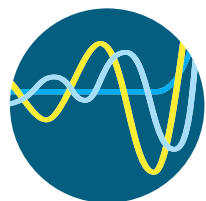


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# medb health

EMPOWERING WELLNESS AND HEALTHY AGEING

EDITION 19 . JAN 2017 WWW.MEDB.ES

## Why do I have gut problems?

How Stomach Acid keeps the Gut Healthy

Nutrition for Workouts and Exercises

What is Blood Pressure?

Is your Body Absorbing Enough Nutrients?

How Blood Pressure Medications Work

Your right to Physician-assisted suicide?



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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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**TO SPAIN**



Happy New year from myself, Claire and the rest of the staff at MedB. We wish you a healthy and prosperous New Year.

The new year brings with it changes for the better, and this year we intend to reorganise the format of the magazine to provide you with more diverse topics covering the science of the human body, how medications work, as well as the impact of today's environment on our health.

The feature article for the month is on Digestive Illnesses. More people presenting at our clinic have difficulties with the gut than with any other region of the body. From abdominal cramps, bloating, persistent stomach pain and irregular bowel motions, diseases of the gut are more prevalent today than ever before. We successfully manage even the most chronic bowel diseases by making simple changes to the diet and treating infections with Colloidal Silver.

From this year, we have introduced a yearly registration service that entitles members to a Full Body Scan and up to 4 follow-up scans within the year, as well as 10% discount on purchased products. You can call our clinic for more information. The Cost of the registration is 300 Euros.

Until Next edition,  
Have a fabulous year!

Dr Machi Mannu(MBBS)



## “All Disease Begins in the Gut”

*Hippocrates*

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# Why Do I have Gut Problems?

After four years of performing Full body diagnostic scans, our conclusion at MedB clinic is that **4 out of 5 patients suffer from illnesses related to the digestive system due to the presence of harmful microbes**, especially E-coli, staphylococcus, streptococcus, Candida, Giardia, and H pylori. These bacteria infect the organs of the digestive system—stomach, intestines, gallbladder, liver, pancreas, etc. and cause many different diseases.

In addition to digesting food and absorbing nutrients, the digestive system is also our first- line of defence against harmful bacteria that is always threatening to invade the body. Stomach acid also called hydrochloric acid is crucial for destroying harmful microbes that enter the body through the foods we eat. Factors that reduce the concentration of stomach acid such as **Antacid drugs will invariably promote the growth of harmful bacteria that cause chronic gut diseases.**

The digestive system helps regulate the function of the brain. Serotonin is a brain chemical helpful in preventing depression, but most of it is produced in the gut and inevitably **many diseases of the stomach and intestines reduce the production of serotonin and cause depression.**

Food digestion starts when food enters the stomach, setting off a cascade of chemical reactions that stimulate the digestive organs to release the juices required to digest food. The stomach, intestines, pancreas, gallbladder and liver all secrete enzymes that are essential for food digestion. Harmful microbes will hamper the function of the digestive system leading to improper food digestion and nutrient absorption. **Poorly digested food also encourages the growth of harmful fungi such as Candida** which contributes to existing diseases.

**The bacteria known as Helicobacter Pylori (H Pylori) is a leading cause of digestive illnesses such as Stomach and intestinal ulcers, and many forms of stomach cancer.** But H Pylori is destroyed by stomach acid and has to bury itself deep inside the stomach to survive. Antacids that suppress stomach acids encourages the growth of H pylori in the long run.

Harmful microorganisms also cause severe digestive problems by destroying beneficial probiotic bacteria which keep the gut healthy. **One of the best natural sources of probiotic is Kefir Goat's Yogurt.**

Problems with the digestive system will usually present as indigestion, abdominal distension and bloating which occur for a long time in many cases, before progressing into more serious diseases that cause stomach pains, colic pains, vomiting, loss of appetite and weight loss.

**Ulcers of the Duodenum (small intestine) produces abdominal pain that typically starts in the early hours of the morning.** Diseases of the digestive system progressively worsen over time until the symptoms become intolerable.

