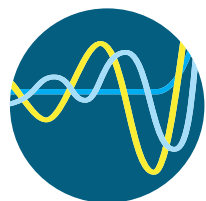


Free



# medb health

EMPOWERING WELLNESS AND HEALTHY AGEING

EDITION 11. APRIL 2016 WWW.MEDB.ES

## What is holding back the Cure for Cancer?

The Misdiagnosis of  
Osteoporosis

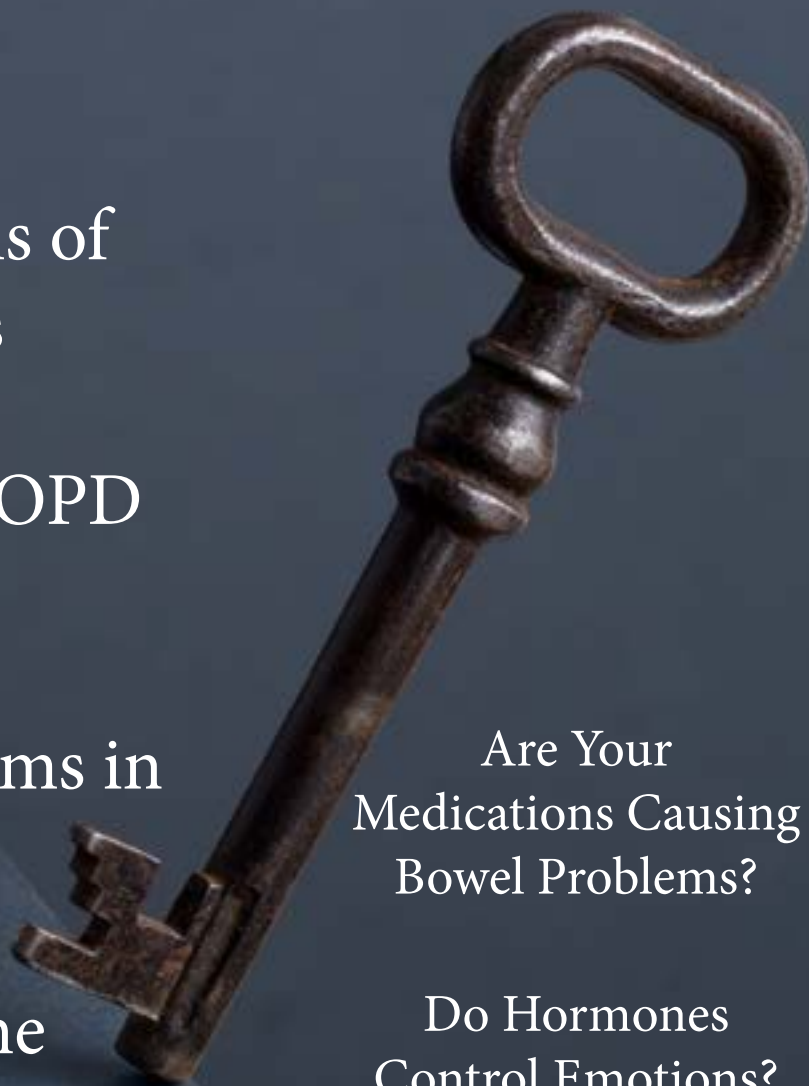
A New Look at COPD

Do You Have Worms in  
your Gut?

A Review of the  
Alkaline Diet

Are Your  
Medications Causing  
Bowel Problems?

Do Hormones  
Control Emotions?



**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
- 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.

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

Price per bottle: 22,50 Euros  
3 bottles for 60 Euros

To order Call MedB  
Clinic: 965071745,  
966189074.

Available from Amazon UK  
and [www.medb.es](http://www.medb.es)  
FREE SHIPPING  
TO SPAIN



# Editorial

Welcome to an interesting edition of MedB magazine.

This edition features a review of the book by Thomas Seyfried, that clearly shows that cancer is not caused by gene mutations in cells, but by abnormal energy generation in cells.

Thomas Seyfried is not your average scholar, he is a renowned geneticist and biochemist, who has spent the last 30 years researching cancer. If what he says is true, and I believe it is, it has ground-breaking implications for society. It may explain why we've spent billions of dollars in cancer research in the past years, with nothing to show for it.

But more importantly, the findings mean that we can all start taking concrete steps to prevent cancer. For those interested, the book is titled 'Cancer as a metabolic disease' and is available from Amazon.

This edition also features an article on COPD, another disease that appears quite different from what we hear from mainstream medicine. Hopefully, those suffering from COPD will benefit from the advice we have offered.

We are continuing to expand and improve the services we provide for clients and patients. We have acquired a new patient monitor and at the moment are developing an app to speed up communication with our patients and clients. We will also introduce a registered service to provide specialised care for interested clients and patients.

I hope you enjoy the read until the next edition.

