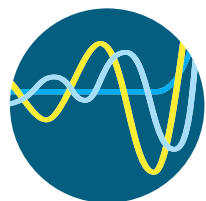


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EDITION 13. JUNE 2016 WWW.MEDB.ES



The Big Fat Cholesterol Lie

Dupuytren's
Contracture

Why Erectile
Dysfunction?

How Drugs Cause
Skin Problems

Rectal Bleeding
and Constipation

What are Acid Suppressants
Doing to Your Gut?

How People Affect
You from a Distance

NEW

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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.

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.

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Editorial

Hello and Welcome!

The focus this month is on the misguided information surrounding cholesterol and the dangers of taking statin drugs to lower cholesterol.

The disinformation on cholesterol has gone on for so long it has become difficult for many people to believe that cholesterol is not responsible for heart attack and strokes and in fact is the most important nutrient in the body. How can that be? Does it mean that doctors, consultants and specialists are wrong about Cholesterol? Yes, they are.

Doctors are taught the importance of cholesterol in their medical training, but somewhere along the line, they forget what they learned and start believing information promoted by privately owned pharmaceutical companies who stand to gain a lot financially by medicating the public against a phantom problem.

As I write, in the news today, scientists have released the reports of an extensive study showing that there is no link between the so-called 'bad cholesterol' and heart disease. Of course, there never was such a thing as bad cholesterol.

The good news is that every day more doctors wake up to the deception surrounding cholesterol and the dangers of prescribing cholesterol lowering medications. I hope you find the information useful.

The next edition will focus on depression. Until next month!

Dr Machi Mannu (MBBS)



WHAT'S INSIDE

“Reducing cholesterol on a large scale could lead to a general shift to more violent patterns of behaviour. Most of this increase in violence would not result in death but in more aggression at work and the family, more child abuse, more wife-beating and more unhappiness.”

(British Medical Journal 301,554,1990)

4

The Big Fat Cholesterol Lie

8

Why erectile dysfunction?

10

Q and A

11

What are acid suppressants doing to your gut?

12

Dupuytren's Contracture

18

How people affect you from a distance

The Big Fat Cholesterol Lie

Cholesterol is the most important nutrient produced inside the body. Without cholesterol, your body will fall to pieces. Cholesterol is like the glue that holds the body together. The smallest units of the body, the cells, are encased in a membrane mostly made from cholesterol.

Every hormone in the body, including the male and female sex hormones (testosterone and oestrogen), is cleaved from cholesterol. Cholesterol is the main component of bile salts, which are essential for proper digestion of fats and oils. The skin needs cholesterol to produce Vitamin D.

Your Brain loves Cholesterol

Our nervous system which comprises of our nerves and brain require cholesterol for structural support and protection against physical damage. The brain contains 25% of all the cholesterol found in the body, but makes up only 2% of the body's weight.

70% of the total cholesterol in the body is produced inside the body. Only about 30% will come from our diet. We can never consume more cholesterol than the body produces.

The idea that there is 'Good Cholesterol' and 'Bad Cholesterol' is False. There is only one cholesterol. What is called 'Good Cholesterol' is not cholesterol, but a different compound called a lipoprotein, which is like a vehicle that transports cholesterol from other parts of the body to the liver for recycling.

'Bad Cholesterol' is equally another vehicle that carries cholesterol from the liver to other parts of the body where it is needed. Both transporters are important to maintain a balanced level of cholesterol in the body.

Cholesterol is transported to damaged areas of the body to help with repairs, while excess cholesterol from other regions of the body is transported back to the liver for recycling into other useful compounds. Every cell in the body requires cholesterol for survival.

How Cholesterol got the blame

Many years ago when scientists were still trying to understand the main cause of heart disease, they observed that the plaque that blocks arteries comprised mainly of clotting cells, but also contained cholesterol and other substances. Some scientists believed that cholesterol had a role to play in the formation of plaque.

But since then, several studies have demonstrated that this is not the case.



Scientific Studies

A study published in June 2016 in the British Medical Journal found that 92% of people with high cholesterol lived longer. The study reviewing over 70,000 people found that there was no link between heart disease and high cholesterol, and people with high levels of the so-called 'bad cholesterol' lived longer and had less heart disease.

