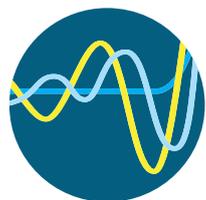


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What Causes Irritable Bowel Syndrome?

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Food Intolerance and Food Allergy Tests

When Prescription Drugs are Necessary

Constipation Remedies

Surprising Truth About Cholesterol



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

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

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Editorial

In this month's issue, we explore Irritable bowel syndrome. one out of every four people will receive a diagnosis of IBS in their lifetime. But what exactly is IBS? Is it just a diagnosis of convenience, made when doctors cannot come up with the cause of a bowel problem?

In this issue, we have discussed all the causes and triggers of IBS, based on the latest scientific studies and our analysis of diagnostic scans performed in our clinic. More importantly, we have looked at what you can do on your own to reduce your symptoms or even cure your IBS.

In the next issue, we will look at the latest research on Cancer by Thomas Seyfield, a biochemist who has investigated cancer for the past 30 years. He considers cancer a disease occurring from a lack of cellular energy and his research has revolutionary implications in the treatment of cancer, as well as what we can start to do on our own to prevent and even treat cancer.

Until the next issue, enjoy the read.

Dr Machi Mannu (MBBS)



WHAT'S INSIDE

If drugs are the answer, then those taking the most drugs should be the healthiest.

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What Causes Irritable Bowel Syndrome?

Doctors are very quick to make a diagnosis of irritable bowel syndrome (IBS) when faced with bowel disorders not responding to conventional treatment. In the absence of appropriate medical diagnosis to find out the cause of the problem, these doctors easily label problems of the gut IRRITABLE BOWEL SYNDROME. The name alone suggests the non-specific nature of the diagnosis. It simply says that something is irritating the bowels.

Mainstream medicine regards Irritable bowel syndrome as a disease of exclusion, and before doctors can make the diagnosis they must perform extensive investigations including blood tests, endoscopies, colonoscopies, stool and urine analysis, food intolerance tests, MRI, microbiology, toxicology, etc. Nevertheless the diagnosis is usually made only after basic medical investigations such as blood tests.

Modern Medicine defines Irritable bowel syndrome as a disorder of the gut causing recurrent abdominal cramps, stomach pain, diarrhoea and constipation. Many diseases of the bowel also produce similar symptoms, including Crohn's, Ulcerative Colitis, Food intolerance, Gastroenteritis, Bowel Inflammation and Cancer. Without extensive investigations, it is difficult to rule out other diseases and identify the cause of the problem.

Knowing the triggers of Irritable Bowel Syndrome is the first step in managing and treating the problem, and over the years, researchers have been able to pinpoint the main causes.

CAUSES OF IBS

Diet: The human diet has changed significantly in the last hundred years, from a diet rich in natural foods to a diet that is highly processed and containing a lot of synthetic chemicals. There is now strong clinical evidence that food intolerances such as intolerance to sugars like lactose and fructose, contribute significantly to Irritable Bowel Syndrome (IBS).

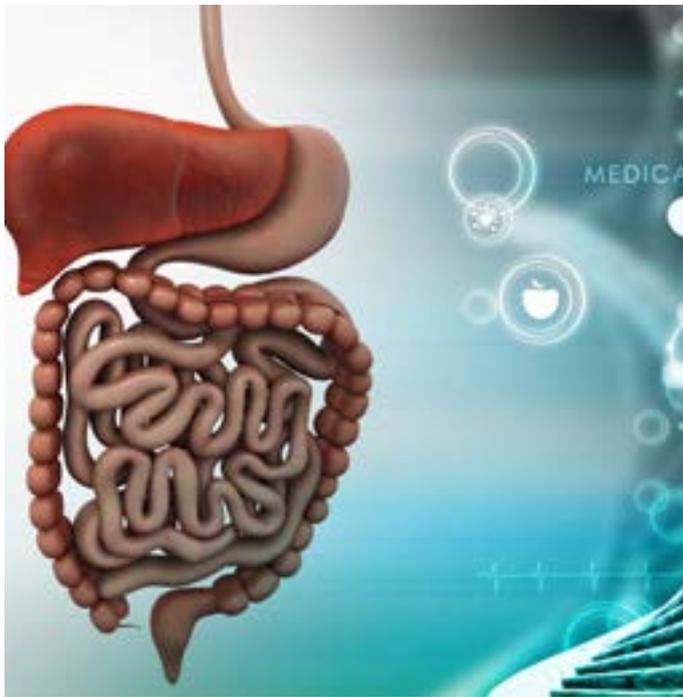
Food intolerances occur from a deficiency of enzymes required to digest foods. In lactose intolerance, for example, there is a deficiency of the enzyme lactase required to digest lactose or milk sugar. What is not well known is that **many people with IBS have intolerances to other types of sugars and carbohydrates including fructose (fruit sugar), sucrose (table sugar), starch and cellulose.**

When these sugars are present in natural foods, they may be well tolerated, however in processed and refined foods, the sugar concentration is much higher and the body struggles to process them.