Warm Regards  
*Dr Machi Mannu (MBBS)*



## WHAT'S INSIDE

“Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

*Dr. Otto H. Warburg - Medical doctor, 1931 Nobel Prize winner in Medicine*

4 What is Holding Back the Cure for Cancer?

8 A Review of the Alkaline Diet

10 Q and A

11 Are your Medications Causing Bowel Problems?

12 A New Look at COPD

14 The Misdiagnosis of Osteoporosis

# WHAT IS HOLDING BACK THE CURE FOR CANCER?

**H**ow is it, that after nearly 50 years of scientific research and over 500 billion dollars spent, scientists are nowhere near finding a cure for cancer? But the reality is much worse than that. The truth is that there is still a huge controversy surrounding the origins of cancer. The current medical model to explain cancer, the same model that has guided cancer research and drug development for the past 50 years, is now under attack from a growing number of scientists and researchers and with valid reasons.

In the absence of a clear understanding of cancer, it is impossible to develop drugs for managing and treating cancer. Currently, the official explanation for the origins of cancer is that cancer occurs from abnormal gene changes that encourage the production of cancer cells. Genes store information that controls the activities of the body.

The official explanation is known as the 'Genetic Origins of Cancer'. It is the official line that every researcher must tow or risk non-recognition of their work. Unfortunately, this is the way modern science operates. Scientists are expected to follow an official line or risk excommunication!

And for the past 50 years, scientists have believed or have been forced to believe a certain assumption about cancer. But What if the assumption has been totally wrong?

According to Dr Thomas Seyfried, geneticist and biochemist for 30 years, the assumption that cancer originates from abnormal genes is most likely false, because there are not enough evidence in support of the idea. Instead, Dr Thomas Seyfried believes that

cancer occurs from respiratory failure in cells, which makes cells to start fermenting sugar to produce energy.

Dr Seyfried acknowledges that there are abnormal genetic changes that occur in cancer cells, but he proposes that these changes are secondary to the failure of cellular respiration.

Dr Otto Heinrich Warburg first proposed the theory that cancer is a disease of respiratory insufficiency at the level of our cells. This theory is called 'The Warburg Theory'. For his work on Cancer, Dr Warburg won the 1931 Nobel Prize in Medicine and Physiology.

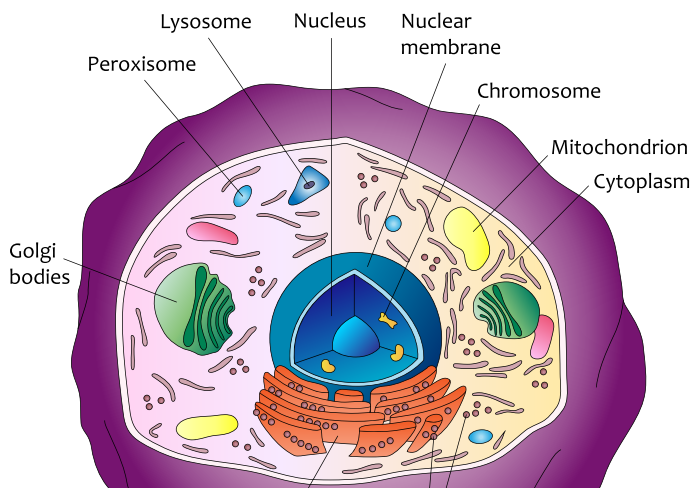
Dr Warburg's theory that abnormal cellular respiration causes cancer was quickly abandoned, to favour the gene theory of cancer. But in recent years, the Warburg theory has attracted the interest of many scientists including Dr Thomas Seyfried, who has researched cancer for many years. In his recently published book titled 'Cancer as a Metabolic Disease', Dr Seyfried highlights in great detail, overwhelming evidence that supports the theory that cancer originates from a failure of cellular respiration.

To Put it simply, the Warburg theory of Cancer states that cancer occurs when cells stop respiring and start fermenting to produce energy

## **How Cells Generate Energy**

The cell is the basic unit of the human body. Scientists believe that there are about 100 billion to 1000 billion cells in the body. Cells are independent entities and must carry out basic functions to survive, just as the human body has to carry out certain functions to stay alive. Cells contain tiny





organs that regulate digestion, excretion, immunity, sensations and many other functions carried out by the human body.

Two of the most important organs in the cell are the Nucleus and Mitochondria. The nucleus contains genes which are blueprints that govern and regulate all activities of a cell. According to the genetic theory, cancer occurs when the nucleus starts producing abnormal genes that promote the growth of cancer cells.

The Mitochondria are the energy generating centre of the cell and burn sugar to generate energy, in a similar way that a generator burns diesel to generate energy. Unlike other parts of cells that rely on instructions from the nucleus, the mitochondria can function independently. According to Warburg's theory, Cancer occurs when there is damage to the mitochondria which prevents them from generating energy properly.

Cells generate energy in the mitochondria by burning sugar, but also by burning other compounds such as Ketones and fatty acids, both being special types of fats. Under some conditions, cells will also generate energy from amino acids (proteins). However, glucose (sugar) is the preferred energy source for most cells in the body.

Before glucose can be utilised by cells, it is converted into an intermediate compound called Pyruvate. This Pyruvate is then pumped into the mitochondria to generate energy. It is at this point that normal healthy cells start to differ from cancer cells.