In 2012, scientists from the Norwegian University of Science and Technology published the report of a study that followed 50,000 women over a ten year period. They discovered that women with high cholesterol above 7 mmol/L (270mg/dl) were 28% less likely to die of any disease and lived longer than women with low cholesterol below 5 mmol/L (193 mg/dl). The scientists also found a similar benefit for men with high cholesterol.

In 2005 researchers at Columbia University found that people over 65 with the lowest cholesterol levels were twice more likely to die every year than those with the highest cholesterol levels. Their findings also revealed that women have higher cholesterol levels than men.

A study published in The Journal of American Medical Association (JAMA) in 1990, reported that people over the age of 70 with low cholesterol levels were twice more likely to die of a heart attack than their mates with high cholesterol.



The Cause of Heart Disease

The underlying cause of blocked arteries is inflammation and not high levels of blood cholesterol. Inflammation is the underlying cause of many diseases, as scientists have discovered. Inflammation is the medical name for a wound or injury occurring inside the body.

The body responds to a cut on the skin in the same way it responds to inflammation of our arteries and other organs. When you have a cut on your skin, the body responds by sending special clotting cells known as platelets to the site of injury. These cells clump together and seal the injury to stop the bleeding.

A similar process occurs with damaged arteries. When the walls of arteries become damaged or inflamed, the body sends clotting cells to the injured site. These clotting cells clump together to seal the wound. However, the inflammation may be chronic and ongoing resulting in a continuous clumping of the cells, until the plaque completely blocks the artery or

detaches to block a distant artery. Cholesterol is transported to the site of injury to help counteract the inflammation and repair the wound.

How to Prevent Heart Disease

Rather than prescribing statins, an effective way to prevent heart disease is to reduce the rate of inflammation in the body. A major source of inflammation today is high levels of Omega-6 fatty acids mainly from vegetable cooking oils. These vegetable oils include sunflower, canola, safflower, soy, and corn oils. Such oils also contain high levels of unsaturated fats that break down into toxic compounds when heated to high temperature.

Healthy cooking oils contain high amounts of saturated fats which make them able to withstand high cooking temperatures. These include coconut oil, avocado oil, olive oil and ghee. Processed foods also contribute to chronic inflammation in the body. Processed foods are typically packaged foods containing a lot of

chemicals to improve taste, flavour or extend the shelf life.

Many of the chemicals found in packaged meat such as nitrates and nitrites are known to cause colon cancer.

Processed foods also flood the body with harmful compounds called free radicals. Free radicals are the main cause of inflammation of the arteries and heart. The body fights these free radicals with compounds called antioxidants. Many vitamins and minerals such as Vitamin C and E and selenium have powerful antioxidant properties and help protect the body against chronic inflammation. Fresh fruits, vegetables, berries, and nuts are excellent sources of antioxidants. Dark chocolate contains the highest amounts of antioxidants of any known food.

What is considered normal cholesterol level?

The accepted normal blood level of cholesterol today is 220 mg/dl or 5.7 mmol/l. However, this figure is very different from the figures from the 1980s when cholesterol level as high as 330 mg/dl (8.5) and as low as 180 mg/dl (4.6 mmol/L) were considered normal. Scientists understand that the normal values of cholesterol had to be a wider range to reflect the differences between people. Some people will require more cholesterol than others to maintain health. Studies show that women need higher levels of cholesterol to stay healthy.

Very rarely, people suffer from an inherited condition that predisposes them to very high levels of cholesterol, causing their cholesterol levels to rise several times the normal values, up to 13 or 14 mmol/L. However, such high cholesterol is not known to be fatal.

The Danger of Statins

Drugs prescribed for lowering cholesterol such as statins will cause severe damage to the body. Statins block the liver from making cholesterol, but by doing so, statins also block the production of one of the most important nutrients required for the generation of energy in the body called CoQ10. The manufacturers of statins recognise this adverse effect of statins



and advise people taking statins also to take CoQ10 supplements.

The side effects of statins mainly occur from its depleting effect on CoQ10, but also from the effects of low cholesterol on the body. Low cholesterol is known to cause problems such as depression, memory loss, and digestion problems.

The so-called 'Side effects' are not effects that occur on the 'side,' rather they are effects that affect anyone taking the medications, however when these effects become exaggerated in some people, they are referred to as side effects. In many people, these effects remain unnoticed.

Statins cause bone and joint pain as well as muscle weakness, memory loss, liver and kidney damage, permanent nerve damage, breast cancer, diabetes and irrational, violent behaviours.

