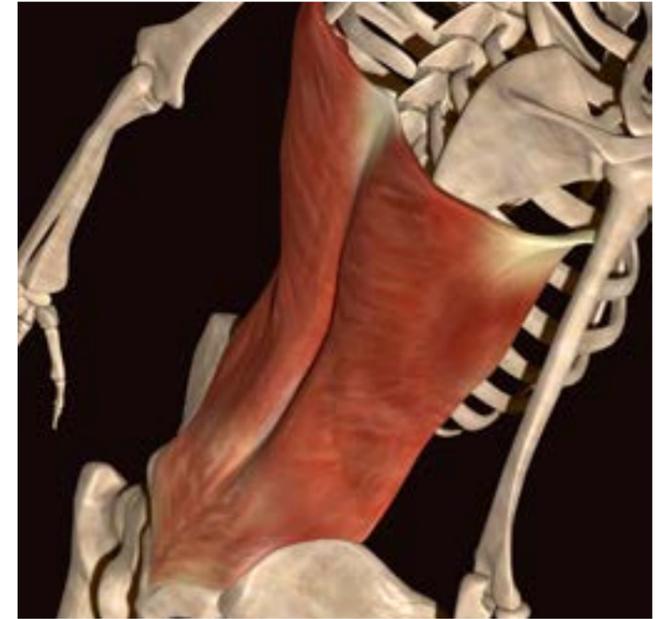
Osteoarthritis is the commonest form of arthritis caused by the wear and tear of our joints usually from ageing. Another common type of arthritis is Rheumatoid arthritis which occurs from abnormal immune system reactions that cause the body to produce antibodies that destroys joints. Rheumatoid arthritis tends to affect joints in pairs, unlike osteoarthritis that affects single joints. The pain of osteoarthritis subsides as the day progresses.

Contrary to what many people believe, cartilages can regenerate themselves. Although the process is slow, cartilage regeneration still occurs, and happens much faster when the body is provided with the right nutrients. Accumulation of toxins or contaminants in the body is also a cause of arthritis called toxicallergic arthritis. The heavy metal lead, displaces calcium in the bones, and when it accumulates, it gives rise to brittle bones and joint degeneration.

The diagnostic scans carried out at MedB clinic also picks up high levels of lead in the joints and bones, and in such cases a simple detox is all that is needed to treat the joint pain. Many prescription drugs also cause arthritis, either directly by destroying cartilages or from the toxins they contain. Anti-inflammatory drugs taken for a long time will cause severe arthritis.

Exercising is very beneficial to health, however when it is done rigorously without rest in between, it will cause arthritis due to wear and tear. A diet rich in foods that trigger inflammation such as vegetable oils, wheat and processed ingredients and food additives, will cause diseases of the joints and bones.

Chronic back pain or sciatica occurs when there's narrowing of the spaces between the vertebrae which impinges on the nerves and vessels running in between the spaces. This compression may cause referred pain down the legs. Bad posture and sedentary lifestyles are the typical causes of sciatica. At MedB clinic, we find that MSM powder is effective for treating all types of joint pain.



WHY WOMEN SUFFER MORE BONE AND JOINT DISEASES THAN MEN

Women are diagnosed with more bone disorders than men especially after menopause. Osteoporosis and loss of bone density are typically diseases of women. One of the main reasons for this is the loss of the protection oestrogens provides for the bones post menopause. Nevertheless, many experts agree that current hospital management of osteoporosis has only worsened the problem.

From the diagnosis of osteoporosis to its treatment, there are many identified flaws with its management. For a start, the DEXA bone density scan is a highly inaccurate and outdated scan that hasn't changed since its design in the 1980s. The results of the scan vary from one machine to another as well as from one interpreter to another. Furthermore, the scan works in such a way that bigger women with larger bones have better bone density than more slim women. But the big problem lies with the current treatment.

WHY DRUGS FOR OSTEOPOROSIS CAUSES MORE HARM THAN GOOD

To understand the danger caused by drugs used to manage osteoporosis, we have to appreciate how our bones are naturally maintained. Our bones are continually in a state of renewal. New bone cells are made, and old ones are destroyed. Our bones are renewed every 9 months this way.