Normal cells will generate energy from pyruvate through a process called oxidative phosphorylation. This simply means that normal cells burn pyruvate and oxygen to produce energy. But in contrast, Cancer cells will ferment pyruvate to produce energy. Pyruvate is derived directly from glucose

or sugar, and putting it simply, Health cells oxidise sugar, while cancer cells ferment sugar.

### **The problem with the gene theory**

In his book, 'Cancer as a metabolic disease', Thomas Seyfried highlighted several points that go against the theory of the genetic origin of cancer, a few of which are discussed here.

The genetic origin of cancer state that cancer occurs from genetic mutations that encourage the growth of cancer cells. But scientists have argued that mutations are extremely low in nature outside cancer cells, and even when they do occur, they do so over extremely long time spans. This makes it unlikely that the thousands of mutations seen in cancer cells would happen spontaneously within the normal human lifespan.

Other researchers point out that the genetic theory of cancer does not explain many behaviours observed in cancer such as the ability of cancer cells to spread to distant sites, otherwise known as metastasis.

### **However, the overwhelming evidence against the gene theory arises from scientific experiments called the nuclear-cytoplasmic transfer experiments conducted with cells.**

Every cell in the body contains a control centre called the nucleus from where genes are produced to direct the activities of the cell. Researchers have observed from experiments that when the nucleus of a cancer cell is transferred to a normal cell, the cancer nucleus continues to direct normal cell activity, and the cell remains healthy. However when the nucleus of a normal cell is transferred to a cancer cell, the normal nucleus fails to direct normal cell activity and the cell remains cancerous. This experiment clearly proves that cancer does not originate from the nucleus.

### **Why Warburg's theory makes sense**

Warburg's theory of cancer proposes that cancer occurs from respiratory insufficiency due to damage to the mitochondria—the energy generating organs of cells. This respiratory insufficiency will then cause the gene mutations observed in cancer cells.

Several studies have clearly demonstrated that the damage to cellular respiration occurs before genetic mutations occur. The few cancers that are inherited also show signs of respiratory failure due to damage to the mitochondria. Many studies confirm that cancer cells have damaged and low levels of mitochondria. Other studies have pointed

to solid evidence confirming that cancer cells ferment sugar to generate energy.

A few experiments have suggested that cancer cells may produce energy normally, but according to Thomas Seyfried, these experiments have ignored the fact that cancer cells can generate energy from amino acids (proteins) in a manner that appears to be normal.

One clear evidence that cancer cells have damaged mitochondria, and abnormally generate energy from sugar is the fact that **cancer cells are unable to utilise alternative sources of fuel and will die in the absence of sugar.** By contrast, healthy cells can utilise many different sources of fuel, and will survive in the absence of sugar.

If the failure of respiration in cells is the cause of cancer, how then does this lead to the genetic mutation seen in cancer cells?

The answer lies in emerging evidence that shows a persistent connection or signalling between the nucleus which produces genes and the mitochondria that generate energy. The connection is called the 'Retrograde Response' and has been extensively studied in yeast cells. It evolved to protect cells during times of respiratory stress. But prolonged activation of the retrograde response will cause gene instability and disorder that leads to cancer.

### **The Current Cancer Treatment**

At the moment, the only acceptable medical ways of treating cancer are surgery, chemotherapy and radiotherapy. Of the three, surgery is the only logical treatment method as it aims to remove or reduce the size of a tumour. The other two methods – Chemotherapy and Radiotherapy go against medical reasoning and common sense.

In fact, chemotherapy and radiotherapy go against the currently held medical dogma that cancer originates from gene mutations. There is irrefutable evidence that strong chemicals and radiation can cause gene mutations. Unsurprisingly one of the side effects of chemotherapy and radiotherapy is cancer. The success rate for treating cancer with chemotherapy and radiotherapy is between 5-15%.

Drugs used for chemotherapy are among the most toxic drugs used today. Some are so toxic that medical staff must wear full protective gear before administering these medications to patients.

Radiation is a well-documented cause of gene

mutation and cancer. The gamma rays used in radiotherapy are known as ionising radiation and are well-known causes of cancer.

There is ongoing research and development on treating cancer with gene therapy, and although hundreds of millions of pounds have been spent, to date no single cure has been developed.

### **A New Way of Looking At Cancer Treatment**

Recognising Warburgs theory as the main reason for cancer will completely change the outlook towards cancer. Suddenly the cure for cancer becomes a possibility.

A well-documented fact is that depriving the body of sugar slows down the spread of cancer. Normal cells can survive without sugar by using alternative sources of fuel such as ketones. But cancer cells die off when deprived of sugar. The body will usually produce ketones during starvation as an alternative fuel source for cells. Nevertheless, ketones are also found in some foods such as coconut oil.

The therapies of tomorrow that will help heal cancer will aim to heal damaged mitochondria to stop the spread of cancer, rather than aim to destroy cancer cells using radical and harmful methods.

Warburg's theory of cancer forces us to start taking the known triggers of cancer seriously such as ionising radiation ( X-rays), viruses, chemicals, inflammation and toxins. The same factors that are known to cause genetic changes are also known to damage cell respiration.