Rectal Bleeding and Constipation

Rectal Bleeding can cause panic in people, especially those aware that colorectal cancer can cause rectal bleeding. However most bleeding from the rectum is not due to colorectal cancer but from haemorrhoids brought on by constipation.

Chronic constipation which is constipation occurring over a period will eventually lead to haemorrhoids. Hemorrhoids are varicose veins of the rectum, and they may appear as lumps protruding from the rectum. Hemorrhoids can also occur inside the walls of the rectum where they remain unseen.

Constipation will cause straining to pass stool, which weakens the veins of the rectum and over time they become damaged and cause bleeding.

Constipation nearly always results from a deficiency of magnesium. Magnesium helps the rectum absorb water from the body to soften stool. Many medications such as diuretics prescribed for high blood pressure, will drain magnesium from the body and eventually cause constipation.

Dehydration is also a cause of dehydration. Many people do not drink enough water, but instead, drink coffee and alcoholic drinks that dehydrate the body. The body needs about 2.5 litres of water every day in the summer.

Sometimes Magnesium supplements may be necessary to treat constipation.



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.

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Why Erectile Dysfunction?

Erectile Dysfunction is a disease of arteries. Occasionally, it may be caused by hormonal imbalances. In most men, erectile dysfunction will occur together with diseases of the heart or arteries such as heart failure. The damage to arteries is usually caused by a build-up of plaque in the walls of the arteries.

Plaque accumulates and grows on the walls of arteries, restricting and eventually stopping blood flow to organs. The penis relies on adequate blood flow to maintain an erection, and plaque buildup restricts blood flow and damages the walls of arteries preventing them from making essential chemicals that are also necessary to maintain an erection.

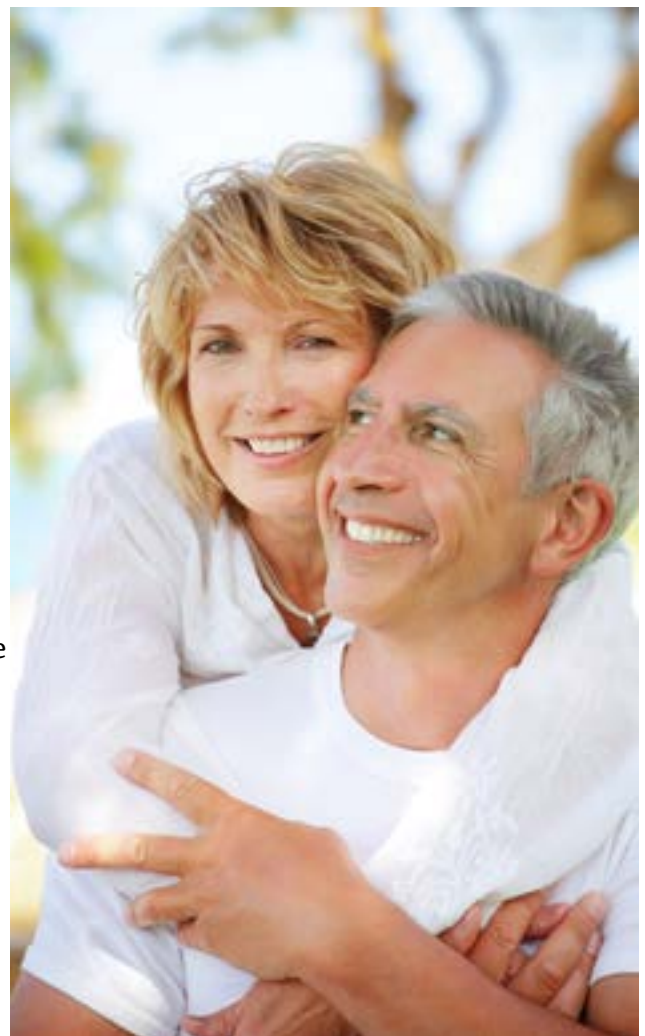
Before an erection can occur, the walls of the arteries release a chemical called Nitric Oxide (NO) whose function is to let in blood into the spongy spaces of the penis to engorge them with blood and produce an erection. Plaque prevents the walls of the arteries from making nitric oxide which is responsible for widening arteries to allow more blood to flow into the penis.

Erectile dysfunction can also occur as a result of hormonal imbalances in the body. Testosterone, the male sex hormone is important for arousal and libido. Healthy testosterone levels are as important as healthy levels of DHEA (Dehydroepiandrosterone), the precursor for cholesterol production in the body. Studies show that many men with ED also have low levels of DHEA or testosterone.

