



# **medb health**

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## **What is Behind Kidney Diseases?**

**Is Cholesterol Medication Making  
You Sick?**

**Are You still using your Microwave?**

**How Golfing exposes the body to  
Toxins**

**Why Colloidal Silver is the future of  
Antibiotics**

**Are You getting enough Protein?**

**Are Medications affecting Your  
Relationship with People?**

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*DR H A Nieper, Inventor of Serrapeptase*

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# Editorial

Hello

This month, we are looking at the primary causes of kidney diseases especially medications such as painkillers. Painkillers are the most prescribed and most purchased OTC drugs today, and are now one of the commonest causes of renal failure.

Other Topics covered include cholesterol, the effect of medications on relationships, the role of proteins in the body as well as other interesting and educational topics. I hope you enjoy the new section on Food Recipes.

Barbara who puts the recipes together is a passionate cook and health researcher, and her aim is to present recipes that are easy to make with locally available ingredients, here in Costa Blanca. Barbara has also recently joined MedB clinic and will be helping with admin and research.

We also have a brand-new section titled 'This month in the Clinic' presented by Claire, and she'll be discussing the most outstanding health problems we encounter in the clinic. Claire will also be handling the Q and A section. Please send your questions or comments to [mag@medb.es](mailto:mag@medb.es)

Hope you enjoy the magazine. Until next time, Take care.



**Dr Machi Mannu  
(MBBS)**

# Always laugh when you can. It is cheap medicine.

*Someone, some time ago*

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# What is Behind Kidney Diseases?

The body is constantly exposed to toxins from the air we breathe, the food and water we ingest and the chemicals absorbed through the skin. The body also produces many toxic by-products during metabolism and energy generation. These toxins will overwhelm and damage the body if not for the kidneys whose role it is to eliminate toxins from the body.

Every hour the kidneys which are about the size of a fist filters the whole blood 25 times amounting to an incredible 180 litres of blood! The kidneys must perform at this rate to prevent the cells and tissues from drowning in their toxic waste.

In addition to filtering waste, the kidneys also secrete several hormones that regulate critical processes in the body. The hormone erythropoietin secreted by the kidneys promotes the production of red blood cells which transports oxygen to the tissues. And A well-known complication of kidney failure is anaemia brought on by low levels of Red Blood Cells.

Calcitriol is another hormone produced by the kidneys, and it encourages the absorption of calcium from the intestines. The kidneys also produce the hormone aldosterone to help regulate blood pressure.

Diseases affecting the kidneys result in severe metabolic imbalances in the body due to the crucial role of the kidneys.

Kidney failure which usually occurs because of chronic kidney diseases progresses very gradually as toxins build-up in the organs. And so, Kidney diseases typically go unnoticed and by the time symptoms start to appear such as swelling of the face and legs, Fatigue, Abdominal discomfort, etc., the kidneys may have become irreparably damaged.

## Back Pain may be the only symptom

Back Pain or pain in the flanks may be the only symptom of kidney diseases. The kidneys are protected by a membrane that shares the same nerves with the lower backbone, and when this protec-

tive covering stretches due to inflammation and diseases, the ensuing pain occurs in the back or flanks. The pain is usually intermittent and may worsen when the body is dehydrated.

## Diseases of the Kidney

The commonest diseases of the kidneys are kidney infections, kidney cysts and stones, Cancer of the Kidney and Kidney failure.

Kidney infections are typically caused by bacteria like streptococci and viruses like cytomegalovirus. These microbes can spread to the kidneys from urinary tract infections or from infections from other parts of the body that spread to the kidneys through the lymph tracts.

Kidney stones are also common problems of the kidney occurring from a build-up of toxic crystalline chemicals such as uric acid, phosphates and oxalates, that eventually form stones. Water is crucial for flushing toxins from the kidneys, and so dehydration will encourage stone formation in the kidney. Kidney cysts are also common when people do not drink enough water through the day. Kidney cysts are fluid-filled sacs that may grow and impede normal kidney functions. They can also disappear on their own.