When the main causes of cancer are part of the treatment, it really should come as no surprise to anyone that we are yet to find the cure for cancer.



## Do you have worms in your gut?

Mention intestinal worms, and watch people squirm from the thought alone. But from the scans carried out at MedB, we know that worms are very common and 2 out of every three people that come for a diagnostic scan have worms. To most people, intestinal worms are what you associate with tropical countries. But intestinal worms are also common in subtropical parts of the world such as the warmer parts of Europe in Southern Spain and France.

There are several kinds of worms, including tapeworms, roundworms, pinworms, threadworms and many others. These worms live in our digestive organs, especially the intestines and rectum, but will also live in the liver and gallbladder.

**We contract worms mainly from consuming contaminated food and water.** Although many people will associate worms with unhygienic surroundings, this is not strictly true. One study found that 80% of waiters in a 5-star hotel had faecal matter on their fingernails. Even tap water has been known to contain worms, especially when the water supply is treated in open air.

Intestinal worms may not produce any symptoms at all, but will typically cause abdominal discomfort, abdominal pain, diarrhoea, constipation and even more serious complications such as anaemia and heart failure.

Worms may also cause problems such as skin sensitivity and skin irritation, insomnia, poor appetite, weight gain and hormonal disruptions. Increased food sensitivity is also a feature of worm infestation. Many intestinal diseases such as celiac and IBS may be due to long-term worm infestation or worsened by the presence of worms.

Intestinal worms are best treated with a pharmaceutical medication, Mebendazole. Mebendazole is a relatively safe prescription drug. It has a long history of use, over 60 years, and is rarely associated with side effects. A common brand of mebendazole is Lomper.

## 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)



# A Review of the Alkaline Diet

The aim of the alkaline diet is to consume foods that will help neutralise the body's acidity and help maintain its alkaline state. The argument is that a diet rich in alkaline foods promotes health while a diet rich in acid foods will cause disease.

The term acid and alkaline are opposites, and alkalinity refers to a substance's capacity to neutralise an acid. The acidity or alkalinity of a substance can be referenced on a scale called the PH Scale. The PH Scale ranges from 0 to 14. A PH of 7 refers to a neutral substance such as water. A PH below 7 signifies an acidic substance and lower values point to stronger acidity. A PH above 7 signifies alkalinity and higher values point to stronger alkalinity.

The PH of our blood is alkaline with a PH range of between 7.35-7.45. At this PH, the body maintains homeostasis or stable equilibrium and is in a healthy state.

Many studies have confirmed that an acidic blood PH promotes chronic diseases including arthritis and diabetes. Too much acid in the mouth is the primary cause of dental decay and caries. Excessive acid also promotes the precipitation of crystals in joints, kidneys and gallbladder. Today it is well known that cancer thrives when the body is acidic.

Although the body favours alkalinity, there are still parts of the body that need to be acidic to function properly. The stomach, for example, contains strong acids that are essential for digesting food.

The idea that foods can be alkaline or acid is based on the nature of the byproducts that remain after foods are broken down or metabolised. The foods we eat are broken down into nutrients which are absorbed to sustain the body and provide it with energy. However, the process will leave behind a by-product, in a similar way that burning wood for energy will leave behind a residual ash. It is this residual ash that determines if food is acid or alkaline.

Foods that contain mainly minerals such as vegetables and fruits and also seeds and nuts, will produce an alkaline ash when metabolised and promote alkalinity. And foods that contain sulphur and phosphorous and other acidic minerals will promote acidity in the body. Although lemon is acidic on the outside, it contains many minerals, and so promotes alkalinity. The most acidic foods consumed today include meat, fish, and grains. Other very acidic substances are drugs, food additives and sweeteners.

A simple way to encourage an alkaline body is by drinking a lot of clean water, preferably mineral water. Bottled water is typically acidic because most of the minerals have been stripped out.

Unfortunately, most of the foods eaten today promote acidity. The best way to maintain a balanced diet is to combine acidic and alkaline foods. Meat is healthiest when consumed with a lot of fresh vegetables to counteract the excessive acidity.





# 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.

**BUY MITOQ**

**1 BOTTLE**

**€55**

**3 BOTTLES**

**€150**

[BUY FROM  
MEDB SHOP](#)

[BUY FROM  
AMAZON](#)

*Remove*

- **Fine lines,**
- **Wrinkles**
- **Age Spots**

*With MitoQ serum*

*Special Price €99*

*To order Call*

*965071745*

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



I am 74 years old. 4 months ago I suffered a stroke that left me partially paralysed and unable to speak for a few hours. Since then my memory hasn't been the same. I've noticed that I've become more forgetful and have a harder time recalling recent events. For the stroke, I was prescribed amlodipine, statins, and aspirin.



**Y**ou may be surprised to hear that the medications you're taking are doing very little to prevent the recurrence of another stroke, neither are they helping in your recovery. These medications are still prescribed based on an outdated model of the body which compares the blood vessels to pipes. Today we understand that what goes on in arteries is more complex than what happens with clogged pipes.