High blood pressure medications mask the early stages of ED by reducing blood pressure, without treating the underlying cause which is usually the buildup of plaque. Eventually, the plaque build-up gives rise to other problems including Erectile dysfunction, heart attack, and strokes.

Many studies show that serrapeptase a naturally occurring compound dissolves plaque and other unwanted tissue in the body, while leaving healthy tissue intact.

The arteries may be too damaged to function properly, and in such cases, an effective treatment strategy is to assist the body in producing the chemical Nitric Oxide, which is essential for widening the arteries of the penis to allow adequate blood flow needed to produce erections. Other factors such as a deficiency of essential enzymes may need correcting before a complete cure.



MitoQ

Because disease and ageing start at the cellular level

HOW LONG HAS it been since you felt radiant, rested, and fully alive?

The chances are good that if you're over the age of about 35, it's been a while. Maybe it started as mild tiredness, and you wrote it off to stress or too much to do. But over time, you feel more and more sluggish.

Do you ever wonder if the vitality of your youth is gone forever?

If this sounds familiar – you're not alone, and you do not just imagine it, either!

Your body was made to produce a powerful source of fuel – Co-enzyme Q10 – for the energy producing engines in your body called mitochondria.

There's just one problem. Your body's ability to produce coenzyme Q10 (Co-Q10), starts to decrease as you age. In fact – at age 50, you produce half of the Co-Q10 you did in your 20s!

I don't know about you, but I don't need only half the energy I did back in my 20s!

And while it would be nice to feel more energetic – that's not even the worst symptom of not getting enough of this vital nutrient.

Co-Q10 affects things like your heart health and your brain. It has implications for cardiovascular disease, Parkinson's, Alzheimer's, and even cancer.

When your body decreases its Co-Q10 production, you're increasingly at risk for significant health issues that can seriously decrease your quality of life in your later years (and even risk your very life itself)!

You've probably seen supplements at your favorite drug store, but before you purchase one, there's something you should know.

If they weren't produced in the way described below, you're just throwing money away.

You See, Co-Q10 is a very special nutrient, and most

supplements are produced in such a way that your mitochondria simply can't absorb the Co-Q10 you're providing, so it's wasted.

Until now.

Introducing a breakthrough in Co-Q10 production – MitoQ

This revolutionary supplement was produced by two pioneering researchers from Cambridge University, who found a way to deliver the Co-Q10 straight into your body's energy producing cells – the mitochondria – exactly where your body is ready to produce the energy you need to protect and revitalize your heart, brain, and all of the cells in your body.

In short – it's exactly what you need for your body to look and feel revitalized and full of energy once again.

But the only way to experience this kind of radiance and energy again is to try it for yourself.

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I am 69 years old, and I've suffered from Diabetes for the past 15 years. I was prescribed only metformin for diabetes until about four months ago when my doctor added insulin injections. My doctor insists the insulin is necessary to correct my blood report. Since I've been on insulin, I've felt very tired, and sometimes I wake up hungry with night sweats. My doctor says my body will get used to the insulin. I'd appreciate your opinion.



You are suffering from Type 2 Diabetes also called insulin resistance diabetes which means your pancreas produces enough insulin, but your body is resistant to its effects, causing high blood sugar. Treating type 2 diabetes with insulin makes no sense because the body already produces enough insulin.

Type 2 diabetes causes high blood sugar levels. When we eat food, it is digested into simpler forms such as sugar or glucose which provides energy for the cells. Insulin is responsible for driving sugar into the cells. Excess sugar is stored in the liver or special fat cells with the help of insulin.

The body maintains a constant level of blood sugar to prevent the fat cells from becoming accustomed to high blood sugar levels, which decreases their sensitivity to insulin. Processed foods containing refined wheat and other refined carbohydrates are digested very quickly and dump high amounts of sugar into the bloodstream and the body responds by producing insulin to drive the excess sugar into the liver and fat cells for storage.

However if such a diet continues, over time, the fat cells become accustomed to a high sugar environment and stops allowing the entry of sugar, which leads to persistently high blood sugar otherwise called diabetes. While some people may be capable of processing a diet rich in refined carbohydrates without many problems, others may only require a small amount to trigger diabetes.

You feel weak and tired because you have too much insulin in your body. Too much insulin in the body will cause tiredness and hunger.