The main class of drugs used to manage osteoporosis are called bisphosphonates, and alendronate is a typical example. These drugs stop the breakdown

of old bone, allowing only the production of new bone. While this will cause thickening of bones, it also gives rise to bones that are fragile and easily prone to fracture. Researchers have observed that women on such medications seem to have a higher incidence of fractures. Bisphosphonates also cause severe damage to the liver and kidneys.

HOW TO STRENGTHEN YOUR JOINTS

A fact of life is that our joints experience wear and tear with age, more rapidly in some people than in others. Today scientists recognise that a major cause of wear and tear as well as diseases and ageing is inflammation. The main cause of inflammation today is unhealthy diet and environmental toxins. A healthy diet is important for good health, not just bone health. Unfortunately, a healthy diet is becoming difficult to come by. Nutrient levels have been falling in the past decades, and our foods no longer contain as many nutrients as they used to.

The bones require several nutrients to maintain health, but one key nutrient is MSM. MSM or Methyl Sulphonyl Methane is a key component of collagen, and collagen forms the supporting structure of the body. Researchers speculate that most people over 30 today are severely deficient in MSM and believe this to be the main cause of the rising incidence of arthritis today.

At MedB, we know this to be true because we have been using MSM for some years to treat successfully many forms of arthritis. Those suffering from joint and bone diseases should consider taking MSM as a supplement. Fortunately, MSM is an affordable and easily available supplement. MSM is best taken as a powder to ensure your body receives sufficient quantities. Up to 15 grammes of MSM daily for several weeks may be required to start the process of regenerating the joints.

MSM has no side effects, but it can cause loose stool in some people. However cutting down the dose will resolve the problem.

As mentioned earlier, the joints and bones also require other nutrients to remain healthy, including, Calcium, Magnesium, Silicon, Manganese and Copper.

Many people using copper shoe soles have noticed an improvement in joint pain.



WHAT HAPPENS IN JOINT REPLACEMENT SURGERY?

Joint replacement surgeries are typically performed on the knees and hips. They are permanent procedures that involve destructive alterations to the bones. Typically, knee replacements are performed by slicing of the ends of the bones that form the knee joint - the head of the tibia and the end of the thigh bone. Then a specially designed prosthetic made from plastic, metal or ceramics is glued to the bones. A piece of the kneecap is also sliced off and glued to the other parts to complete the prosthetic joint. After the surgery, rehabilitation normally takes about six weeks, but may take up to 6 months. Joint replacement surgeries should be considered as a last resort when everything else has failed.



Why Artichoke is Good for You

THE ARTICHOKE IS a leafy herb native to the Mediterranean. It is a variety of milk thistle and shares many health properties with it. The leaves and flowers and the fleshy base make up the edible portion of Artichoke. Artichokes are a speciality in Spain, where they are eaten just boiled in water, or sauteed in olive and garlic, or added to Paella. In parts of Vietnam, Artichoke is brewed into a tea. The Italian Liqueur Cynar is made primarily from Artichoke.

Artichoke has many significant health benefits, especially in protecting the liver and improving the function of the gallbladder. Artichoke promotes the secretion of bile, a yellowish-green fluid produced in the liver but stored in the gallbladder until needed to digest fats and oil.

Artichoke improves bowel symptoms typically related to liver and gallbladder problems such as dyspepsia, irritable bowel syndrome, nausea, constipation, vomiting, bloating, flatulence and fat intolerance. Artichoke contains inulin, a fibre that encourages the growth of friendly bacteria in the gut. **One study involving over 500 people found that taking 640 mg of artichoke extract reduced symptoms of irritable bowel syndrome such as bloating, flatulence and constipation significantly in 6 weeks.**

Artichoke improves cholesterol health by increasing 'good cholesterol' and reducing 'bad cholesterol'. Artichoke extracts are usually well tolerated, but can cause hunger. People suffering from Gallstones should also take care with artichoke extracts.