Strokes occur when a brain artery becomes blocked from plaque build-up on the walls of the arteries. The main source of plaque on artery walls is clotting cells that migrate to injuries on the walls of arteries, gradually building up and eventually causing blockages. The cause of injuries to the walls of arteries is inflammation. Inflammation is another name for cell injury.

Contrary to popular assumption, cholesterol is one of the most useful compounds in the body and there is no such thing as good or bad cholesterol. Cholesterol is like a drug produced by the body for fighting inflammation and repairing tissue damage.

Cholesterol is not the cause of blocked arteries.

The medications you're taking may be causing more harm than good especially the statins for lowering cholesterol. Statins are without a doubt one of the worst drugs prescribed today.

Statins not only lowers cholesterol but also lowers one of the most vital chemicals for the heart Coenzyme Q10 (CoQ10). CoQ10 is needed by all cells in the body for generating energy, especially the active cells such as the heart. Low CoQ10 levels in the body is associated with chronic heart diseases including heart failure and heart attacks.

Some of the common harmful effects of Statins

include muscle and joint pain, chest pain, nerve damage, liver and kidney diseases. Cholesterol is essential for normal brain function, and it comes as no surprise that statins cause many brain disorders, including memory loss, depression, insomnia, irritability, irrational violence and aggression.

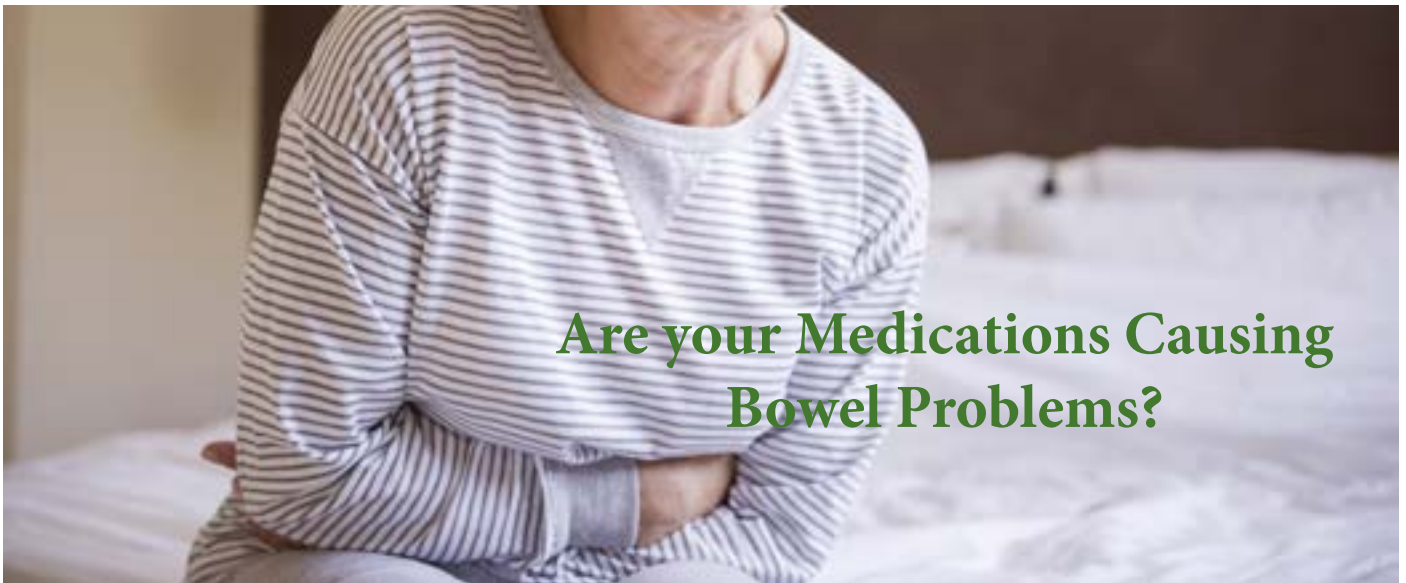
Thinning the blood with aspirin while the arteries continue to block is a poor management strategy. The damage caused by aspirin far outweighs any likelihood of thinning the blood to prevent strokes. The long-term use of aspirin causes severe damage to the stomach, liver and kidneys. .

The aim of stroke management should be to identify, treat, and control the sources of inflammation. There's also the need to dissolve already formed plaque on arteries. Unhealthy nutrition is a major cause of inflammation in the body, especially the consumption of vegetable oils such as sunflower and canola oils. Other important causes of inflammation include toxins from industrial chemicals and everyday household items.

Plaque in Arteries can be removed with a natural enzyme called **serrapeptase** (See Page 2)

People worried about high cholesterol such as those with a strong family history should check their cholesterol levels every 3 to 4 months and if high, should take a natural cholesterol regulator such as policosanol, for a few months.

My advice is to stop the statins and aspirin but to keep an eye on your blood pressure and cholesterol levels.



## Are your Medications Causing Bowel Problems?

**O**ur gut is the first point of call for everything entering the body, and quite often we suffer gut problems brought on by what we are consuming. The gut is home to a variety of beneficial microbes otherwise called probiotics that help us digest food and absorb nutrients. These microbes are sensitive to changes in the digestive system; changes brought about by the foods and drugs that we ingest.