**According to a 2011 study from the University of Harvard published in the Archives of Internal Medicine, Long-term use of painkillers including Ibuprofen, Naproxen and Celebrex increases kidney failure by 50%.**

Uncontrolled high blood pressure will damage the kidneys, however long term use of high blood pressure medications will also result in kidney damage and disease. The solution to high blood pressure is to treat the cause of the high blood pressure, rather than reduce blood pressure with medications.

### Drinking Enough Water is Important

**The most important strategy for protecting the kidneys is to drink at least 2 litres of water daily.** Water is required to flush out toxins from the body and failure to drink enough water will result in the build-up of toxins which eventually cause kidney disease. Severe dehydration is a well-known cause of acute renal failure.

Prescription drugs are a leading cause of kidney disease and renal failure and should be avoided if necessary. Prescription drugs are typically chemical compounds and need to be broken down and their waste products filtered from the kidneys. This means that every drug puts a strain on the kidney and unneeded medications should be avoided. A detox is also very helpful. A proper detoxification agent can remove toxins buried deep inside the cells, and one of the few substances capable of detoxing the cells is Pectasol (Modified Citrus Pectin). Regular detox about 2 -3 times every year will reduce the strain on the kidneys and prevent diseases. ■

### Drugs that Damage the kidneys

- Painkillers
- Blood Pressure Meds (ACE inhibitors such as Captopril)
- Rheumatoid arthritis drugs (Infliximab)
- Antiviral drugs (Acyclovir)
- Chemotherapy drugs
- Anticonvulsants (Phenytoin)
- Antithyroid drugs (Propylthiouracil)

Cancer of the kidneys like many other cancers is the result of a chronic dysfunction and inflammation of the kidneys that eventually leads to cancer. Renal failure is usually the result of long-standing kidney diseases, but can also occur from acute causes such as severe infections and poisoning from chemicals and drugs.

Kidney diseases can be traced to 2 main problems, a low immunity and high amounts of harmful toxins in the body. When the immune system is weak, the body is unable to defend itself against harmful bacteria, and viruses that damage the kidneys. Diagnostic Scan reports from MedB Clinic shows that people with a dysfunctional immune system usually have urinary tract and kidney infections caused by streptococcus and staphylococcus bacteria.

### Vitamin D Prevents Infections

Kidney infections will also encourage the formation of kidney stones and cysts that further impede the normal functions of the kidneys. An active immunity not only protects the kidneys from infections but also from cancer. One of the essential nutrients for maintaining a healthy immune system is vitamin D. Unsurprisingly, Low vitamin D levels are common in people with cancer. Vitamin D is produced in the body when sunlight interacts with the skin, and in the winter months when sunlight is low, vitamin D supplements may be required to boost the immune system and prevent infections.

### Painkillers Cause the Most Damage to Kidneys

Toxic overload also causes kidney diseases, and the leading cause is prescription medications. Many of the commonly prescribed medications can cause kidney damage and failure. Painkillers produce the most damaging effects on the kidneys. Many studies have documented the damage to kidneys caused by painkillers such as Paracetamol, Ibuprofen, Codeine and Co-codamol.

# Painkiller Anti-inflammatory Bone Regeneration Mineral

## For Treating and Managing

- Joint Pain
- Osteoarthritis
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- Collapsing Discs
- Joint Replacement Pain
- Sciatica
- Neck Pain
- Bursitis
- Tennis Elbow
- Carpal Tunnel Syndrome

The cause of most joint pain today is the lack of MSM (Methyl Sulphonyl Methane) in the body. MSM is the primary raw material for producing Collagen in the body.

Collagen is the supporting protein found in the **joints, bones, ligaments, tendons, muscles, skin and hair.**



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MSM Powder is preferable to Tablets or Capsules that contain insufficient amounts - about 1 gram of MSM each. The body however may require up to 30 grams of MSM every day.