Many diseases of the gut will create a food intolerance caused by 'leaky gut' syndrome—a term that describes poorly digested foods leaking through the walls of the intestine into the blood stream to cause a hypersensitivity to foods. **Chronic diseases of the digestive system such as Coeliac and Crohn's diseases are all associated with an intolerance to foods.**



The presence of harmful bacteria in the digestive system usually occurs in association with high levels of contaminants or toxins in the body. **Some of the toxins commonly picked up from the diagnostic scans from MedB include mercury, lead, mycotoxins from fungi as well as pesticides and insecticides from foods.**

Mycotoxins are highly reactive toxins that promote inflammation of the organs of the digestive system. Inflammation of the gut encourages the growth and spread of harmful microbes. And in a vicious cycle, harmful microbes such as fungi produce mycotoxins that cause inflammation.

Toxins are the underlying cause of inflammation and inflammation is now established as the cause of all diseases. An effective way to remove toxins buried deep inside cells is with an agent called Modified Citrus Pectin (Pectasol). **Eliminating toxins from the body reduces inflammation and the risk of diseases.**

An unhealthy diet composed of Processed foods is a major contributor to diseases of the gut. Processed foods are usually lacking in nutrients and contain many harmful chemicals added as preservatives and food enhancers. Processed foods also typically contain wheat, one of the most damaging foods consumed today.

**Wheat contributes to more diseases of the gut than any other food consumed today.** The wheat eaten today, is a genetically modified strain of wheat introduced in the 1970s due to its high yield. The problem with modern wheat is that it contains higher concentrations of toxic compounds typically found in Grains, such as Gluten, Wheat germ agglutinin and Lectin. **Modern wheat is also one of the most intensively cultivated crops and contains more pesticides and herbicides than any other food.**

Wheat is used in preparing many staple foods such as bread, pasta, pastries, noodles, cakes, pies, biscuits, and even sauces. Wheat is the dominant food in our diet today, and the consequence is the rising incidence of all types of digestive diseases.

Eliminating wheat from the diet will reduce or eliminate many of the symptoms and illnesses related to the digestive system, including indigestion, bloating, stomach pain and ulcers as well as many diseases. Healthier options to wheat include Rye and Spelt Wheat (Original wheat)

**From all indications, prescription antibiotics are a poor choice for managing many types of digestive problems.** Most antibiotics are effective against bacteria but have no effect on viruses and fungi which are also common causes of gastrointestinal illnesses.

Antibiotics also kill the healthy probiotic bacteria that help protect the digestive system against diseases. Prescription antibiotics also attack and kill white blood cells that are part of the immune system.

While antibiotics are fantastic for infections such as dental abscesses, they are a poor choice for infections of the digestive system.

The perfect choice for treating infections of the digestive system is Colloidal Silver Solution. **Colloidal silver has a broad spectrum of action, and unlike prescription antibiotics that are usually only effective against bacteria, Colloidal silver works against viruses, bacteria, fungus, parasites and even worms.** More importantly Colloidal Silver has no known side effects.

For most people, the key to preventing and even treating digestive problems is to avoid wheat from their diet and to treat existing infections with Colloidal silver solution.



# Nutrition for Workout and Exercises

Working out helps keep the body fit and healthy. But working out and also exercising can put a strain on the body, especially when overdone. Working out is more vigorous exercising with the aim of keeping the muscles toned.

During workouts or exercising, the body stretches causing damage to the supporting structures of the body—muscles, ligaments, tendons, and joints. The body responds by pumping nutrient-rich blood to the affected organs to initiate repairs. The consequence is that the heart beats faster and harder during exercises and work-outs. The heart and the supporting organs of the body bear the brunt of exercising and workouts and suffer the most during rigorous exercising.

Although the damages that occur during exercises or workouts are tiny and easily repaired by the body, they will create a cumulative damaging effect on the body, unless healing is encouraged in between exercises.

Taking a rest from workouts, for example, a couple of days in a week will promote healing. **The body heals itself during sleep most especially between the hours of 10 pm and 2 am.**

Taking extra nutrients in the form of supplements speeds up recovery in between workouts and exercises. Amino acids are the end products of protein digestion and are the building blocks of muscles, ligaments, tendons and other supporting structures of the body, including bones. The most important amino acids for muscle recovery and repair are known as ‘Branched Chain Amino Acids’ and include the amino acids Leucine, Isoleucine and Valine.

Arginine, a different type of amino acid is essential for maintaining the blood flow to muscles. When more blood flows to the muscles, more nutrients and oxygen are delivered to promote faster repair of damaged areas. An excellent source of all essential amino acids is an extract of fertilised chicken eggs called **Young Tissue Extract (YTE)**.