Every chemical drug is a poison and all drugs have an effect on the bodily systems. Many drugs affect the digestive systems since drugs have to pass through the digestive system to get to where they are needed in the body. The side effects of medications that affect the bowel range from mild abdominal discomfort, nausea, abdominal or stomach pain, constipation, diarrhoea, and intestinal bleeding.

The medications that have the most severe effects on the digestive system includes painkillers, anti-inflammatories such as steroids, proton pump inhibitors (for treating acid reflux), and antibiotics. Furthermore, many drugs that are used specifically for treating bowel problems will cause bowel problems.

**Painkillers** are one of the most abused drugs and they are so commonplace that most people don't realise the danger they can cause. Painkillers relieve pain by suppressing the nervous system. Unfortunately, painkillers affect the whole body, and will also suppress the nerves of the intestines, slowing down intestinal contraction and causing severe complications. Painkillers are also acidic in nature and this creates even more problem for the body.

Although **antibiotics** are lifesaving drugs, they are mostly ineffective for treating digestive infections. This is because the gut or digestive system relies on billions of healthy microbes or probiotics to function properly, and these microbes are very sensitive to the harmful effects of antibiotics. Antibiotics easily destroy probiotics and a deficiency of probiotics will lead to a myriad of digestive disorders. Antibiotics also deplete the immune system by slowing down the activities of protective immune cells.

**Steroids** cause the thinning of the linings of the stomach and intestines if taken for any length of time. Steroids are notorious for causing or worsening stomach and intestinal ulcers. Steroids also inhibit the immune system and encourage the proliferation of harmful bugs in the stomach and intestines causing more digestive problems.

As a precaution, watch out for abdominal symptoms such as a change in your appetite, or change in bowel habits, when you start taking any medication, as this may indicate an adverse effect to the medication.

# A New look at COPD



**C**OPD or Chronic Obstructive Pulmonary Disorder is a blanket term for chronic disease of the lungs causing breathlessness, coughing, wheezing, chest tightness and other symptoms.

Some healthcare professionals consider COPD to be a disease on its own while others see COPD as a combination of 2 chronic respiratory diseases: emphysema and chronic bronchitis. Either way, most people diagnosed with COPD will have signs of chronic bronchitis and emphysema.

Chronic bronchitis is the inflammation of the breathing tubes which causes thickening of the tubes and increased production of mucus that constricts the airways, making breathing more difficult. Emphysema occurs from the destruction of air sacs in the lungs which limits air exchange in the lungs.

**COPD usually occurs as a result of a combination of inflammation of the breathing tubes and the destruction of the air sacs in the lungs. These changes create the symptoms seen in COPD.**

The cause of COPD is still debatable among healthcare experts. In general, COPD is seen as a disease of smokers and ex-smokers, but this assumption ignores the fact that a significant proportion of people with COPD have never smoked in their lives. Furthermore, dogs very frequently suffer from COPD and dogs certainly do not smoke.

In recent years, some experts have argued with good reason that the main cause of COPD is the loss of the architecture of the lungs. The lungs, just like our bones and joints, are supported by a meshwork of fibres. When this meshwork starts to break down, in a similar way that the joints start to break down or the skin starts to wrinkle, the resulting outcome is COPD.

Just as some people are more prone to joint problems, or others develop joint problems from excessively straining their joints, in the same manner, some people are more prone to developing COPD.

When the lungs lose their supporting framework, they become more prone to damage from atmospheric contaminants and this ultimately causes inflammation. An inflamed lung is more prone to infections from bacteria and viruses and this adds to some of the other health problems associated with COPD.

The current management of COPD is no different from the management of asthma, emphysema or chronic bronchitis and the usual prescription drugs will include steroids to reduce inflammation, bronchodilators to expand the breathing tubes, and occasional antibiotics to fight infections.

But evidence shows that supporting the framework of the lungs with the mineral MSM can reverse COPD or at least dramatically improve a sufferer's quality of life. MSM—Methyl sulfonyl methane is the raw material the body requires to produce collagen which provides the main support for the lungs, joints, bones, skin, hair, nails.

MSM is naturally found in the body, and is available in fresh vegetables. It is easily destroyed by cooking, and this makes it difficult to obtain from diet.

At MedB, we use MSM for managing COPD with impressive results.

# 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

High Quality Amber Colloidal Silver from Optimized Energetics UK

To order Call 965071745,966189074 or visit: [www.medb.es](http://www.medb.es)



Colloidal Silver Solution  
€35



Colloidal Silver Spray  
€22.50



Colloidal Silver Gel  
€22.50

# The Misdiagnosis of Osteoporosis

Osteoporosis is a commonly diagnosed medical problem. However, an increasing number of healthcare professionals are now asking questions regarding the validity of the diagnosis and the recommended treatment.

Osteoporosis refers to the loss of bone density and is nearly always diagnosed in women. The diagnosis is usually made after a bone density scan or DEXA scan. But a lot of questions now surround the diagnosis. For a start, the scan utilises X-rays which have been confirmed to cause severe damage to cells as well as cancer.