There is growing evidence that many people diagnosed with IBS lack many of the enzymes required to digest simple sugars and carbohydrates. Without proper digestion, the excess sugars and carbohydrates become a source of food for harmful bacteria living in the gut.

Harmful bacteria will turn the poorly digested sugar and starch into gases and toxins that create the symptoms of IBS, which includes abdominal cramps, bloatedness, stomach pains, diarrhoea and constipation. Refined and Processed foods are without a doubt the biggest trigger for IBS.

Microbes: Microbes are disease-causing bacteria, fungi, viruses, parasites and worms that can live in the bowels. The nature of the gut encourages the growth of harmful or 'bad' microbes. However, the gut also contains beneficial or 'good' bacteria that helps keep harmful bacteria in check as well as helping with food



digestion and nutrient absorption. Research shows that a healthy gut will have about 85% good bacteria and 15% bad bacteria. People with IBS have abnormally high levels of bad bacteria. Some of these harmful bacteria identified from diagnostic scans at MedB clinic include bacteria such as Streptococcus, Staphylococcus, E.Coli, as well as the fungus such as Candida and Actinomyces. Worms and parasites are also frequently picked up from the scans. These microbes can lie dormant in the gut during times of remission when the sufferer has very little symptoms, but they become active and multiply when the immune system becomes depressed.

Harmful microbes are encouraged by an unhealthy diet of unrefined and processed foods as well as low immunity. Harmful bacteria will displace good bacteria, and stop them from contributing to normal digestion. Harmful bugs cause inflammation from the toxins they produce which line the gut preventing the proper absorption of nutrients. Eliminating these harmful bugs from the gut improves or cures the symptoms of IBS.

Although prescription antibiotics may relieve the symptoms of IBS, it is usually short lasting because prescription antibiotics do not discriminate between good and bad bacteria, and kill off everything in their part. An 'intelligent' Antibiotic such as Colloidal Silver only eliminates the bad bacteria, paving the way for beneficial bacteria to multiply and replenish the gut.

Bowel Diseases: Bowel diseases can cause or even worsen the symptoms of IBS. Bowel diseases such

as Crohn's and Ulcerative Colitis occur from inflammation of the bowels which may eventually cause irritation of the bowel. Bowel diseases may not be the cause of IBS, but may worsen the condition. Inflammation of the bowels encourages the growth of harmful bacteria and interferes with proper digestion of nutrients, adding to the problem of IBS.

WHY THE HOSPITAL MANAGEMENT OF IBS MAY BE CAUSING YOU MORE HARM

Hospitals are great places for medical and surgical emergencies such as a cardiac arrest or a broken bone. However, they have a poor record with managing chronic medical diseases. Hospitals treat the symptoms of diseases rather than the actual causes of a disease. Also, in hospitals, investigations are carried out, based on the part of the body with the presenting symptoms, rather than an investigation of the whole body to find out more about the cause of the problem.

Many medical professionals have criticised the current management of IBS for good reasons. Currently, hospitals manage IBS by treating the presenting symptoms using: antibiotics, painkillers, laxatives, antidiarrheal drugs and antidepressants. The treatment may provide short-term relief, but in many cases; the symptoms return even worse than before.

Prescription Painkillers are mostly ineffective against the pain of IBS since the cause of this pain is usually distension of the bowels due to gases produced by harmful microbes.

Laxatives are also very commonly prescribed to soften stool, and although effective, they cause long-lasting harmful effects. Taking laxatives for a long time will destroy the body's innate ability to contract on its own, making the gut reliant on laxatives. The different types of laxatives prescribed for IBS will all produce different types of side effects. Lubricating laxatives coat the gut with an oily lubricant making it easier for stool to pass through, but they will prevent absorption of nutrients.

Anti-Diarrhoea medications such as Imodium will stop diarrhoea but at the body's expense. Diarrhoea is the body's natural way of trying to eliminate an irritant which can be a harmful bacteria or toxins. Stopping diarrhoea unnaturally means that the irritant may still be in the gut and will accumulate to cause more problems.

Antidepressants and anxiolytics are also used to treat the anxiety and panic attack associated with the symptoms of IBS. And while anxiety can cause some of the symptoms of IBS, it is a rare cause.