Another important supplement for supporting the repair of damaged muscles tendons and ligaments is **MSM (Methyl Sulphonyl Methane)**. MSM is the primary mineral the body requires to produce Collagen, and collagen is the main protein supporting the body structure.



# What is Blood Pressure?

Blood Pressure records the pressure of blood in the heart and arteries. Blood pressure records two values—**systolic blood pressure**, the reading appearing on top, and **diastolic blood pressure**, the bottom reading.

The systolic or top reading measures the pressure when the heart contracts and distributes blood around the body. The diastolic or bottom reading measures the blood pressure when the heart relaxes in between contractions. The diastolic blood pressure is a better indicator of blood pressure as it records the blood pressure when the heart is relaxed.

When the heart contracts, it squeezes blood rich in oxygen and nutrients into the largest artery in the body, the aorta, and from there to the rest of the body. The heart is divided into chambers, and in between contractions, blood refills the chambers in readiness for the next contractions.

The systolic blood pressure which measures blood pressure when the heart contracts is influenced by a person's physical activity, emotional state and even location and change continuously in the course of a day. There is no such thing as normal blood pressure reading, however, many medical professionals agree that **readings above 140/90 mmHg may indicate higher than normal blood pressure.**

The definition of high blood pressure has changed over the years. As recently as 1980, a blood pressure reading of 170/100 was still within the range of normal in people over 70 without health problems.

High blood pressure is a symptom of a disease and not an actual illness. Rising blood pressure is an early warning signal indicating something wrong somewhere in the body. Conditions like stomach infections and flu will cause increased blood pressure. **Unfortunately, many people are prescribed blood pressure medication without proper investigations to determine the actual cause of the high blood pressure.**

## 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**

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# Is your Tap water safe to drink?

The quality of tap water in many parts of the world is continuously improving especially in the less developed regions of the world. However, the treatment and regulation of tap water are typically controlled by town and city governments, and while most tap water quality will meet the criteria of an area, the worry is that the standards observed today are outdated and not strict enough. Many of the water regulatory standards used today were set decades ago when pollution was at a lower level.

Traditionally Tap water is checked for solid particles like lead, as well as microbes like E.coli and Coliform. But several studies have identified in tap water many common drugs including antibiotics, blood pressure medications and hormones from contraceptives. The fear is that the concentration of medicines in the water supply will continue to rise as more drugs are prescribed every year and may be reaching dangerously high levels today.

Fluoride is still added to the public water supply in many areas, but fortunately many more cities are choosing not to do so. Fluoride is a well-known cause of dental fluorosis (dental tooth decay), and it reduces IQ levels.

Bottled water is not a safe alternative to tap water for the simple reason that the bottled water industry is far less regulated than tap water. There are many reports of bottled water companies filling bottles directly from the tap. Researching a bottled water brand before making a purchase is a good idea.

Tap water is most likely the safest water to drink in many cities and towns. However, to be on the safe side especially if you have a history of a chronic disease, it may be wise to install a filtration system.





# MitoQ

*Because disease and ageing start at the cellular level*

## **H**OW LONG HAS it been since you felt radiant, rested, and fully alive?

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

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

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

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

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

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

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

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

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

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

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

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

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

Until now.

## **Introducing a breakthrough in Co-Q10 production – MitoQ**

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

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

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

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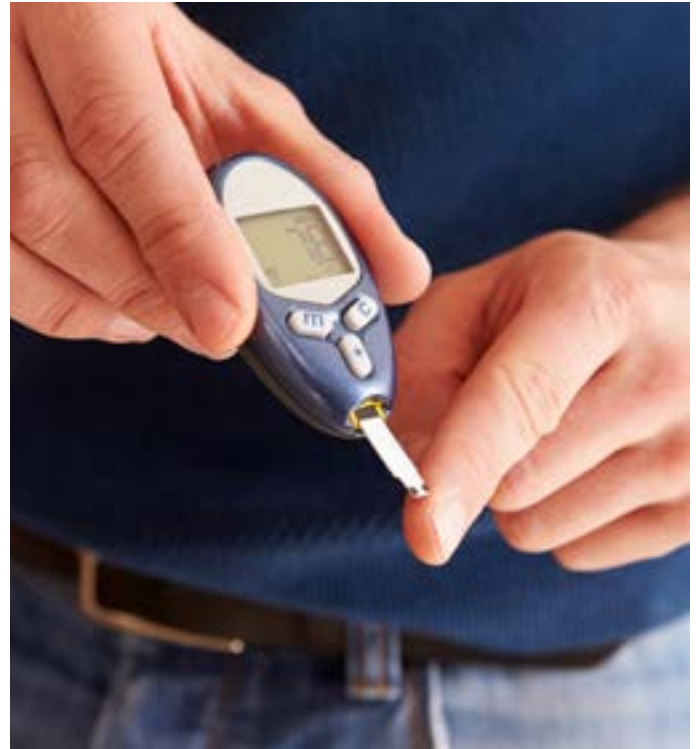
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I had a blood test last week, and when I went back to the doctor, she told me my blood sugar was very high at over 200. She said I had diabetes and gave me some tablets called Janumet. I've read about them, and cannot bear to put those things into my body. I wondered if you could recommend anything for me, please?