MedB Fundamental Sulphur Powder contains 100% natural MSM produced from organically grown corn. The dose depends on the nature and intensity of the complaint and is usually 1-2 teaspoons in the morning, afternoon and evening after food.

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## THIS MONTH IN THE CLINIC

In the past months, we have noticed a steady increase in chest infections caused by *Staphylococcus aureus*. In comparison to the same period last year, the main cause of chest infections was a virus adenovirus. *Staphylococcus* is an incredibly harmful bacterium known to develop resistance to antibiotic treatment. The dreaded MRSA stands for Methicillin Resistant *Staphylococcus Aureus*, and it is the name of *Staphylococcus aureus* bacteria that has developed a resistance to the antibiotic Methicillin.

Most people we have seen this year with Staph infections have more serious problems than the usual cough and sniffles associated with winter coughs. Some of the symptoms we have noticed include pain in the face and head, severe headaches, persistent fever and malaise, and these symptoms last for several months.

The symptoms even persist after several courses of antibiotics. We have observed that those with very low immunity have the worst symptoms and take the longest time to heal. Having sufficient sleep, Eating Fresh fruits and Veggies and spending as much time as possible in the sun for Vitamin D, are simple ways to maintain a healthy immune system and prevent chest infections. ■



Claire is a nurse and midwife  
You can email your health concerns to:  
[mag@medb.es](mailto:mag@medb.es)



## ARE YOU GETTING ENOUGH PROTEIN?

Proteins are one of the main classes of foods together with Carbohydrates, Fats, Vitamins and Minerals. All food classes are vital for keeping the body healthy, and they provide different functions in the body.

**Proteins are digested into amino acids which are referred to as the building blocks of the body and are crucial for building the muscles, bones, ligaments, tendons and DNA**

Proteins are also needed to produce the thousands of chemicals necessary to keep the body going, such as enzymes, hormones, neuropeptides, polypeptides, etc.

Furthermore, proteins are essential ingredients for repairing and regenerating damaged tissues and organs. Inevitably, a lack of proteins in the body leads to metabolic imbalances and wasting of the body.

**Muscle wasting is an early sign of protein deficiency.** When the body starts to lack protein, it turns to muscles for supplies causing muscle wastage and weight loss. The body first shuts down protein use in 'Non-essential' organs of the body such as the hair, bones, muscles, and skin, in preference to the brain, Nerves and other essential organs.

However, protein loss will eventually affect every system in the body. Insufficient protein in the diet is a rare cause of protein deficiency. Instead, it occurs from improper digestion of proteins and assimilation of amino acids—the end product of digested proteins.

Poor nutrient absorption typically occurs from chronic diseases of the gut and long-term use of some medications such as steroids. People recovering from chronic disease may also suffer from protein deficiency as the body uses up amino acids to repair damaged and injured tissues and organs.

Treating existing diseases of the gut is the first step in treating protein deficiencies. Amino acids supplements may be necessary for people with very severe protein loss. ■



## WHY COLLOIDAL SILVER IS THE FUTURE OF ANTIBIOTICS

Most people know that prescription antibiotics are ineffective against viruses, and in hospitals, viral infections are not treated, rather the health of the patient is managed with the hope that the body will eradicate the virus. But did you know that Colloidal Silver is a natural antibiotic that destroys viruses? Colloidal silver is not only effective against viruses, but also kills bacteria, fungi, parasites, worms, and all sorts of microbes that can cause diseases.

A study in 2005 (Elechiguerra et al.) showed that colloidal silver particles stopped HIV from entering cells and spreading.

Another study published in 2011 (Lara et al.) demonstrated that colloidal silver destroyed many viruses and bacteria, including MRSA, HIV-1, Hepatitis virus and Ampicillin Resistant E. coli.

One study from 2013 (Matthew and Kuriakose) found silver effective against antibiotic resistant bacteria such as Staphylococcus Aureus, Pseudomonas and Klebsiella. Over a dozen recent studies demonstrate the effectiveness of Colloidal Silver.