What is true is that **long-standing IBS may cause depression or anxiety due to the depletion of amino acids such as serotonin required to prevent depression.** Interestingly, over 80% of serotonin is produced in the gut, rather than the brain, and studies have confirmed the link between diseases of the gut and depression.

WHAT YOU CAN DO?

An unhealthy or inappropriate diet is the main reason most people suffer from IBS. People with IBS have intolerances to some nutrients, especially simple sugars such as lactose and fructose, as well as complex carbohydrates like amylose and amylopectin.

The two foods that cause the most irritation to the bowels are Wheat and Dairy. Wheat causes damage to the intestines. The wheat eaten today is a genetically modified and toxic form of wheat that is very different from the original plant. Wheat contains toxins that cause intense inflammation of the gut, more so in some people than others. Wheat is also easily digested into simple sugars and contributes to high sugar levels in the body. Two slices of white or brown bread raise sugar levels more than six teaspoons of sugar.

Harmful microbes feed on the excess sugar from wheat, producing toxins and gases that are behind many of the symptoms of IBS. Processed foods should also be eliminated from the diet as most processed foods are sweetened with high fructose corn syrup and most sufferers of IBS lack the enzymes to digest fructose.

A very vital part of managing IBS is to keep a food diary to record how you feel after meals. A food diary will help you note the foods that cause you the most problems. With regards eliminating foods from your diet, it is important to keep things simple and start just by eliminating wheat and dairy. Commercial bread, cakes, pies, pasta, pastries, etc. are all made from wheat. A healthier alternative to wheat is rye, corn, rice or even the original wheat, spelt. Alternatives to normal bread are rye bread or Spelt bread. Rice or corn pasta are alternatives to normal pasta.

Dairy is a problem for IBS sufferers, not only because of the lactose but also from the toxins

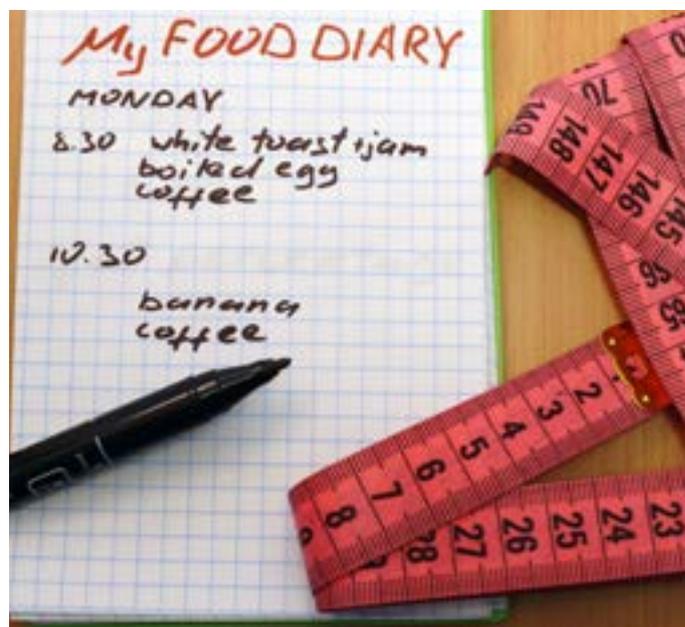
introduced into milk when cows are fed antibiotics and hormones to increase milk yield. Safer alternatives to milk include rice milk, almond milk, coconut milk and goat's milk.

IBS sufferers usually have high levels of harmful microorganisms and these microbes are behind most of the symptoms of IBS. Harmful gut microbes feed on undigested sugars to produce gases and toxins that cause IBS. From our scans at MedB, we know it is not unusual for some people to have as much as 25 different microbes in their gut. Prescription antibiotics are not always effective against the broad range of harmful microbes in the gut, and they also destroy beneficial bacteria (probiotics) that maintain gut health, helping prevent disease.

An effective remedy for harmful gut microbes is Colloidal silver. Colloidal silver destroys over 650 harmful microbes including bacteria, fungi, viruses and other parasites. See page 13 for more information. Intestinal worms also cause or worsen IBS. one out of every three people seen for a scan at MedB clinic have intestinal worms. Deworming tablets are an essential part of the treatment regimen for IBS, and worms are best treated with a prescription drug called Lomper (Mebendazole).

A cellular detoxification therapy may also be necessary to eliminate toxins that would have accumulated in tissues over the years from microorganisms, medications and even foods.

By eliminating Wheat and Dairy from your diet, eliminating microbes, and detoxing your body, IBS sufferers can achieve more for themselves than the current health system can offer.