I assume you had a fasting blood test, which means you had nothing to eat before the test. Otherwise, the value of 200 mg/dl is normal if you had a meal before the test. **The average fasting blood sugar level is between 60 and 120 mg/dl**, and values above indicates a problem with blood sugar control. A fasting blood sugar of 200 does not necessarily mean you have diabetes.

There are reasons why fasting blood sugar level will deviate from its usual value. Stress, infections like the flu as well as poor nutrition, will increase fasting blood sugar levels.

The drug your doctor prescribed, **Janumet, is a combination of 2 drugs used to treat diabetes—Metformin and Sitagliptin.** Metformin reduces glucose levels by decreasing its production in the liver and its absorption in the intestines. Sitagliptin reduces the amount of insulin produced by the pancreas. These drugs produce their effect by interfering with natural processes in the body, which invariably results in unwanted health problems.

**Some very common side-effects caused by Janumet include muscle pain, vomiting, tiredness, numbness, cold sensations in arms and legs, stomach pain, irregular heartbeat as well as kidney and liver diseases.**

Dietary intervention should be considered first when managing high sugar levels. Medications should be the last resort. Diabetes or high blood sugar is a symptom of a disease, a sign that something isn't working well in the body. High blood sugar occurs when the body is unable to convert sugar into its storable form called glycogen usually because of an unhealthy diet. Very rarely high blood sugar will be caused by a disease of the pancreas.

**Eliminating wheat completely from the diet will reverse high blood sugar in most cases.** Wheat eaten today is genetically modified and is quickly digested into sugar. A well-known fact is that two slices of bread will increase blood sugar levels more than six teaspoons of pure white sugar.

People interested in changing their diet to regulate their sugar levels should measure their sugar levels every day to keep tabs on progress. 'The codeless' glucometer testing kits are cheaper than branded glucometer kits.

# How Blood Pressure Medications Work

Blood pressure medications go by many different brand names; nevertheless, nearly all blood pressure medications belong to about six distinct groups describing how the drug interferes with the body to reduce blood pressure.

Prescription drugs usually have two different names written on their packet. The **brand name** which usually stands out on the packet is the manufacturer's name for the drug, while the **generic name** typically in smaller letters, refers to the chemical name of the drug. Ibuprofen (generic name) goes by many different brands such as Nurofen and Hedex.



## CLASSES OF HIGH BLOOD PRESSURE MEDICATIONS:

### ACE (Angiotensin Converting Enzyme)

**inhibitors:** These drugs reduce blood pressure by blocking the production of a substance in the kidney called angiotensin. Low levels of Angiotensin results in the widening of arteries which in turn cause a reduction in blood pressure. Typically examples of ACE are Ramipril and Enalapril.

**Beta Blockers** prevent the manufacture of adrenaline whose function is to increase heart rate. Without adrenaline, heart rate slows down causing a reduction in blood pressure. Commonly prescribed beta blockers include propranolol, Bisoprolol and atenolol.

**Calcium Channel Blockers:** The most commonly prescribed are Nifedipine and Diltiazem. These medications lower blood pressure by reducing the absorption of calcium into the muscles of the heart, which decreases the force of contraction of the heart and in turn blood pressure.

**Vasodilators:** Common examples include valsartan, losartan and perindopril. Vasodilators widen arteries, a process that helps reduce blood pressure.

**Alpha blockers** such as Doxazosin lower blood pressure by relaxing the muscles of small arteries.

**Diuretics** include the generic brands Furosemide and Hydrochlorothiazide. Diuretics promote the loss of water and minerals from the body with the aim of reducing the volume of blood in the body and in turn blood pressure.