Relieve Joint and Muscle Aches and Pain with MSM

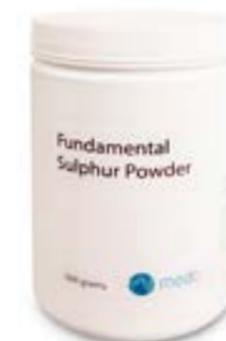
MSM (Methyl Sulfonyl Methane) is the most vital nutrient required by the body to build and maintain strong and healthy joints and bones. MSM occurs naturally in the body, and is used to make collagen- an important component of our bones, joints, skin and hair. More so than calcium your body needs MSM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



7 Health Benefits of Wine

Prevents Cancer: Red grapes contain compounds that suppress aromatase, the enzyme in breast tumor that encourages the production of too much oestrogen that fuels cancer growth. Other studies have shown that red wine reduces the risk of contracting colon cancer by over 50%. **One study found that men who drink 4-7 glasses of red wine in a week are 52% less likely to suffer from prostate cancer.** Red wine is known to be particularly protective against aggressive forms of cancer.

Prevents Stroke and Heart Attacks: Studies have shown that people who drink wine are less likely to develop a stroke than people who do not drink wine. These benefits are not seen in beer or whisky drinkers.

Prevents Depression: Wine improves mood and prevents depression. **Researchers in Spain found that those who drink 2-7 glasses of wine every week are less likely to suffer from depression.**

Promotes Long Live: The longest living European people of South West France, Sardinia and Crete, all drink wine with their meals. One study found that wine from these areas contains high levels of procyanidin, a compound in red wine that promotes cardiovascular health. **Harvard scientists also discovered that the compound in wine called Resveratrol increases the activity of a group of genes that prevents diseases caused by old age.**



Reduces Blood Sugar and risk of Diabetes: Red wine is rich in Polyphenols, compounds that help in fat storage and blood sugar regulation. Researchers found that **the Polyphenols in a small glass of red wine had more blood sugar regulating ability than certain diabetic medications.**

Prevents Colds: A study from Spain looking at 4000 University staff, found that **those that drank wine were less likely to suffer from colds than those who drank beer or spirits.** Researchers believe this is down to the high levels of antioxidants found in wine.

Protects Eyes- Researchers from the Washington University school of Medicine found that the compound Resveratrol found in wine prevents out of control growth of the blood vessels of the eye, a cause of many eye problems. The scientists suggest that resveratrol will be good for diabetic retinopathy and macular degeneration.

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.

MitoQ from MitoQ New Zealand

1 bottle contains 60 capsules

Dose: 2 capsules in the morning

Price per bottle: 60 Euros

To order call MedB Clinic:

965071745, 966189074

Or Visit: www.medb.es

Available from Amazon UK

Free Shipping To Spain

This is the first time that an antioxidant can reach the mitochondria at levels that make a difference



I am 67 years old and was diagnosed with high blood pressure when I was 60. Initially, I was prescribed Valsartan, but since then I've also been prescribed bisoprolol, atorvastatin, and aspirin. My blood pressure is usually around 135/ 85, but sometimes it can drop very low. I am getting a lot of joint pain and also feel as if I'm losing muscle tone and wonder if my medications have anything to do with it. I'll be glad for your advice. Mary-anne

Hello Mary-anne

How unfortunate it is that high blood pressure is managed by hospitals as a disease rather than as the symptom that it is. High blood pressure is suggesting that something is not quite right somewhere in the body. Analysis of the scans from MedB clinic shows that the commonest cause of high blood pressure is atherosclerosis or hardening and narrowing of the arteries. Any of the arteries in the body can be affected by atherosclerosis, but the most affected are the arteries of the heart and brain.

The commonly held belief is that high levels of cholesterol cause atherosclerosis, but this is not true. Atherosclerosis occurs from a build-up of platelets or clotting cells following an injury to the arteries. The underlying cause of this injury to the arteries is inflammation. The key to reducing heart disease is reducing inflammation in the body, and not reducing cholesterol.