Colloidal Silver destroys microbes through some identified methods. It knocks out the respiration and metabolism of microbes by disabling enzymes that control these processes. Colloidal silver is also a transporter of concentrated oxygen which it releases to kill harmful bacteria. Studies also show that silver attaches to the DNA of viruses, preventing them from entering inside cells and stopping those already inside from reproducing and spreading. Unlike prescription antibiotics, there is no known microbial resistance to colloidal silver.

Colloidal Safe is safe with no known side effects and has been used in the last three years in MedB clinic to treat many diseases effectively, even when prescription antibiotics have failed. ■



## ARE MEDICATIONS AFFECTING YOUR RELATIONSHIP WITH PEOPLE?

**T**he human body relies on hundreds of chemicals to run smoothly, chemicals in the form of enzymes, hormones, neurotransmitters, polypeptides and a host of others.

The brain and nerves rely on chemicals to transmit messages across the body. Prescription drugs, however, interferes with these chemicals to produce the desired effect on the body.

And in many cases, the resulting outcome is dysfunction of an organ, or a system otherwise called 'Side Effects'

Statins are a group of drugs prescribed for lowering cholesterol; however, cholesterol is critical for the proper functioning of the nerves and brain. Invariably, the commonest side effects of cholesterol-lowering drugs are neurological and psychological problems including anxiety, depression, irrational violence, hostility, insomnia, and memory loss.

As far back as 1990, the British Medical Journal had this chilling warning in one of its editions:▶

“ 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 in the family, more child abuse, more wife-beating and generally more unhappiness”  
(British Medical Journal 301, 554, 1990)

Painkillers are also known to affect mood. In a very recent study from Ohio University, painkillers were found to encourage meanness in people. Scientists discovered that a single dose of painkillers promoted a lack of empathy in people. Painkillers block the production of the 'feel good' hormone called Serotonin, the deficiency of which causes depression and psychological problems.

Beta blockers used to lower blood pressure or correct irregular heart rates, also impede the production of serotonin and can cause depression and moodiness. ■

### Depression causing Drugs

- Beta Blockers (Atenolol)
- Steroids (Cortisone)
- Benzodiazepines (Valium)
- Parkinson's Drugs (levodopa)
- Cholesterol-lowering drugs (Statins)



# What Can MitoQ Do for You?

- Boosts Energy and Stamina
- Lowers Blood Pressure
- Prevents Brain Damage
- Supports Normal Sugar level
- Enhances Immune System
- Protects Statin Users



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**M**itoQ is the most advanced form of CoQ10 and 800 times stronger than ordinary CoQ10. CoQ10 is produced inside the body and it is directly involved with energy generation. CoQ10 is like the 'car plug' that ignites the engine.

MitoQ is uniquely designed to penetrate deep inside the 'energy generating centres' of cells, which means that the energy-boosting effects of MitoQ appear in hours and days, unlike ordinary CoQ10 that takes weeks and months to produce a limited effect.

Statin drugs prescribed to lower cholesterol, deplete CoQ10 levels in the body and cause many side-effects. People taking statins should combine it with MitoQ to reduce side-effects and damage.

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# Is Cholesterol Medication Making You Sick?

**D**id you know that over 60% of your brain contains fats, and half of that is Cholesterol? The entire nervous system comprising of the brain and nerves relies on cholesterol to function normally and remain healthy. The nerves have a protective covering called the myelin sheath which is composed of cholesterol.

Every hormone in the body starts life as cholesterol. The body relies on hundreds of chemicals for transmitting information through the nerves to the brain, and cholesterol is a key ingredient for making many of these chemicals. Cholesterol is crucial for maintaining the digestive and immune systems. Cholesterol is so important for maintaining health; the body makes 70% of all cholesterol in the body. Only 30% comes from the diet which makes it difficult to control cholesterol through the diet.

Contrary to widespread belief, cholesterol is not the cause of hardening of arteries and plaque formation that leads to heart attacks and strokes.