High Dose Vitamin C Cures Flu

Vitamin C is quite common, and for this reason, it is easily taken for granted. However, Vitamin C is one of the most useful vitamins and provides the body with many health benefits when taken in the right way. Dr Linnaeus Pauling, double Nobel Prize winner, carried out extensive research on Vitamin C and discovered it to be one of the most powerful antioxidants in the body. He found Vitamin C very effective for treating a host of medical problems including flu.

Today most of Dr Pauling findings on Vitamin C has been validated by the medical science and today health practitioners routinely prescribe Vitamin C to treat a host of medical illnesses. But even when people are aware of the benefits of vitamin C, they still fail to take the right dose.

The Recommended Daily Amount (RDA) of



Vitamin C at 60mg daily is extremely low, according to Dr Pauling. Instead, Dr Pauling recommended much higher amounts of between 1200 - 8000 mg daily. He took about 12000 mg (12 grammes) daily. Vitamin C is water soluble making it impossible to overdose. The body excretes the excess through urine. Vitamin C stays in the body for about 2 hours before excretion, and should be taken in 5-6 divided doses through the day.

Much higher doses are needed to stop flu and colds in their track. The dose recommended for treating flu and colds is 5 grammes every 3 hours until the symptoms reduce or completely stop within 24-48 hours.

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Food Intolerance and Food Allergy Tests

Today more and more people are having adverse reactions to foods than ever before, and there are more hospitals and clinics offering all sorts of food sensitivity tests. Food sensitivity tests are in 2 categories—Food Intolerance and Food Allergy tests.

Food intolerance tests determine how well we tolerate foods. Food intolerance occurs mainly because of a person's inability to digest the food in question, due to a deficiency of the enzyme required to digest the food. A typical example is Lactose intolerance.

People suffering from lactose intolerance are unable to digest lactose (milk sugar) because they lack the enzyme lactase required to digest lactose. Other sugar intolerances are also fairly common such as Fructose intolerance—the inability to digest the fruit sugar, fructose, due to a deficiency of the fruit enzyme fructase. Also, there may be an intolerance to complex sugars, proteins, fats and oils.

Food intolerance can appear from birth, or can develop suddenly, mainly because of diseases of the digestive tract affecting the production of enzymes. People without a gallbladder can have an intolerance to fats and lipids due to the absence of lipase, the enzyme needed to digest fats and oils. Infections from bacteria or fungi can also interfere with the body's ability to produce digestive enzymes, leading to food intolerance. The symptoms of food intolerances will typically occur a few hours after eating the intolerable food and include: bloating, cramps, diarrhoea and abdominal pain.

The solution to food intolerances varies depending on severity. In severe cases, the problem food has to be eliminated from the diet. But before such a drastic action, supplementing the diet with digestive enzymes may be helpful. Digestive enzymes are particularly useful for helping with fats digestion especially after gallbladder surgery.

Food Allergy is very different from food intolerance and involves the immune system.

In food allergy, the body has an exaggerated



response to what is usually a harmless food, and the body develops antibodies against this food, causing life-threatening symptoms.

The most known food allergy is an allergy to peanuts. The first exposure to peanuts causes no adverse reaction, but the body builds up antibodies called **IgE**. These IgE antibodies attach to **histamine**-containing cells in the throat, nose, lungs and skin. On second exposure to the allergen, the IgE antibodies now bind to the histamine cells making them explode and release histamine which causes life-threatening reactions.

Histamine causes constriction of the throat and lungs causing breathlessness and skin reactions. Mild allergies to foods can also occur when the immune system is dysfunctional, but these are not powerful enough to cause breathlessness but are still able to cause problems in the body.

Food allergy tests are common but food allergies are very rare and not likely to be the cause of digestive problems. Many people will, however, suffer from food intolerances originating from disorders of the gut system.

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.

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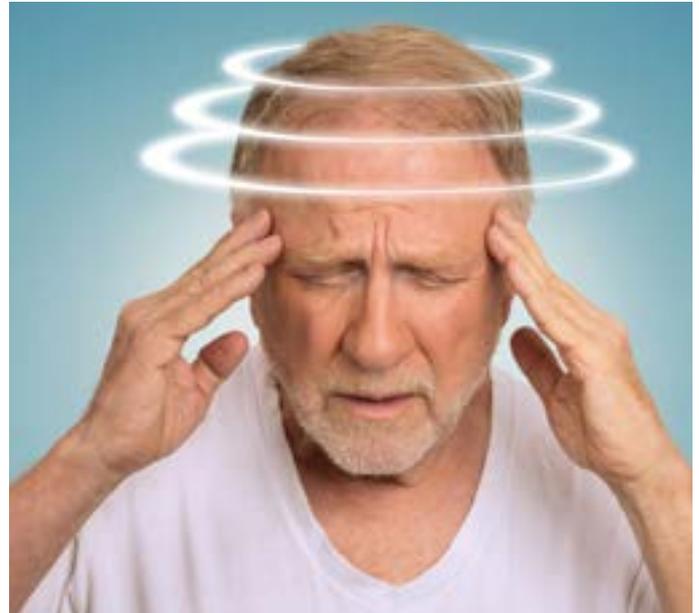
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I suffer from high blood pressure, and I've been taking amlodipine for about 14 years. But in the last six months, I have felt very dizzy. My blood pressure is normal, and blood tests showed nothing. My doctor prescribed SERC, which initially helped, but not anymore. I am usually fit and healthy and I'll appreciate your advice.