Contrary to popular opinion, Cholesterol is one of the most vital nutrients in the body. It is required for the brain and nervous system to function optimally. Half the dry weight of the brain is cholesterol, and the nerves are protected by a sheath composed mainly of cholesterol. Cholesterol is necessary for the production of all hormones in the body. Taking statin drugs to lower cholesterol is associated with many severe side effects including joint pain and muscle wasting. The advice we give our patients at MedB clinic is to stop taking statins immediately and to check their cholesterol level in 3 months time.

The current blood test level for normal cholesterol is too low. It used to be much higher years back. Clinical studies show that women with cholesterol levels of 270 mg/dl and above live longer and are much healthier than women with cholesterol levels of 200 mg/dl and below. Even if you're worried about high cholesterol, there are natural supplements more powerful than statins, which can better regulate cholesterol and a good example is policosanol.

Aspirin is usually prescribed to thin blood, based on the assumption that 'thinner blood' will flow easier through a narrowing artery. Numerous studies, however, have shown that aspirin can do more harm than good because it destroys the lining of the stomach and can cause severe internal bleeding. Aspirin may have benefits for those who've had a triple bypass surgery, or a stent inserted.

Taking blood pressure medications is not a solution to high blood pressure. Most people usually start off with just one tablet, and over the years more tablets are piled on or old ones changed. A well-known fact, however, is that combining blood pressure medications increases the risk of kidney diseases and other complications.

Atherosclerosis or narrowing of the arteries is treated effectively with Serrapeptase, an enzyme that dissolves the 'plaque deposits' responsible for narrowing arteries. We have observed at our clinic that blood pressure starts to reduce in some people about six weeks after starting serrapeptase.

High blood pressure is also commonly caused by high levels of contaminants in the body such as lead, mercury, mycotoxins, pesticides, etc. Toxins cause inflammation of the organs including the blood vessels and kidneys, which can then act as triggers for high blood pressure. At MedB clinic, we have noticed a decrease in blood pressure with just detoxification treatment. My recommendation is for you to stop taking aspirin and statins, and start taking serrapeptase, one capsule three times daily for about six months and then to keep an eye on your blood pressure. As your blood pressure goes down, you should aim to reduce your blood pressure medications and eventually stop taking them.



5 Causes of Hair Loss

Nutrient Deficiency: The hair follicle or hair root is living and requires nutrients to push hair outwards. The hair, however, is regarded as non-essential, and in periods of scarcity, nutrients are diverted to other more important organs such as the kidneys and the liver. Some of the nutrients needed to maintain hair growth include Vitamins A, B, C, iron, zinc, manganese, copper and essential fatty acids. Eating a healthy balanced diet will provide the body with most of the minerals that it needs on a daily basis. Nevertheless, it may be necessary also to take supplements.

Infections: Infections of the hair and scalp are a common cause of hair loss. Diagnostic scans from MedB clinic shows that most people with visible skin and scalp problems have an underlying infection. Viruses, fungi and mites are the commonest causes of scalp infections, and they can be resistant to conventional therapies. Scalp and Skin infections are treated best with colloidal silver spray or gel.

Hormonal imbalance: Adequate levels of some hormones are essential for proper hair growth. Low levels of thyroid hormones can cause hair loss. Hormonal imbalances that occur during and after menopause may also lead to hair loss. Sometimes especially with thyroid disorders, a blood test may not reveal that a problem exists. The effective way to restore hormonal balance is to provide the body with the building blocks that it needs to produce hormones. These nutrients are all found in the supplement YTE (Young Tissue Extract)

Stress: Stress is a well-known cause of hair loss, Stress causes a disruption in the growth phases of hair, and this can be emotional stress or physical stress. Stress affects proper absorption of nutrients as well as the proper functioning of the hormonal system which in turn has an effect on hair growth.