As far back as 1936, Dr Kurt Lande and Dr Warren Sperry, scientists with the University of New York, demonstrated that cholesterol was not responsible for heart disease. The researchers studied the arteries of people who had died suddenly and found no correlation between blocked arteries and high cholesterol.

The only study that served as the basis for condemning cholesterol, the 'Seven Countries Study' has long since been debunked as inaccurate and falsely manipulated to suit an expected outcome. Since then, hundreds of studies have failed to confirm a connection between blocked arteries and high cholesterol. And on the contrary, many studies have proven that cholesterol is essential for maintaining health and even preventing heart disease.

In a recent review published in 2016 in the British Medical Journal (BMJ) researchers analysed clinical studies involving over 68,000 people and found that in 92% of cases LDL or the so-called Bad cholesterol did not increase the chances of dying from heart disease in people over 60.

**Another published paper by Dr Uffe Ravnskov a medical doctor and scientist, high cholesterol may protect the heart against plaque deposits and infections.**

Low cholesterol will cause imbalances in the neurological and hormonal systems, and studies show that people with low cholesterol develop problems such as depression, insomnia, anxiety, memory loss and neurological disorders.

Women are more likely to suffer hormonal problems related to low cholesterol because cholesterol is the primary building block of hormones in the



body and women are affected by hormonal imbalances more than men. Drugs prescribed to lower cholesterol such as statins cause many side effects including muscle pain and tiredness, cramps, memory loss, and increased risk of diseases of the liver, kidney and pancreas. There are over 900 published scientific studies that demonstrate the dangers of cholesterol-lowering drugs.

Cholesterol rises in the body as a protective mechanism against inflammation. Blood tests showing high cholesterol are an indication of ongoing inflammation in the body, and cholesterol increases to counteract the harmful effects of inflammation. Reducing cholesterol then will increase the chances of contracting a disease.

In a very rare group of people, cholesterol levels tend to be high as much as 500 mg/dl (13 mmol/L), however, there is no known record of death by high cholesterol and such elevated levels of cholesterol are compatible with perfect health.

**A published study from the Norwegian University of Science and Technology concluded after following over 50000 women, that women with higher cholesterol (above 7 mmol/l(270 mg/dl), were less likely to die of any disease and lived longer than women with lower cholesterol levels (5 mmol/l (193 mg/dl).**

A well-known fact is that over 70% of people who develop a heart attack have cholesterol levels within the so-called normal range of 5.5 mmol/dl.

Nevertheless, there are natural alternatives for regulating cholesterol levels such as Policosanol and Nicotinamide that are more effective than statins without causing any side effects. ■

### **There's really no such thing as 'Good' or 'Bad' cholesterol**

There is only one cholesterol. What we have come to understand as 'Good' or 'Bad' cholesterol are transporters of cholesterol, with a completely different structure from cholesterol and are scientifically called Lipoproteins.

The so-called 'Good Cholesterol' is called as High-Density Lipoprotein (HDL) and is responsible for ferrying cholesterol from the organs such as blood vessels to the liver, where cholesterol is used to produce many necessary chemicals.

'Bad Cholesterol' is known as Low-Density Lipoprotein (LDL), and are responsible for carrying cholesterol from the liver to the organs where cholesterol is essential for repair work and maintenance.

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## **ARE COPPER INSOLES AND JEWELLERY HELPFUL FOR JOINT PAIN?**

Copper is a constituent of organs supporting the body's framework—the bones, joints, tendons, ligaments and muscles. Copper is also crucial for the growth and regeneration of bone cells. Researchers have discovered that when blood copper level is high, the pain of arthritis diminishes. Copper is required to manufacture certain enzymes called metalloenzymes which have potent anti-inflammatory properties.

There is evidence suggesting that Copper is absorbed through the skin. Nevertheless, there are no studies showing that the skin absorbs enough copper to make a noticeable difference to the body.

Although no scientific studies exist proving the effectiveness of copper insoles and jewellery for pain relief and joint pain, there are many documented reports and anecdotal evidence showing that copper worn on the skin helps with joint pain.