## Is your body absorbing enough nutrients?

Maintaining a nutritious diet is the best way to guarantee the body stays healthy so long as the digestive system is functioning efficiently and nutrients are properly absorbed. Diseases of the digestive system such as Ulcers, Gastritis and Crohn's will reduce absorption of nutrients and cause chronic nutrient deficiencies that compound already existing illnesses.

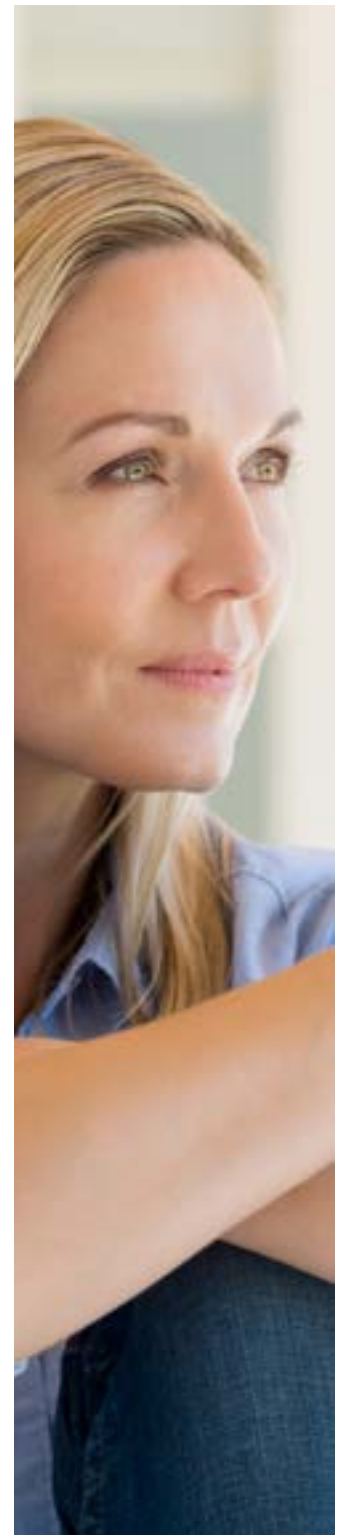
Chronic diseases of the digestive system deplete vital nutrients that maintain digestion such as **L-glutamine** and Magnesium. L-glutamine is essential for repairing the body after surgery or chronic illnesses.

All diseases are as a result of inflammation, including diseases of the stomach and intestines. Inflammation encourages the growth of harmful bacteria in the gut which in turn cause inflammation. Harmful Bacteria such as E Coli, Staphylococcus, Streptococcus and Helicobacter Pylori interfere with food digestion and nutrient absorption when they suppress the growth of beneficial probiotic bacteria that help food digestion.

**Intestinal worms and parasites such as Giardia, Roundworms, Pin worms and other parasites are commoner than most people think and they contribute to nutrient deficiencies by feeding on nutrients.**

Many prescription drugs block the absorption of nutrients from the intestines. Painkillers, for example, binds to nutrients and reduces their absorption. Water tablets for reducing blood pressure drain nutrients from the body. Excessive amounts of milk and other dairy products will also block the absorption of nutrients.

People with a long history of digestive illnesses should take a good multi-vitamin supplement to make up for inevitable nutrient losses that occur from such diseases. People taking more than one prescription drug for the rest of their lives should also take multivitamin supplements at least a few months in a year.



### Your Amazing Feet

Did you know that your feet contain more bones than any other part of your body? The feet have more than a quarter of all the bones in the body, an impressive **52 bones**. Massaging your feet often improves blood circulation and prevents the loss of sensations.

Wearing the correct shoe sizes and avoiding high heels will prevent many foot diseases and disfigurement.



# 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. .

**C**olloidal 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 come-back 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 Stomach Acid keeps the Gut Healthy

**T**here's a good reason why human beings evolved with concentrated stomach acid. We would not survive for long without it. The acid in the stomach—hydrochloric acid is our first line defence against many harmful bacteria, fungi and viruses that threaten to invade the body through the stomach including E. coli, Staphylococcus and Candida. Even the freshest foods we eat contains many harmful bacteria.

Stomach acid also plays the crucial role of helping with food digestion. It initiates food digestion by activating many enzymes responsible for breaking down food into nutrients. For example, stomach acid converts the inactive protein-digesting enzyme trypsinogen into its active form trypsin. Low stomach acid causes incomplete digestion of proteins, carbohydrates and fats.