Chemicals and Drugs: Some chemicals used to make hair products from hair colours and dyes to shampoos, are known to affect hair growth and even cause scalp diseases. Sodium Laurel Sulphate (SLS) the chemical that makes shampoos smell nice and lather, strips hair of essential proteins and halts hair growth. Preservatives such as formaldehyde, cause an imbalance of the hormonal system that can lead to hair loss. Prescription drugs are also known to cause hair loss. Methotrexate used to treat arthritis, will cause hair loss. Read labels before buying any hair product, and try and use products that contain recognisable and natural ingredients.



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Causes of Kidney Failure and How to Protect Yours

THE MAIN FUNCTION of the kidneys is to filter out waste from the body. The body is continuously exposed to toxins, whether from the foods we eat, medications we take, or from everyday toxic chemicals from plastics, cleaning products, cosmetics, etc. Every substance that enters the body must pass through the liver for detoxification, which is the process of breaking down and converting toxic compounds into non-toxic forms before excretion from the body.

The process of detoxification is quite complex and requires a lot of nutrients that may be lacking in the body. Also, the world today is facing increasing pollution which means the liver has to deal with far more toxins than it was designed to handle.

When the liver becomes overloaded with toxins, the detox system may become overwhelmed and not function properly. With the detox system not functioning properly, the kidneys will be exposed to partially detoxed and highly toxic compounds that cause damage to its delicate structures.

Many products in everyday use such as cleaning liquids and detergents contain chemicals that are known to cause kidney damage. Shampoos, bubble baths and facial cleansers typically contain DEA (Diethanolamine), a toxic chemical known to cause kidney cancer.

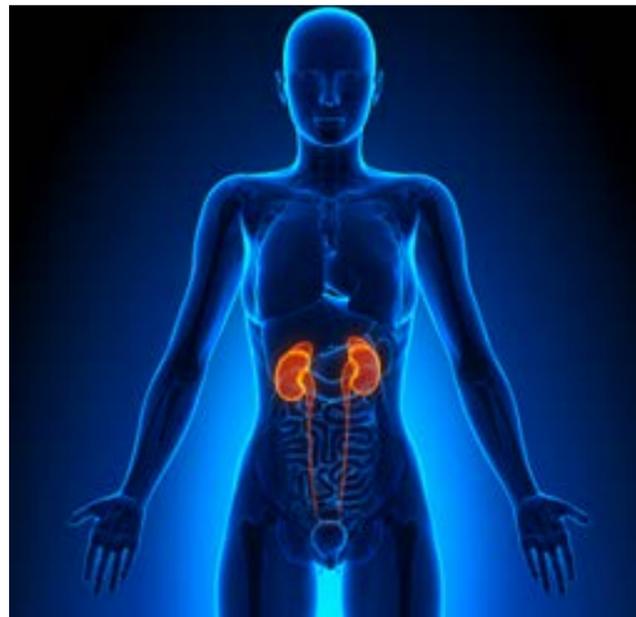
Prescription drugs are usually toxic compounds that can be very harmful to the kidneys unless properly detoxed by the liver.

Certain drugs are known to be particularly damaging to the kidneys, particularly painkillers. Naproxen, Ibuprofen and Aspirin cause kidney damage and failure, especially when there is associating diabetes and high blood pressure. To protect your kidneys, you must understand that the biggest risk they face are from toxins, and reducing your exposure to toxins will reduce your risk of kidney diseases that may cause the kidneys to fail.

All chemical drugs are poisons; that should

be taken only if necessary. The more medications you take, the more pressure you pile on your kidneys.

Painkillers are the most widely available and consumed medications, and they can cause kidney damage. Painkillers are usually prescribed for joint pain. However, joint and muscle pain are easily relieved by MSM (Methyl Sulphonyl Methane), a mineral naturally found in the body. Not drinking enough water through the day may on the long run put the kidneys at risk of failing. Water is essential for the kidneys to function properly. And you need to drink 2-3 litres of water daily to help your kidneys.



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

High Quality Amber Colloidal Silver from Optimized Energetics UK
To order Call 965071745,966189074 or visit: www.medb.es





Do You Have Insomnia?