Your diet is an important aspect of controlling type 2 diabetes. Avoid processed foods, especially refined

carbohydrates such as flour used for making bread, biscuits, pastries, pies, doughnuts, and many other foods. Wheat is added to many foods including sauces because it boosts appetite and stimulates hunger.

Refined carbohydrates raise blood sugar levels significantly. 2 slices of white or brown wheat bread raises blood sugar levels more than six teaspoons of table sugar. Processed foods also contain high fructose corn syrup, which is an alternative sweetener to sugar, and a well-known cause of diabetes. Sweeteners and other food additives will cause inflammation of the pancreas and increase the likelihood of developing diabetes.

You will do better managing your diabetes yourself. A glucometer is necessary for keeping a record of your blood sugar levels. Start by keeping a record of your sugar levels after your main meals to see how your diet affects your blood sugar levels. It will help you eliminate from your diet foods that spike your sugar levels. A daily fasting blood sugar reading is recommended and is taken in the morning before you have anything to eat. Blood sugar readings taken immediately after meals is referred to as a random blood sugar level and the value is usually twice as high as fasting blood sugar readings.

What are acid suppressants doing to your gut?

If you take 3 or more prescription drugs, the chances are high that one of them is an acid suppressant. The most commonly prescribed acid suppressants are a group of drugs known as Proton Pump inhibitors (PPI) and include commonly prescribed medications such as omeprazole and pantoprazole.

Acid suppressants are prescribed as 'Stomach protectors' because taking more than three prescription drugs will stimulate the stomach to produce too much acid. To counteract this effect, doctors prescribe acid suppressants. However, acid suppressants are usually prescribed to relieve heartburn.

Although many people believe that too much stomach acid is responsible for heartburn, this is not exactly the case. Heartburn occurs when stomach acid comes in contact with the oesophagus (the tube that connects the mouth to the stomach). Unlike the stomach which has a thick coating to protect it against stomach acid, the oesophagus has no such protection, and the smallest amount of acid in the oesophagus will cause the sensation of heartburn.

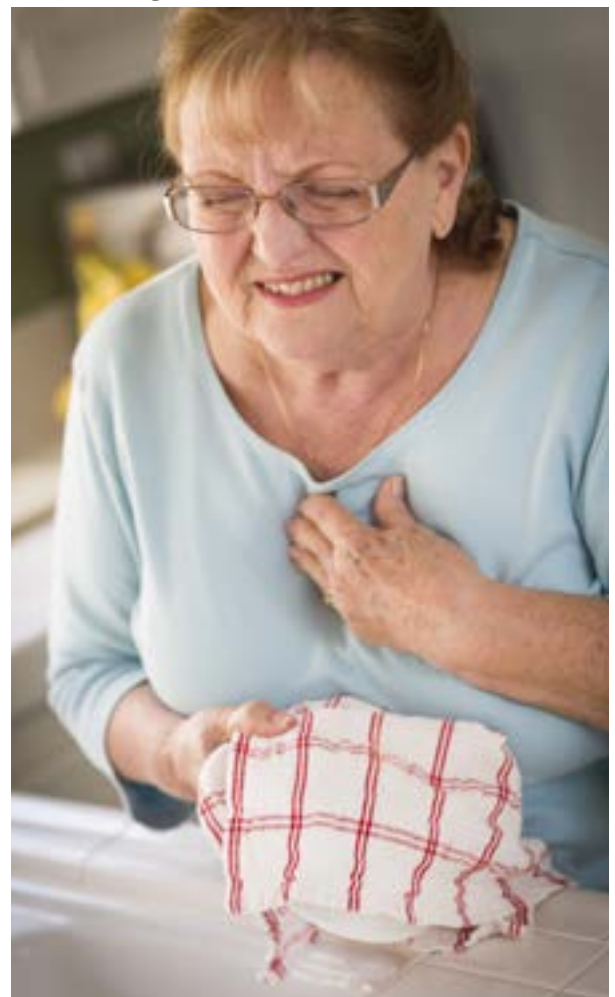
Acid reflux results from a weakness of the valve that protects the oesophagus against a backflow of stomach acid. And this valve weakness occurs in many people with normal acid levels. Some studies even show that a lot of people suffering heartburn have low stomach acid. The underlying cause of the weak valves is stomach infections. Stomach infections create gases that increase the pressure of the stomach which in turn weakens the valves. Treating stomach infections will relieve heartburn.