**Medications that reduce the concentration of stomach acids such as omeprazole and lansoprazole will eventually encourage the growth of harmful microbes and cause digestive problems such as bloating, indigestion, stomach cramps and pain.**

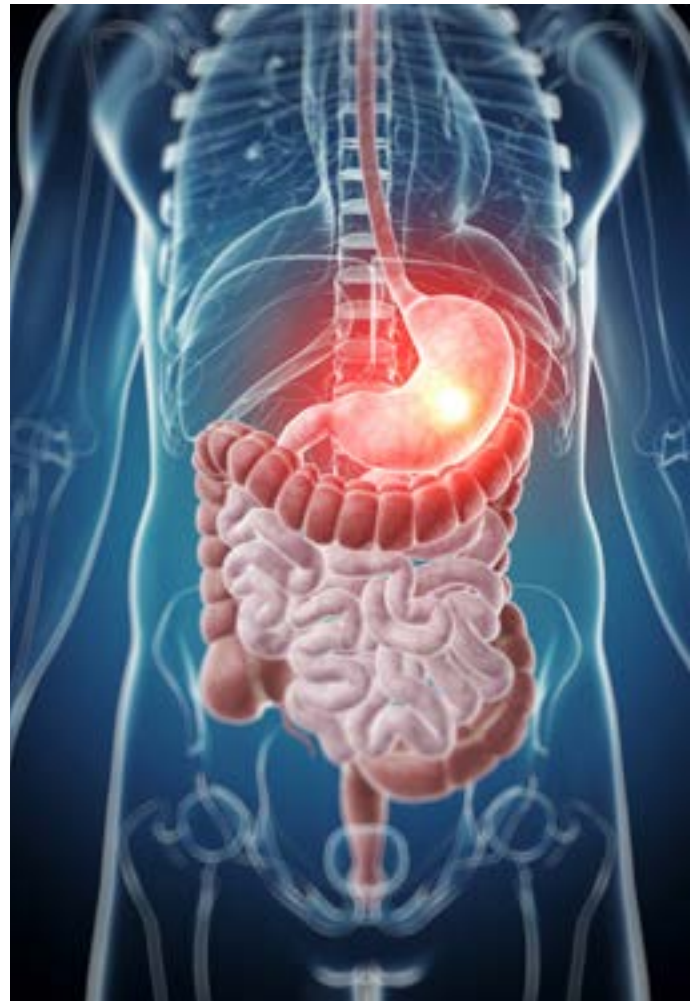
Low levels of Stomach acid promote the growth of Helicobacter Pylori, the bacteria responsible for causing ulcers of the stomach and intestines as well as many forms of stomach cancer. Low stomach acid also encourages the growth of other harmful bacteria that suppress the growth of beneficial probiotic bacteria which are essential for keeping the digestive system healthy.

Acid Reflux also called Heartburn is the commonest reason people take acid-suppressing medications (antacids). The primary cause of acid reflux is a weakness of the valve that separates the oesophagus from the stomach and prevents the back flow of acid from the stomach. When the valve is dysfunctional, acid escapes from the stomach and burns the thinly lined oesophagus. Some of the factors that contribute to a weak valve include gut infections, poor diet and weight gain.

The back flow of acid from the stomach happens with either High or Low stomach acid. Studies show that many people taking acid suppressing medications for heartburn have low stomach acid levels.

**A tablespoon of apple cider vinegar first thing in the morning and with every episode of acid reflux is a remedy many people have found useful for treating acid reflux.**

Gut infections are best treated with the natural antibiotic known as Colloidal Silver. Unlike prescription antibiotics that mainly target bacteria, Colloidal Silver destroys bacteria, fungi, viruses and other parasites usually found in the gut.



# 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.

**C**ANADIAN 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.

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## Antacids linked to increased Heart Attacks

People who use proton pump inhibitors such as the antacids omeprazole, and lansoprazole, are 21% more likely to develop heart attacks than those who don't, according to scientists from Houston Methodist and Stanford University California.

The researchers studied the records of over 2.9 million patients before reaching a conclusion. According to the principal investigator Nicholas Leeper, "Our report raises concerns that these drugs – which are available over the counter and are among the most commonly prescribed medicines in the world – may not be as safe as we previously assumed."