PEOPLE SUFFERING FROM insomnia do not get enough hours of sleep, or they feel they are not getting enough sleep at night. Older people who may be sleeping less may feel they are suffering from insomnia, but in reality, the older we get, the less sleep we need. Many people over the age of 70 need just 4 hours sleep daily. Seniors who sleep for less than 6 hours during the night and feel refreshed after sleeping may be getting all the sleep they need. And rather than trying to sleep some more when awake, they should find an activity to keep them occupied, such as reading. Nevertheless, many elderly people suffer from the symptoms of insomnia, which includes- difficult to get to sleep, waking up very early, feeling tired and irritable during the day.

A number of factors can cause Insomnia. Chronic diseases such as Asthma, arthritis, sinus problems, hormonal disorders, etc. will cause insomnia. Moreover, some medications also cause insomnia such as those prescribed for high blood pressure, asthma and allergies. **Insomnia is also associated with stress, anxiety and depression.** When we are stressed and worried with thoughts running through our minds, it can be difficult to fall asleep. Rather than let your mind roam from one thought to another, you should use your mind to figure out what the main problem is, and what steps you can take to resolve the matter. If it's an issue from the past that you can't do anything about, then you have to let it go.

The sleep cycle is regulated by a hormone called melatonin that is produced in the dark. Several studies now show that many people are deficient in melatonin.

Some of the reasons for this include artificial lighting during the night and poor absorption of the amino acid tryptophan, required to produce melatonin. YTE (Young Tissue Extract) is a good source of tryptophan and promotes deep and restful sleep in addition to regenerating damaged tissues and organs in the body.

TIPS TO HELP YOU GET TO SLEEP:

- Avoid Coffee, Stimulants, and Heavy meals just before you go to bed
- Sleep in a dark room
- Create a sleep time ritual
- Get Comfortable
- Limit daytime naps
- Exercise

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.

Other Benefits:

- Deep and Refreshing Sleep
- Increased Stamina
- Enhanced Memory
- Reduced Physical and Mental Stress
- Better Focus and Concentration

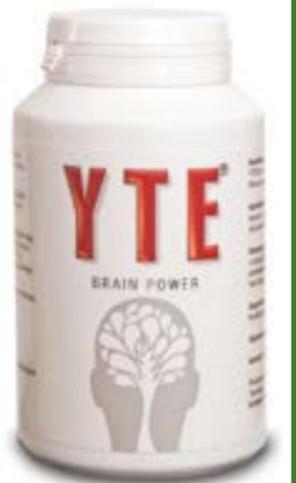
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1 bottle contains 120 capsules

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Be Careful with Aspirin

MANY PEOPLE TAKE aspirin, believing it will prevent heart disease and stroke. Nevertheless, several clinical studies have cast serious doubt on the supposed benefits of aspirin. A publication in the British Journal of Medicine pointed out that while aspirin reduced the occurrence of non-fatal heart diseases, it increased the occurrence of sudden deaths from heart conditions. It appeared that Aspirin masked already progressing heart diseases. Other studies have also shown that aspirin has a poor record in preventing heart diseases. A Harvard study involving 40,000 women found no difference in the occurrence of heart attacks between those taking aspirin and those not.

The main problem with aspirin is that it increases the risk of bleeding. Most people who take aspirin notice they bruise easily and have blotches all over their skin. As well as causing bleeding on the skin, aspirin also causes internal bleeding, and this can be the real danger. Aspirin destroys the lining of the stomach and the intestines. People on aspirin are known to suffer more digestive diseases such as ulcers.

Aspirin could be beneficial only after a triple bypass or stent insertion, as in such cases, it may be beneficial to keep blood thinner. Quite simply, aspirin is not effective at preventing heart disease and stroke. The underlying cause of heart and artery diseases is inflammation. And to reduce your risk of heart disease your aim should be to reduce the rate of inflammation occurring in your body. And this can be achieved by eating healthy foods rich in antioxidants, minerals and beneficial essential acids, or taking natural anti-inflammatory supplements when necessary.