The danger of taking Acid-suppressing medications is that stomach acid is essential for our survival. Stomach acid destroys harmful bacteria that enters the body through the foods we eat. Low stomach acid will encourage the growth of harmful bugs in the gut which later spreads to other parts of the body, causing diseases.

Adequate food digestion relies on stomach acid. Many enzymes that help in digesting protein become activated in the presence of stomach acid, and low stomach acid will cause an incomplete digestion of proteins. Nutrients such as iron and vitamin C require stomach acid before they are properly absorbed into the body.

People taking stomach acids regularly, usually suffer a disorder of the digestive system as well as nutritional deficiencies and infections.

Studies have linked acid-suppressing drugs to health problems including gastroenteritis, headaches, anaemia, and heart complications.



Dupuytren's Contracture

Dupuytren's Contracture refers to the progressive hardening of the connective tissue (palmar fascia) under the palm which eventually leads to the fingers bending towards the palm. Dupuytren's contracture starts gradually with thickening of the surface of the palm and over time nodules form over the base of the fingers, and the hardened tissue starts to pull the fingers towards the palm, especially the ring and little fingers. The condition tends to run in families and more frequently affects men than women.

Dupuytren's is commonly treated in hospitals with surgery to slice through the thick fascia and straighten the bent fingers. Radiotherapy is also used to burn off the thickened tissue. These treatments have very high recurrence rate, as well as serious side effects. Radiotherapy even at very low dose is known to cause cancer.

Studies show that Dupuytren's contracture is a disease of the connective tissue, collagen. Collagen forms the main supporting framework of our joints, bones, muscles, hair, skin, nails and the organs. Scientists have discovered that people with Dupuytren's contracture, instead of having the normal collagen type 1 found in the palm, have a weaker form of collagen called collagen type 3.

Many diseases are known to affect collagen including arthritis, tendonitis, bursitis and COPD (Chronic Obstructive Pulmonary Disorder). Modern medicine has a tendency to give every disease a separate name, but in fact, many diseases tend to have a common origin. Diseases that affect Collagen like Dupuytren's contracture, arthritis and COPD occur as a result of the deficiency of the nutrient MSM (Methylsulfonylmethane).

MSM is the main ingredient required by the



body to produce collagen. Several studies show that many people are deficient in MSM, and the consequence is a weakness of the supporting structures of the body, the joints, bones, skin, hair, nails, tendons, and ligaments.

Fresh foods contain MSM, but cooking food destroys MSM, and for this reason it isn't readily available from our diet. The observation at MedB clinic is that high dose MSM helps in the treatment of collagen diseases such as Dupuytren's contracture, Trigger finger, arthritis, and COPD.

MSM is very effective for therapy in the early stages of Dupuytren's contracture. However when the disease has progressed to bend the fingers, surgery may be required, . MSM may be taken post-surgery to speed up healing and prevent the recurrence of the condition.

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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How Drugs cause skin Problems

Indapamide is a diuretic (water tablet) used to lower blood pressure. Many people prescribed indapamide will eventually stop the medication because of severe skin rash and other skin problems. Drugs damage the skin through a number of ways.

Steroidal drugs thin the skin, and a thinner skin is more prone to injuries and infections. Steroids will also reduce the body's immune system increasing the likelihood of infections.