The DEXA scan is also an antiquated diagnostic technology and has remained unchanged since the 1980s when it was first developed.

But the worst flaw of DEXA scans is that they produce very inconsistent results. A study by Dr Susan Ott of The Washington State University had about 300 women take 2 DEXA scans, one soon after they came into a room, and the second after walking around the room for a few minutes. **She found that the repeat scans done on the same day revealed as much as 7% difference in results.**

Other studies show that DEXA scan reports are favourable towards women with larger bones. DEXA scan results will also vary depending on the type of equipment used, the location of the equipment, as well as the operator and the reader of the scan. Several healthcare groups are of the opinion that the DEXA scan should no longer be in use.

Another concern surrounding osteoporosis is the drugs used for treatment which shockingly cause serious damage to bones. To stay healthy, our bones undergo a continual cycle of renewal, with old tissue removed, and new bone tissue produced to take the place of the old. And through this process, the bones stay healthy and strong.

Prescription drugs used for treating osteoporosis halts the removal of old bone tissue, leaving new bone tissue to pile on top of the old. The bones appear thicker on a DEXA scan, but in reality, they are weak and brittle and easily prone to fractures. The commonest of such harmful drugs prescribed for osteoporosis are a class of drugs known as bisphosphonates, which includes alendronic acid and zoledronic acid.



The commonest side effects of such medications include bone fractures, jaw necrosis, irregular heart beat and oesophageal cancer.

The best way to strengthen bones and joints is by taking a natural mineral called **MSM (Methyl Sulphonyl Methane)** also known as fundamental sulphur. The body uses MSM to produce collagen, and collagen is vital for maintaining the structure and strength of the bones, joints, skin, hair, nails and the supporting fibres of the internal organs.

Although many people associate Calcium deficiency with bone disease, in reality calcium deficiency is very rarely found in adult humans. The deficiency of MSM is the primary reason why many people suffer bone and joint diseases.

# 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
- 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](http://www.medb.es)

Free shipping within Spain



## Higher Levels of Magnesium protects against heart disease

A new study by scientists at the National Institute of Cardiology in Mexico City which involved 1300 participants, found that people with the highest average blood levels of Magnesium were nearly 50% less likely to suffer from high blood pressure, and 42% less likely to suffer from hardening of the arteries. The study published in The Nutrition Journal confirms the findings of several other studies.

Magnesium plays an important role in over 300 chemical reactions in the body. It is required for relaxing the body, especially relaxing the blood vessels, muscles and lungs. Magnesium helps the body regulate blood pressure by helping to relax the arteries.

One major contributor to hardening of the arteries is high levels of calcium in the body. Magnesium neutralises calcium, and by doing so, helps prevent hardening of the arteries. Magnesium is also important for regulating the heart rhythm.

The best food sources of magnesium are leafy greens such as spinach and chard, beans and seeds. Magnesium malate is the best absorbed form of magnesium supplement.



## Know Your Minerals: Vitamin E

Vitamin E is a blanket name for eight different chemical compounds. 4 of the compounds are called tocopherols, and the other 4 are tocotrienols. The most known form of Vitamin E is alpha-tocopherol. It is also the most abundant form of Vitamin E in our diet. Other forms of Vitamin E are also found in foods.

Vitamin E is available in a synthetic form and most Vitamin E supplements contain synthetic vitamin E. The natural form of Vitamin E is better absorbed than the synthetic form.

It is possible to differentiate the forms of Vitamin E from their names. For instance, natural vitamin E may be labelled as d alpha tocopherol, while the synthetic equivalent will be labelled dl-alpha tocopherol.

Vitamin E is a powerful antioxidant and protects the body against the harmful effects of toxins. Toxins are the underlying cause of inflammation in the body. Vitamin E is fat soluble, and for this reason, it prevents fats from going rancid. Rancid fats promote the formation of plaque on the walls of arteries which leads to heart diseases and stroke.

Foods that contain the most vitamin E include green leafy vegetables such as Kale, Swiss Chard, and Spinach. Foods with a high fat content are also good sources of Vitamin E and such foods include olives and avocados. Seafood such as shrimps and sardines contain reasonable amounts of Vitamin E.

The Vitamin E contained in food degrades over time. Olive oil in a closed bottle will lose up to 30% of its vitamin E in a six month period. And with the lid open, it will lose all of its Vitamin E in 3-4 months.

Heat easily damages Vitamin E and cooking olive oil will add to the loss of vitamin E.

Fat Restricting diets can cause a deficiency of Vitamin E.



## Reclaimed Water Turning Fresh Foods into Bipolar Drugs.

A new study by researchers from Hebrew University found that eating fruits and vegetables irrigated by reclaimed water exposes consumers to carbamazepine, a drug used to treat bipolar. Carbamazepine is known as a mood stabiliser and works by decreasing nerve sensitivity. Some of its common side effects include dizziness, drowsiness, unsteadiness and bleeding.