How a Cat Parasite controls human behaviour

TOXOPLASMA GONDII IS a parasite transmitted by cats. It is estimated that over 50% of the human population is infected with the parasite, and more than 80% have been infected at some time in their lives. However Toxoplasma rarely causes problems in humans, except during pregnancy.

Toxoplasma has an interesting and unusual behaviour. Normal rats have an extreme fear reaction to cat urine and will avoid the spot. But rats infected with Toxoplasma do not show this fear at all, and, in fact, returns to the spot repeatedly, making it easier for cats to catch them. Scientists have discovered that Toxoplasma has an influence on human behaviour as well.

The scientists at Charles University Prague also found that the psychology of infected individuals seemed to be gender based. Infected men appeared more jealous and suspicious while infected women appeared more warm-hearted and outgoing.

Researchers also suspect that the parasite changes the brain of some women, making them more loveable towards cats. Perhaps the reason there are 'cat ladies'.



Flu Vaccines and Alzheimer's

The risk of developing Alzheimer's disease is ten times higher for people who have received over ten consecutive flu vaccines, than for people who received 2 or fewer shots of the vaccine. Dr Hugh Fudenberg, a renowned immunologist and publisher of over 800 scientific papers made the discovery.

Vaccines contain many toxic compounds that cause intense inflammation of the whole body including the immune system. Most vaccines contain formaldehyde, aluminium hydroxide, animal proteins from infected animals, gelatin, and thimerosal, a preservative with very high levels of mercury. Research carried out at the University of Calgary showed that exposing the brain to mercury caused the formation of the same markers 'Plaques and Tangles' found in the brains of people with Alzheimer's disease.

The best way to protect yourself against the flu is to start strengthening your immune system in the weeks coming up to winter. And this can be achieved with immune system enhancers, especially Reishi, and Colostrum. Vitamin D is also very important for protecting the immune system and preventing flu and colds. Low sunlight in the winter months causes low levels of vitamin D resulting in a weak immune system and increased flu infections.

Low Cholesterol Levels associated with Violence

Very Low blood cholesterol level is associated with increased criminal violence, according to a study by Golomb and Co. published in the Journal of Psychiatric Research.

The researchers studied over 75,000 individuals and found that **violent criminals had a much lower level of cholesterol than non-violent individuals.**

The brain and nervous system relies heavily on cholesterol to function optimally. Over half the dry weight of the brain is made up of cholesterol. Low cholesterol is also connected to increased rates of suicide.



How To Prevent Candidiasis

CANDIDIASIS ALSO KNOWN as thrush or yeast infection, is a vaginal or urinary tract infection caused by the yeast *Candida*. But, *Candida* is normally present in the vagina of most women without causing any problems. *Candida* infection typically occurs with changes in vaginal acidity sometimes caused by hormonal imbalance. *Candidiasis* also occurs in people taking oral contraceptives or suffering from chronic illnesses such as Diabetes or reduced immunity.

Nevertheless, the commonest cause of *Candidiasis* is prescription antibiotics. Antibiotics kill off healthy bacteria in the body, as well as harmful ones. Healthy bacteria in the body also called probiotics live in the gut and the vagina and help keep foreign and harmful bacteria at bay. Antibiotics also reduce immunity by slowing down the activity of protective white blood cells, which further increases the risk of contracting *candida*.

The symptoms of *candidiasis* vary and includes itching, soreness, burning, yeasty smell, vaginal discharge and discomfort during urination or sexual intercourse. To help keep *candida* at bay, avoid nylon and other synthetic underwear that promote the growth of *candida*. Cotton underwear is preferable. Low-temperature washing does not kill fungal spores and for that reason underwears, beddings and towels should be washed with hot water.

The natural antibiotic Colloidal silver can prevent and treat *candida* infections. Probiotics are also important and have been shown to reduce the occurrence of *Candidiasis*. Those with recurrent *Candidiasis* should consider using Mannitol. Mannitol treats *candida* and UTI's by flushing microbes from the body, and it has no side effects.