In our clinic we frequently hear people complain of similar problems and from our analysis of diagnostic scans, we can make out that the most common cause of dizziness is anaemia and hardening and furring of the arteries to the brain. Unfortunately, the drug SERC only helps dizziness caused by fluid imbalance in the middle ear- a rare cause of dizziness.

Anaemia occurs from a lowering of blood haemoglobin which in turn reduces the oxygen-carrying capacity of the blood. When there is less oxygen in the blood, there is less oxygen reaching the organs such as the heart and brain, and this can result in dizziness.

Anaemia arises, as a result of deficiencies in key nutrients including iron, vitamin B12, copper, zinc and manganese. Taking a comprehensive multivitamin for a few months as well as eating a diet rich in green vegetables will correct this problem. Iron supplements should never be taken alone as excess iron in the body is associated with chronic diseases such as Alzheimer's.

Anaemia can also cause an increase in high blood pressure because the heart has to work harder when there's less oxygen in the blood. Luckily your blood pressure is still normal, suggesting that your dizziness may not be from anaemia but other causes.

Atherosclerosis or hardening and furring of the arteries of the brain—the cerebral arteries, is also

a common cause of dizziness, especially in older adults. Hardening of the artery is what eventually leads to stroke and heart attack.

Atherosclerosis is not caused by high cholesterol, but by inflammation of arteries. When the arteries of the brain become narrowed, blood flow to the brain is restricted, and depending on the severity; this can cause a range of symptoms including dizziness, headaches, and eventually strokes. Our arteries start to harden and fur up by the age of 50, but this occurs at varying rates, more so in some people than others.

At Medb Clinic, we have seen people in their mid-70s with little hardening, and others in their 50s with severe hardening. Our diet and lifestyle have a lot to do with this rate. The greatest contributing dietary factors are foods cooked with vegetable oil as well as a diet rich in wheat.

At Medb Clinic, we treat Atherosclerosis with an enzyme serrapeptase (See page 2). There are several studies that show that serrapeptase dissolves plaque in arteries. Over the years, we have followed our patients on serrapeptase, and we find that the majority on serrapeptase show a reduction in atherosclerosis and even complete disappearance after a few months.

Of course, we recommend that you have a scan to find out the cause of the problem, but in the absence of the scan, it will do you no harm to take serrapeptase for a few weeks to see if the dizziness improves.

When Prescription Drugs are Necessary

At MedB clinic, we prefer using natural, safe and non-invasive therapies, but we understand that prescription drugs have their place in treatment.

The general assumption is that drugs heal the body, but this is not the case. Drugs only pave the way for the body to heal itself.

The problem with prescription drugs is that they cause unwanted problems otherwise known as side effects. Our approach to therapy is to heal the body with naturally occurring compounds and minerals proven by solid science and our years of experience. And where there are no natural remedies for treating an illness, then we certainly would recommend prescription drugs.

Our reason for using prescription drugs as a last resort is because we understand that the body recognises that all chemical drugs are foreign and potentially toxic to the body, and must break them down into non-toxic forms before elimination from the body. Eliminating chemical drugs from the body puts stress on the liver and kidneys.

Prescription drugs continue to save millions of lives every year, but there is also a dark side to them as they also kill hundreds of thousands if not millions of people every year. Statistics from the USA show that about 250,000 people die from prescription drugs every year.

Nevertheless, prescription drugs are useful for emergency healthcare. If you are in severe pain, you will need prescription painkillers to dull the pain. But when painkillers are taken for many months continually, they will cause damage to the liver and kidneys.

Antibiotics are one of the most prescribed and probably the most useful of prescription drugs and save countless lives every year. Antibiotics are useful for treating pockets of infection such as in a lung abscess, or localised infections such as infections in the teeth, ear or brain. But antibiotics are not useful for managing infections of the stomach and intestines due to the damage they cause beneficial bacteria in the gut.