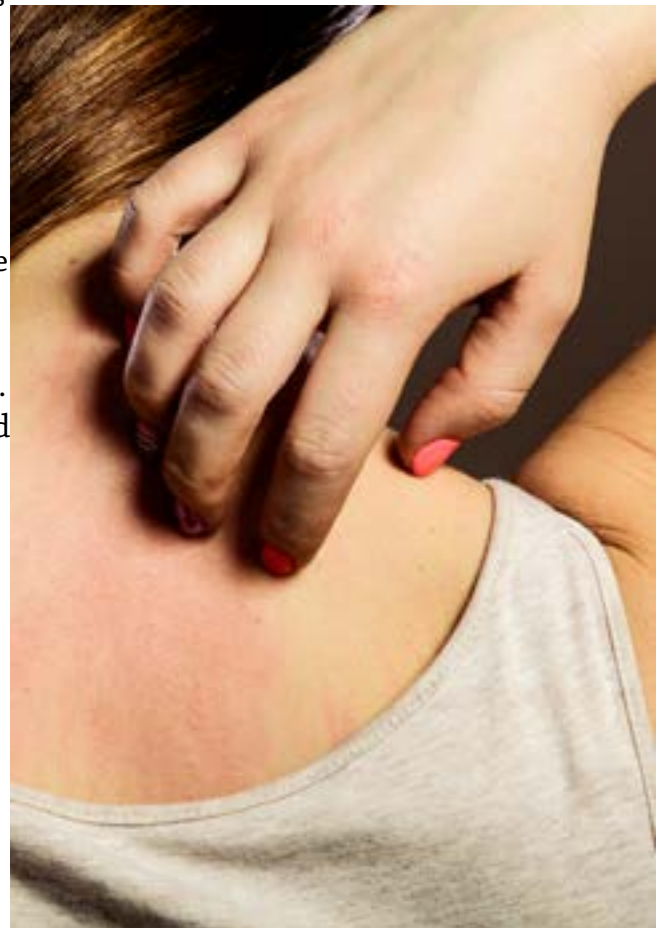
A strong immune system prevents harmful microbes that live on the surface of the skin from infecting the skin and causing skin disease. Steroids and other medications that reduce the immune system will cause skin problems as a long term side effect.

Other drugs such as antibiotics will also reduce immunity and cause skin diseases, but in a different way. Antibiotics destroy beneficial bacteria in our gut that form part of our immune system. These beneficial bacteria prevent harmful bacteria from colonising our gut and causing infections. Harmful bacteria such as streptococcus will produce toxins that cause skin disease.

Antibiotics will also cause hypersensitivity reactions that increase the sensitivity of the skin to other chemical compounds. Other drugs that cause hypersensitivity reactions include anti-inflammatories such as naproxen as well as statins prescribed for lowering cholesterol.

Some drugs cause skin damage by increasing the rate of renewal of the skin, causing excessive shedding of the skin which leaves the skin dry and scaly. Drugs used to treat cancer are notorious for such problems. Drugs that affect fat metabolism such as statins used to lower cholesterol, will also cause dryness of the skin and other skin problems.

The skin requires essential nutrients to stay healthy, including MSM (Methylsulfonylmethane), Zinc, Silica, and Manganese. MSM is the most vital nutrient for maintaining a healthy skin because it helps the skin produce collagen, and Collagen is necessary for repairing the skin, hair, nails, joints and bones.



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.

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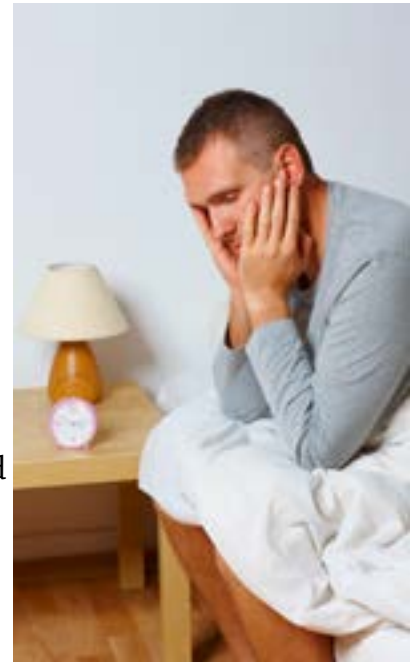
Insomnia linked to putting things off

A new Study from Academic College Israel has shown that those who procrastinate or put doing things off, had more sleep problems than those who got things done.

In the study, nearly 600 people completed a questionnaire to determine their tendencies to procrastinate along with their sleeping problems and emotional state. The questionnaire also assessed if the participants were morning people (slept early and got up early) or evening people (slept late and got up late).

The study found that the morning people were less likely to procrastinate and had fewer sleep problems compared to the evening people. The research is consistent with previous studies which showed that evening people had more sleep problems.

The researchers believe that people who leave things undone spend the night worrying about them and do not get enough sleep.



Know Your Nutrients: Vitamin B complex

The B complex family of vitamins is made up of 8 distinct vitamins. These include Vitamins B1 (thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic acid), B6 (Pyridoxine), B7 (Biotin), B9 (Folate), B12 (Cyanocobalamin).

B complex vitamins play a vital role in maintaining the health of the brain, heart, nerves and skin.

Vitamin B12 and Folate are important in preventing anaemia or low levels of the pigment haemoglobin which carries oxygen to other parts of the body.

Diseases of the stomach and intestines such as Crohn's, will lead to low levels of Vitamin B12.