How To Manage Burns

The first thing you do is to keep the burn under cold running water for about 10-15 minutes. If running water is not available, dip the burn in cold water, or cover with a cold compress.

Do not put ice directly on the burn as this may cause frostbites. Then apply a cooling lotion to the wound. Aloe Vera is ideal for burns.

Never apply oil or butter to burns as this will trap heat and worsen the burn.

If blisters appear, do not break them because they form a protective barrier against infections.

If they break on their own, wash the area with water and plain soap, and apply an antibiotic gel, preferably colloidal silver gel and cover with a loose gauze.

It's important that the wound breathes. Go to the hospital if the burn is serious.

Eliminate Toxins from Your Body with Pectasol

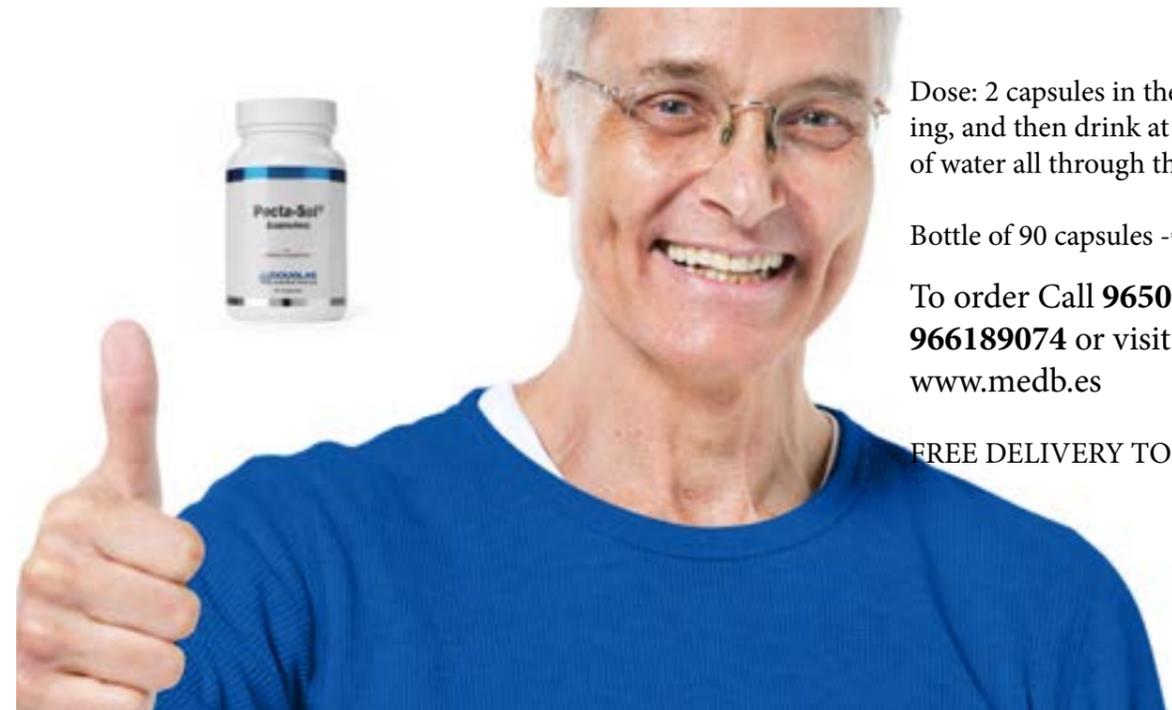
Imagine spending your life in a house that is never cleaned. The human body without proper detoxification (or clean-up), is exactly the same as that house. Every day we are exposed to dozens of toxic compounds that cause chronic diseases. From prescription drugs to household cleaning products, cosmetics, 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.

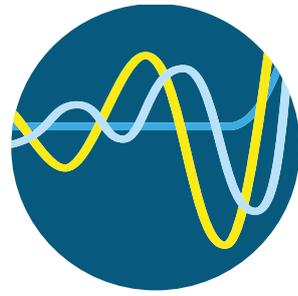


Dose: 2 capsules in the morning, and then drink at least 1.5L of water all through the day.

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