Steroids are used to treat a wide range of health



problems from asthma, Crohn's, multiple sclerosis, skin ailments and brain diseases due to their powerful anti-inflammatory properties. Steroids are essential for treating acute or sudden illnesses, to keep a person alive, until the cause of the disease is discovered and then properly managed. Using steroids for prolonged periods will cause serious side effects including low immunity, gastric ulcers, and thinning of the skin.

Finding out all about the prescription drug you are taking is the first step to getting the best from it. Prescription drugs will cause harm to the body over time and to understand the signs will help protect you from serious adverse effects. For example taking antibiotics with probiotics will help reduce the damage to healthy bacteria. If you have to take steroids for the long term, then it pays also to take supplements that will improve your immune system. Diuretics prescribed for high blood pressure drains nutrients from the body, and taking a potent multivitamin will reduce this adverse effect.

Ensure that you find out as much as you can about the adverse effects of the medications you are taking, and what you can do to reduce these effects. **All drugs are poisons and should be avoided unless necessary.**



Constipation Remedies

Constipation is a very common disorder, but unfortunately, it is very badly managed in the hospitals. You can do a much better job managing your constipation than many hospitals.

Understanding the commonest causes of constipation will go a long way in helping you deal with the underlying causes of constipation. Most constipation stems from a severe deficiency of magnesium, and many factors can give rise to magnesium deficiency.

What medications are you taking? Some drugs are known to cause or worsen constipation. Painkillers are one of the worst offenders and cause constipation by preventing the bowels from absorbing water to soften stool. On the long term, painkillers will also drain magnesium from the body. Some blood pressure medications, drugs for treating asthma, and many drugs that work on the nervous system, including antidepressants, will cause constipation.

Are you drinking enough water? Water is important for softening stool. If you do not drink enough water, you may become constipated. Coffee and alcohol dehydrates the body, and can lead to or worsen constipation.

Are you eating enough fibre? Fibre is important for encouraging bowel movement and holding stool together. Not all fibres are healthy. Fibres from wheat (bran) are not very healthy as they digest easily into sugar. Good sources of fibre include fresh vegetables and dried fruits, nuts, porridge and oats, and legumes.

Do you already use laxatives or have you used Laxatives in the past? Many people take prescription laxatives for constipation. Unfortunately, laxatives may provide relief, but eventually, they take over bowel contraction, making it difficult for bowel motion to occur without help from laxatives. Those on long term laxatives must retrain their bowels by gradually cutting out the laxative and increasing the quantity of fibre consumed.

If all else fails, Take high dose magnesium. High dose magnesium is the gold standard natural treatment for constipation. Magnesium occurs naturally in the body and encourages water retention in the large intestine to soften stool and magnesium also helps stimulate bowel motion.

At Medb, we have seen people constipated for a week, even after hospital intervention, and by prescribing high dose magnesium we have relieved the problem within hours. The recommended dose for severe constipation is 600–1500 mg daily. The only side effect of high dose magnesium is diarrhoea which occurs when the body has absorbed the maximum dose.

Colloidal Silver: The Universal Antibiotic

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

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

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

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

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

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The Surprising Truth about Cholesterol

You probably believe that cholesterol is the greatest health threat facing your heart today. But truth be told, cholesterol is probably the most useful nutrient required by your body. Contrary to popular belief, there is no such thing as good or bad cholesterol. There is only one cholesterol and it is good cholesterol.

What is wrongfully called 'Bad cholesterol' is a transporter of cholesterol that moves cholesterol from the liver to other parts of the body. And the so-called 'good cholesterol' is a transporter that moves cholesterol from other parts of the body to the liver.

Cholesterol plays such a useful role that the body makes 70% of the total cholesterol it requires. Only 30% of all the cholesterol in the body comes from our diet. Cholesterol is critical for our survival. Over half of the dry weight of the brain is cholesterol. A membrane composed of cholesterol protects every cell in the body. The nerves are protected by a padding of cholesterol called the myelin sheath.