According to the study published in Environmental Science and Technology, carbamazepine was “ubiquitously detected in reclaimed wastewater, highly persistent in soil, and taken up by crops”.

The researchers divided participants into two groups and fed one group with fresh vegetables grown with reclaimed water, and the other group was fed fresh vegetables grown with irrigated water. The urine levels of participants were compared before and 7 days after. Those fed foods from reclaimed water had significantly higher levels of Carbamazepine.

According to the lead researcher Prof Chefetz, the study demonstrates that human exposure to pharmaceuticals occurs through eating foods irrigated with treated wastewater.

## Pectasol Cellular Detox Therapy

### Clean Out Your Body of

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



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

Bottle of 90 Capsules–64.75 Euros

To order Call 965071745, 966189074 or visit: [www.medb.es](http://www.medb.es)

## Read the Magazine Online

### Visit: [www.medb.es](http://www.medb.es) and subscribe



**Alex Armero Paya**

Taxi No. 73, Torrevieja

Airport Service

Service for Disabled People

**Call: 626864867**

[Alejo\\_armero@hotmail.com](mailto:Alejo_armero@hotmail.com)

# Do Hormones control emotions?



**R**esearchers have wondered if hormones control our emotions or if our emotions are regulated by hormones. We know that when the human body faces a dangerous situation demanding a flight or fight response, certain bodily changes occur instantaneously. Increased amounts of adrenaline are produced to increase heart rate and provide more blood to the muscles and vital organs to prime them for fight or flight.

Nevertheless, research has also established that **diseases that affect the production of hormones can have an effect on our emotions**. For example, diseases that affect the production of the hormone serotonin will cause depression.

Serotonin, also called 'The Feel Good Hormone', has its main activity in the brain where it helps regulate mood, memory, sleep and temperature. About 80% of all serotonin found in the body is produced in the stomach, although its main action is in the brain.

The implication is that diseases that affect the intestine will affect the production of serotonin, and this, in turn, will affect mood. Dopamine is another hormone that has an effect on emotions. It is associated with the pleasure centres of the brain and provides feelings of pleasure and satisfaction that encourages positive behaviours. A disorder of the dopamine system will cause emotional and cognitive diseases, including psychosis, schizophrenia and a lack of motivation.

Our emotions can cause a surge in hormonal levels that affects the body in the short term. However, diseases that cause hormonal imbalances will affect our emotions and cause stress to the body on a long term. Women are more sensitive to hormonal imbalances and are easily affected by hormonal changes in the body.

Statin drugs used to lower cholesterol are one of the biggest culprits for affecting the hormonal system. **Cholesterol is essential for producing all the hormones in the body** as well as many important chemicals and when drugs reduce its production, hormone production is affected.

Women are affected more by the harmful effects of statins than men. Those seeking to regulate cholesterol levels can do so with natural alternatives such as policosanol.

A balanced and healthy diet, proper sleep and exercise will also go a long way in maintaining a normal hormonal balance. A healthy diet will provide the body with amino acids which are the building blocks of these chemicals.

# 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

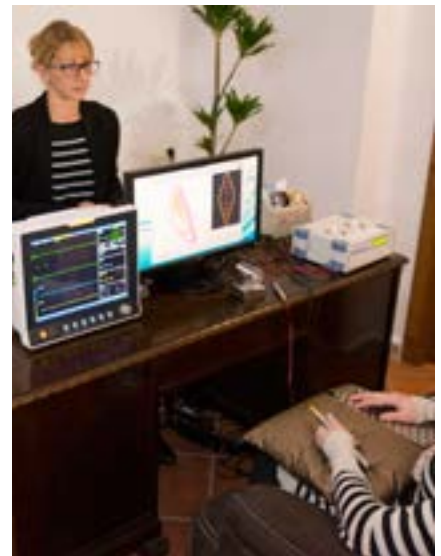
before the scan.

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.

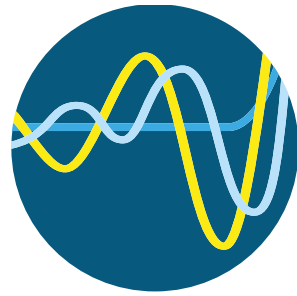


## Benefits

**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.



# medb

*Promoting Wellness and Healthy Ageing*

## Full Body Diagnostic Scan

Advanced Computerised Technology approved for the EU  
Non-invasive and 96% Accurate

- Detailed Examination and Analysis of all body systems and organs
- Detection of microorganisms (Viruses, Bacteria, Fungi and Parasites)
- Biochemical Analysis (hormones, enzymes, proteins)
- Detection of Toxins and Allergens
- Diagnosis of Diseases and Complications
- Blood Test
- Food Allergy Test
- Chromosomal analysis
- Natural Therapy and Nutrition Counselling

ONLY €120, 10% DISCOUNT FOR COUPLES

FREE FOLLOW-UP CONSULTATION AND MINI-SCAN

Call: 965071745, 966189074 or visit: [www.medb.es](http://www.medb.es)

Clinic at 1161 Punta Marina, Punta Prima, Los Altos

In partnership with Sensitiv Imago Technology