---

## Know Your Superfoods: Pumpkin Seeds

Pumpkin Seeds contain many different nutrients, has many health benefits and is known to cure many diseases.

Pumpkin seeds are an excellent source of antioxidants. However, it is unique among foods that are rich in antioxidant because it contains many different forms of antioxidants, unlike most other foods that contain only a single form of antioxidants. Antioxidants are compounds that neutralise harmful toxins called free radicals that are recognised to be behind many diseases including diseases of the artery and heart as well as brain diseases.

Pumpkin seeds is a rich source of Zinc and Manganese both mineral antioxidants that protects the Prostate gland against Benign Prostatic Hypertrophy (BPH) and Prostate cancer.

Pumpkin seeds are also a rich source of the many forms of vitamin E and confers the full benefits of Vitamin E. Vitamin E is a potent antioxidant and protects against diabetes, heart disease, cataracts and brain disease.

Another form of antioxidants known as lignans also occurs in Pumpkin seeds, and lignans have been widely studied and found to be effective against cancer of the prostate.

Pumpkin seeds are best consumed with the shell and husks to get the full benefit of the minerals trapped in the husk and shells.





## Prolonged use of Painkillers cause hearing loss

A study from Harvard Medical school shows that taking painkillers such as ibuprofen for six years increases the risk of hearing loss significantly. The researchers analysed data from over 55 000 women participating in the Nurses Health Study, one of the longest health studies in the world, before arriving at their conclusion.



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# Your right to Physician-assisted suicide?

Do we have the right to put an end to our lives? And if we do, shouldn't society provide facilities that make the process easier for us?

In the last few years, the term physician-assisted suicide has cropped up to define the legal assistance of a person to take their lives.

The law governing Euthanasia or Physician-assisted suicide differs from place to place, but in general, it allows a patient considered fit enough to make healthcare decisions and with two doctors confirming that the patient has a chronic disease that will end their life in 6 months, to request and receive an injection to do so. The patient administers the drug in Physician-assisted suicide, unlike in Euthanasia where the doctor administers the drug.

The idea that individuals have the right to assistance should they wish to take their lives elicits deep emotions in many people. The same sentiments however are not felt when people put an end to their lives without assistance.

The same sentiments however are not felt when people put an end to their lives without assistance.

A common argument around Physician-assisted suicide is that most people have wished for death at some point or another but are grateful they never went through the act, but would they have done so if help was readily available?

However appalled one is with the idea of assisted suicide, it becomes insignificant in the face of someone with chronic pain with absolutely no hope of relief. We, humans, do not allow our animals suffer unreasonably without having the sense of compassion to end their lives and put them out of misery. Why then should we allow our fellow human beings to go through pain without the compassion to end their life, especially if they make such a request?

But then where does our compassion to assist in suicide end? If we can help someone in chronic pain to end their life, should we also help someone unable to cope with the process of living?

Studies show that the majority of people seeking assisted suicide do so not out of chronic pain, but out of fear of becoming a burden to others. Is it possible that improving our social services will reduce the clamour for assisted suicides?

While the debate on Physician-assisted suicide rages on, the medical profession at the centre of it all, still has to deal with the moral issue of going against the Hippocratic oath which demands that all doctors respect life.



# 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.

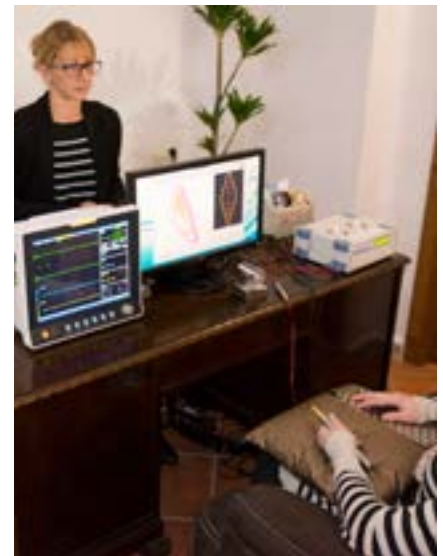
It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

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.



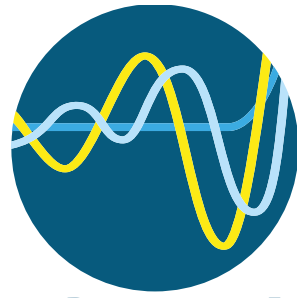
## Benefits

**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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