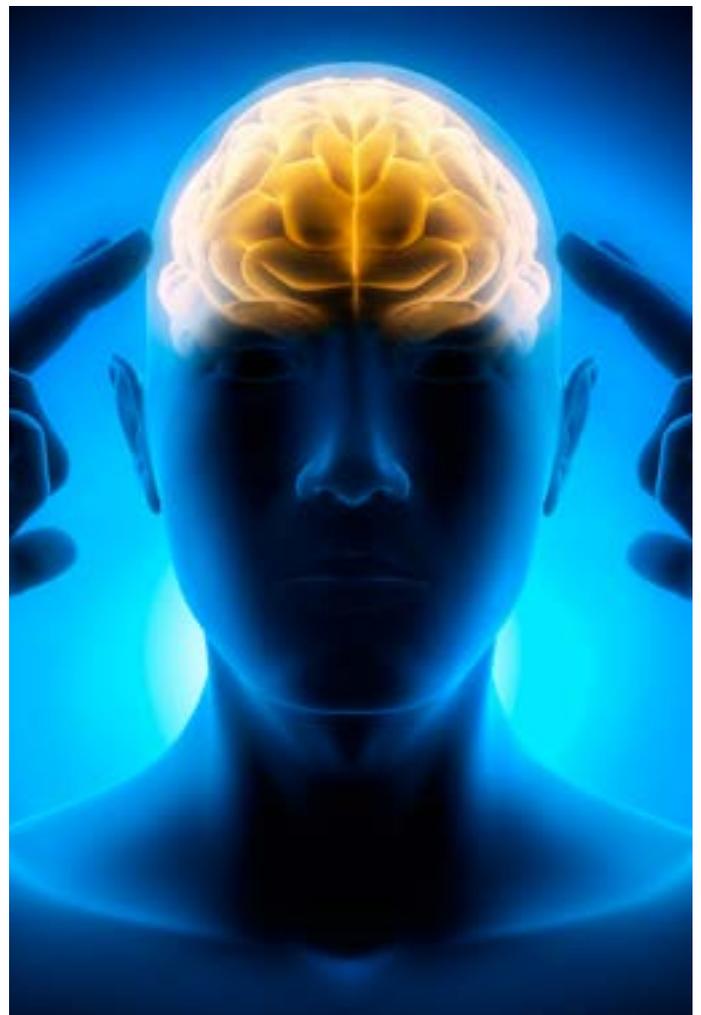
Biologists point out that the main difference between animals and plants is the presence of cholesterol in animals. Plants do not have cholesterol. Cholesterol is critical for the functioning of the brain and nervous system, and low cholesterol is associated with neurological problems including depression, insomnia, irritability and memory loss.

The underlying cause of heart disease and stroke is inflammation of the arteries and not high cholesterol. And the main cause of inflammation of arteries is toxins, especially the type known as free radicals. Inflammation attracts clotting cells or platelets to the arteries, and over time, these accumulate, eventually blocking arteries.

The body produces more cholesterol to fight

inflammation. Today health experts recognise that the best way to treat heart disease and stroke is not to lower cholesterol with harmful cholesterol-lowering drugs, but to reduce inflammation in the body.

Cholesterol is not a danger to health, and worse still, the medications used to lower cholesterol such as statins are one of the most poisonous drugs prescribed today. If you are worried about raised cholesterol, there are natural alternatives that do not have side effects and are more effective than statins.



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

YTE – Registered Trademark from Norway

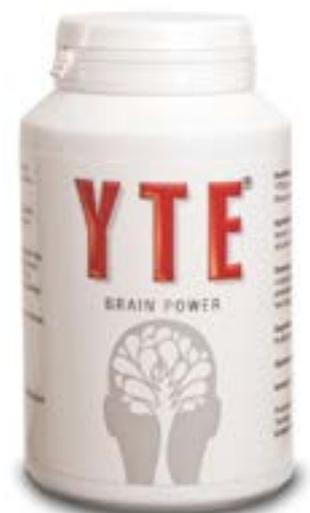
1 bottle contains 120 capsules

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

Price per bottle: €45
3 bottles for €110

To order Call MedB Clinic: 965071745, 966189074 or visit www.medb.es

Free shipping within Spain



Keep Your Brain Sharp with Chocolates

A research team from the University of South Australia found that eating chocolates may improve brain function and protect the brain against the effects of Age-related brain damage.

The scientists found from a large-scale study involving over 900 participants that the protection from chocolate was unrelated to a person's diet.

The researchers attribute the benefits to chemicals called **flavanols** that are present in dark chocolate.

Flavanols are antioxidants that help protect the body against the harmful effects of toxins called free radicals.

Other good sources of beneficial antioxidants are fresh fruits and vegetables and green tea.



Know Your Minerals: Chromium

Chromium plays a key role in controlling blood sugar. Chromium is important for anyone suffering from diabetes. Chromium increases the strength of the signals from insulin, and insulin converts excess sugar into its storage form, glycogen. There is strong scientific evidence that people with chromium deficiency have high blood sugar levels.

Chromium also increases metabolism and reduces food cravings. Studies show that chromium may be beneficial in weight loss. In one study, chromium was shown to reduce fat mass, increase lean body mass and lead to weight loss. Another study showed that obese patients on chromium increased lean body mass while on a weight loss diet.