Deficiencies of Vitamin B1 was a common problem about a century ago and it affects the nerves and brain causing loss of sensations and psychosis. Low levels of B complex vitamins is associated with a form of dementia that is very similar to Alzheimer's disease but very easily reversed by vitamin B complex supplements. Vitamin B5 helps the body regulate cholesterol, and is available as a supplement for regulating cholesterol.

Vitamin B complex is found mainly in grains including porridge and oats as well as green leafy veggies, nuts, bananas and kidney beans and eggs.

B vitamins are water soluble and are easily leached from the body by many factors including medications, alcohol and coffee.

Millions misdiagnosed with Cancer

A panel convened by the National Cancer Institute to evaluate the problems associated with cancer classification and subsequent misdiagnosis and treatment found that millions of people may have been misdiagnosed with cancer of the breast, prostate, thyroid and lungs.

They found that cancers that should have been classified as benign, were treated as malignant, and patients exposed to the severe risks associated with cancer treatment using chemotherapy and radiotherapy.

Early breast cancer otherwise called ductal carcinoma in situ is a benign tumor, but was classified in many centres as a malignant tumor and treated with chemotherapy, radiotherapy, and radical mastectomy

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- **Lead**
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How People affect you from a Distance

You've probably had the experience of feeling something behind you only to look back and find someone staring intently at you. According to Scientist, Rupert Sheldrake, this phenomenon is real and not a coincidence. His experiments showed that people can tell when someone is staring at them at a statistically significant rate. He has shown by experiments and published peer reviewed studies arguing that human beings have telepathic abilities, and can perceive signals from other people by means other than the known senses.

Scientists from the Heart Math Institute have also arrived at a similar conclusion through other scientific experiments. A few years ago, scientists from the Institute performed a groundbreaking experiment demonstrating that human beings were capable of knowing events before they occurred. The scientists hooked up participants to monitors measuring their heart rate, brain waves, breathing, blood pressure and other vital signs that indicate a response from the body.

The participants sat in front of a computer screen that flashed pictures at random. These pictures were either very pleasing such as a picture of a beautiful countryside, or very disturbing, such as the picture of a dead body. The scientists were surprised to discover that the participants anticipated the disturbing pictures even before the images flashed through the screen.

What was even more amazing was that the heart responded faster than the brain. The scientists measured the signals from the heart and brain and found that the heart has 60 times the electric power and 5000 times the magnetic power of the brain.



The brain and the heart are in constant communication. When the heart is in harmony and at peace, it sends better signals to the brain, which allows us to think better. When we are stressed and thinking negatively, the heart sends disordered signals to the brain, making it difficult to concentrate.

Although science considers the brain to be the centre of the body, the human experience is very different. When we feel emotions, we feel a tug in our heart and not the brain. We refer to people with a 'Warm Heart'. We even know something by heart, not by brain!

According to the scientists at Math Heart, the energy radiating from the heart extends about 7 feet from the body, which means that we are affected by the energies of people around us, something people have always known.

When people refer to someone as having a magnetic personality, perhaps they are referring to a person with a very strong heart energy field.

The Full Body Scan at MedB

How the scan works

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

What to Expect

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

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

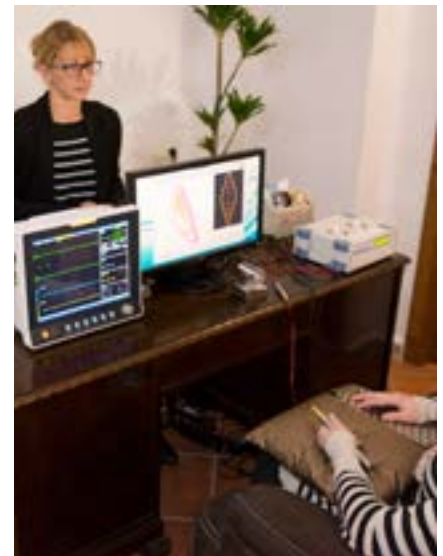
The only things you need to remove for the scan are any jewellery or metal/electronic objects.

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

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

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

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



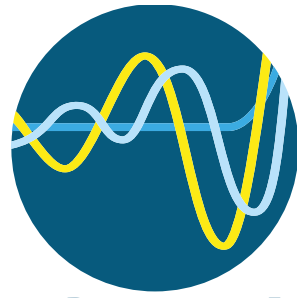
Benefits

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

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

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

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