Copper among other nutrients such as MSM (Methyl Sulphonyl Methane, Zinc, and Magnesium are essential for maintaining the skeletal framework and preventing bone disease such as arthritis. Copper insoles and jewellery may be useful for preventing bone disease and treating mild joint pain, but may not work for more severe joint pain. ■





# Are you still using your microwave?



You may believe that microwaves were purposely invented to make cooking easier and faster. But that's not the case. Microwaves were discovered accidentally by scientists working on the magnetron, a device that creates microwave. While experimenting with the magnetron, one of the scientists realised that the chocolate bar in his pocket had melted. And many years later the magnetron would wound up inside the microwave oven. Microwaves are a kind of electromagnetic wave like UV rays or X-rays.

Microwaves do not heat food like regular ovens that produce external heat. Instead microwaves generate heat from inside the food. And they do this by bouncing off (vibrating) the water contained in the food many million cycles every second to create friction that heats the food. The result is that heat is generated inside the food and this severely damages the nutrients in food.

Microwaves cause a significant reduction in the nutrient content of foods.

**A study in the Nov 2003 edition of the Journal of the Science of Food and Agriculture, found that microwaving broccoli reduced its antioxidant content by 97% as against a loss of 11% when cooked traditionally.**

Another published study in the Journal of Agriculture and Food Chemistry showed that microwaving raw foods such as pork, beef reduces Vitamin B12 by 40%. Other studies also confirm that microwaves reduce many nutrients by up to 90%.

The radiation from microwaves also poses a health risk to the body. Dr Magda Havas, a scientist at Trent University, Ontario demonstrated that microwaves alter heart rate and ECG patterns.

Microwaves are typically used to heat plastic containers with food, and there is evidence Bisphenol A, a toxic ingredient of plastics, leaks into microwaved food. Bisphenol A has been linked to cancer, obesity and diabetes.

Food cooked with proper heat taste better than microwaved food and scientists believe the damage microwaves cause to nutrients may explain why.

There are some alternatives to microwaves. Halogen ovens may be an alternative to microwaves as the warm meals very quickly using halogen bulbs. ■

## Moroccan vegetable dish

Main course 3 persons- approx. 35 min.

### Ingredients

Olive oil  
1 onion, cut into rings  
3 cloves garlic, finely chopped.  
3 bell peppers (red, green, and yellow) cut into strips.  
1 Zucchini chopped into small pieces  
4 tomatoes. Peeled and chopped  
1 Tsp paprika.  
½ Tsp Cinnamon powder  
2 Tbsp. chopped parsley  
75 g raisins  
1 bottle chickpeas (400 g).  
½ Tsp ground cumin



Heat the olive oil in a wok or frying pan and add the onions and garlic. Add the bell peppers and zucchini slices and fry for around 3 mins. Add the tomatoes, paprika, cinnamon and cumin powder. Add the raisins and chickpeas, salt and some freshly ground pepper. Let it simmer until tender. Add cinnamon, paprika and cumin to your taste. Sprinkle some parsley and it's ready. ■

# Powerful Natural Antibiotic

## Treats and Heals

**C**OLLOIDAL SILVER kills more harmful microbes than any prescription antibiotic. While prescription antibiotics will destroy only a few strains of bacteria, scientific studies have confirmed that Colloidal Silver kills over 650 harmful pathogens including MRSA, Streptococcus, Candida, Herpes and Hepatitis viruses.

Colloidal Silver reduces inflammation and speeds up the healing of damaged tissues such as in the stomach and lungs, and helps prevent the formation of scar tissue.

Colloidal Silver has absolutely no side effects. The particles of silver in colloidal silver are incredibly tiny, making it impossible for any toxicity to occur.

Silver has been used for thousands of years as an antibiotic to prevent diseases. Many ancient cultures used silverware to store water with the knowledge that silver protects against diseases. Silver is also the preferred choice metal for making surgical and clinical devices to prevent MRSA.