Chromium occurs in many foods in tiny amounts. Foods that contain the most chromium are broccoli, barley, oats, green beans, tomatoes, lettuce and black pepper.

Excessive exercise is known to increase the loss of chromium from the body. The best-absorbed chromium supplement is chromium picolinate.

Chromium supplementation is safe with no reported significant side effects. Effective doses seem to be in the range of 200 to 600 micrograms (0.2 to 0.6 mg).

Salt Restriction Increases heart disease and death

A recent study (published in the Journal of American College of Cardiology) found that restricting salt to less than 2.5 grammes daily, significantly increases the risk of death or heart failure hospitalisation.

The researchers enrolled about 900 people with heart failure for the study and followed them for 36 months. They found for every 6 people restricting salt intake; there was one increased death or hospitalisation, compared to those who did not restrict salt.

The researchers concluded that salt restriction might have a detrimental effect on people with heart disease.

Salt is the second most abundant substance in the body after water and plays a vital role in maintaining normal bodily functions. Salt restriction affects all aspects of health.

Pectasol Cellular Detox Therapy

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- **Mercury**
- **Lead**
- **Pesticides**
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- **Drug Toxins**



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Tapping Away Anxiety

Have you heard of tapping before? **Emotional Freedom Technique (EFT)** also known as Tapping is an exciting, simple and powerful therapeutic tool to improve your well-being and overall wellness.

Tapping is similar to acupuncture or acupressure in that it stimulates Meridian or energy points along the nervous system. The belief is that tapping increases the flow of trapped energy system through the body.

This energy system relates to invisible lines of energy that run through the body, a bit like the electrical circuits that run through your home. If one of these circuits becomes damaged in any way, then the electricity is not going to flow – it becomes blocked.

Similarly, if any of your meridian lines become blocked, your body's natural energy system becomes also blocked, causing dis-ease in your body and your mind.

Recent research suggests that EFT significantly increases positive emotions such as hope and happiness, and decreases negative emotional states such as anxiety and phobia. EFT is effective in controlling stress and anxiety because it targets the parts of the brain in charge of our fear response.

Other studies show that EFT or tapping helps with low self-esteem, chronic worry, unhealthy habits, limited thinking and belief, addictive behaviours, childhood traumas and physical trauma.

If you suffer anxiety or panic attacks, you can calm your whole body and mind down by tapping lightly with the fingertips of one hand on a point four fingers width away from the wrist of your other arm.

While continually tapping on this point, concentrate on taking regular deep breaths to slow your breathing down until the attack eases. Within a few minutes, you notice a gentle calm come over you.

Andrew is an experienced Personal Wellness Practitioner and Transformational Coach passionate about helping others “to be and to live the best they can.”

He works with individuals and groups face to face or online. For more information visit: **www.drewryder.com**. Call **660326194**



The Full Body Scan at MedB

How the scan works

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

What to Expect

At MedB, our aim is to make your scan experience as comfortable & relaxing as possible.

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

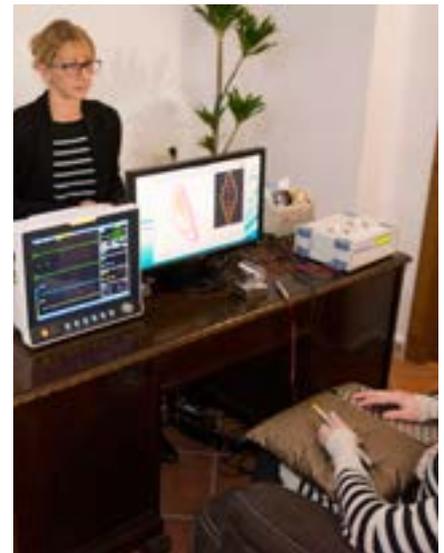
The only things you need to remove for the scan are any jewellery or metal/electronic objects.

We would also ask that for 48 hours before the scan you avoid coffee, alcohol & very spicy food. Everything else is OK. You also need to avoid smoking or using your mobile phone an hour before the scan.

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

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

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



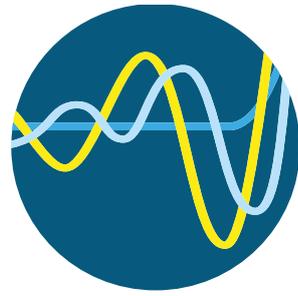
Benefits

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

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

Affordable: A similar scan using the same technology cost up to 6 times more in England and other EU countries. Products from MedB are also cheaper than anywhere else.

For More information Call 965071745, 966189074 or visit www.medb.es



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