### Effective for Treating Gut Diseases

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# How Golfing exposes the body to Toxins



**G**olf is a great sport. The lush green golf courses surrounded by trees and beautiful shrubs make golf the ideal game for those wanting to spend time in nature while engaged in sport. But is it possible that the beautiful natural surrounds that attract golfers could be a course for health concern?

There is a reason to believe that Golfers expose themselves to toxins from the pesticides, insecticides, fertilisers and other chemicals used to maintain golf courses.

Golf courses require vast quantities of chemicals for maintenance. According to Tourism Concern—a British environmental group, **the average golf course requires 1,500 kg of chemical fertiliser**, and this is not including pesticides, weed killers and others.

**The Toxic Fairway Report, one of the most comprehensive studies on Golf courses concluded that Golf courses require up to 4 to 7 times the amount of pesticides used in farming.**

Many of the pesticides used in golf courses are proven causes of cancer and diseases of the reproductive and nervous system. One of the most widely used weed killers in golf courses is 2,4-D, a known endocrine disruptor responsible for hormonal disorders that lead to thyroid problems, prostate cancer, sexual dysfunction and reproductive abnormalities.

Glyphosate (Round -up) is another commonly used pesticide associated with many chronic diseases including inflammatory bowel diseases, Heart and nerve diseases, as well as Parkinson's.

**A study published in 1994 found that Golf Course Superintendents have a higher mortality rate from cancers of the large intestine, prostate, lung and the prime suspects were chemical fertilisers and pesticides used in golf courses.** Inevitably, golfers also are getting exposed to these pesticides.

The diagnostic scans carried out at MedB reveals that people who play golf routinely tend to have significant levels of toxins such as lead, cadmium, pesticides, insecticides and many others. Foreign and toxic chemicals in the body are broken down by the liver and flushed out by the kidneys. However, when excessive, the detox organs become overwhelmed and unable to cope, causing toxins to accumulate in organs and eventually cause inflammation and disease.

The most common side effects from toxic overload are headaches, dizziness and fatigue. Fortunately, toxins can also be eliminated by a few agents such as Pectasol (Modified Citrus Pectin). Golfers should aim to detox with Pectasol at least twice every year.

Until the use of toxic chemicals in golf courses is properly addressed, it pays golfers to take the necessary precautions to safeguard their health while enjoying the game. ■



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## Painkillers Promote Meanness



A study from the Ohio University found that those taking acetaminophen were less empathetic when they learned of the misfortune of others.

Acetaminophen is the common ingredient in Paracetamol and dozens of other painkillers.

The study compared people who took a liquid drink with acetaminophen to those that took a placebo. A total of three experiments were carried out, and all three showed the same result. In one of the experiments, the participants observed an online game between people they had already met.

One of the players in the game was purposefully excluded from the game by others, the participants who took acetaminophen rated the feelings of the excluded person as less severe than those who received the placebo. ■

## 200% Increase in Consumption of Sweeteners in Children

A new study in the Journal of the Academy of Nutrition and Dietetics, found that the consumption of artificial sweeteners has gone up 200% in children between 1999 and 2012 in comparison to 54% in adults in the same period.

According to the lead author of the study, Dr Allison Sylvetsky, "The findings are important, especially for children, because some studies suggest a link between low-calorie sweeteners and obesity, diabetes and other health issues." ■



## Your Guide to Skin Health

The skin is the largest organ of the body and performs many functions that are necessary for our survival. It is the body's first line of defence and forms an impermeable barrier to harmful bacteria and parasites that are constantly trying to enter the body.

The skin also provides a protective barrier against the harsh Ultraviolet radiation that is a constant threat to our survival. The skin is also a part of the waste disposal system of the body and eliminates wastes such as CO<sub>2</sub> and urea. Saunas are useful for removing toxins because of this function of the skin.

The skin is also our means of communication with the world around us. It has receptors and nerve endings that can read pressure, touch, temperature and pleasure. Without the skin, it would be impossible for the body to regulate the body's temperature. When the body is cold, blood vessels in the skin expand allowing warm blood to flow to the surface and keep us warm. And when the body is hot, the skin produces sweat that evaporates and cools the body.

The skin reacts with sunlight to produce Vitamin D, one of the most important hormones for preventing skin cancer as well as other types of cancer.

An effective way to keep the skin healthy and prevent premature wrinkling is to drink at least 2 litres of water daily. Water is essential for maintaining the elasticity of the skin and prevent wrinkles. The skin also requires healthy fats to keep it smooth and supple and such fats include beneficial saturated fats such as fats from Coconut oil, Almond oil, avocados, and butter. Lack of essential fats is known to speed up skin wrinkling and ageing.

The skin absorbs substances that come in contact with it. **We weigh more after a shower from water absorbed through the skin (Avoid weighing yourself immediately after a shower!).** It follows that creams, lotions and other cosmetic products applied to the skin are directly absorbed into the body. Cosmetic products made from chemical products will damage the skin and destroy the protective functions of the skin. Cosmetics with natural ingredients are preferable to chemical cosmetics. ■



## Family Chiropractic Care Algorfa

*Excellence in hands-on care for musculoskeletal pain at any age*



### How does Chiropractic work?

Your body is constantly changing every moment you are alive! Nothing in the body works unless it is connected to your brain. Therefore, if your spine is misaligned and putting pressure on the nerves, this reduces the life energy flow to your body; resulting in problems associated with organs, muscles, ligaments.

Spinal adjustments increase the life energy which helps restore the body back to optimal health.

A Healthier Spine is a Healthier You.

*We evaluate the entire spine. What happens in one area of your spine can influence other parts of your spine and/or body.*

*Come and experience the difference at Family Chiropractic Care.*

*Our greatest wealth is health.*

**Dr Dutey-Harispé D.C**

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info@chiropractoralgorfa.es

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Did you also know that the leading cause of inflammation is **toxins**?

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# Brand New You

It doesn't matter what age you are; it is never too late to recreate yourself.



**H**ave you ever referred to yourself as old? Have you decided that you are what you are and that's just how it is? Are you now 'retired', just Granny or Grandpa, or in your autumn years?

This can be a fine state of affairs if that is what lights your fire but there can be another word for choosing mediocrity, and that is resignation. Thinking that is your lot.

On any given day, you can rise out of bed and DECIDE who you want to be and the qualities you would 'love' to demonstrate. Youth is a state of mind, and amazingly you have the power to decide exactly how vibrant and energetic you will be in yourself, how positive you act, and what character traits you will 'be' today.

Forget who you were yesterday, let's look at today and tomorrow.

Take a blank piece of paper and write down the human traits that you most admire. Make a nice list EG

**Loving**  
**Generous**  
**Playful**  
**Courageous**  
**Positive**  
**Adventurous**

Then take the list and tick the qualities that you know you animate on a consistent basis.

Make a new list in the middle of the page with the qualities that you have not ticked.

Now write I (Your name) am.....  
on the left of each of those words.

Write it as if it is now true.

The beauty of the human brain is that it will believe what we tell it. And it will look for evidence and supply the means for whatever we tell it to be true.

Write those statements every day for the coming four months, eg:

**I Jeremy am playful**  
**I Jeremy am positive**

etc.

Now take the list you have and each morning think about two actions you will take to animate those qualities that you have been affirming. Don't worry if your old habits come up and want to take over. Just take them as the cue to remember your new commitment and repeat your new affirmation and keep taking action toward living your brand new you. ■

**Tiamara Williams is a New Zealand writer, transformation coach and change maker who lives globally. She is here to connect humanity to their true self and creativity so they can live an authentic life in the now.**  
<http://www.inspiringlivesglobal.com>



# 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 CAT-scans, your body is not exposed to harmful radiation.

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

**Affordable:** A similar scan using the same technology cost up to 6 times more in England and other EU countries. Products from MedB are also cheaper than anywhere else. For More information, **Call 965071745, 966189074** or visit [www.medb.es](http://www.medb.es)



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