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Geopathic Energy and Cancer: How Vibrations from the Earth Contribute to Cancer

How Poor Posture Contributes to Diseases

Dangers of Energy Boosting Drinks

Commonly Prescribed Heart Drugs Drain Nutrients from the Body

6 Ways Indoor Plants Will Improve Your Health

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Editorial

Geopathic or Geopathogenic stress maybe the singular most important factor to consider for anyone suffering from cancer. However, it is the least known of likely contributors to cancer today. In this edition, we have explained Geopathic stress and how it affects the body to cause cancer and many other chronic illnesses.

In the article on Geopathic stress, I have mentioned dowsing as a method of measuring Geopathic stresses in building. However, it is important that I point out that dowsing is not a process that I am comfortable with due to its subjective nature.

Nevertheless, while researching the topic I have come across evidence that lends it credibility and so I decided to mention it to you the readers to judge for yourselves.

As usually we have a range of interesting articles from nutrition to human biology as well as write-ups from our regular contributors – Claire, Barbara and Tiamara.

I hope you enjoy the magazine until next time!



Dr Machi Mannu (MBBS)

It is not a short term diet. It's a long term lifestyle change.

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Geopathic Energy and Cancer:

How Vibrations from The Earth Contribute to Cancer

Geopathic or Geopathogenic stress is the scientific term that has come to refer to the harmful energies that emanate from the ground. It is known to cause many chronic diseases, most notably cancer. The word itself Geopathic or Geopathogenic has its etymology in 2 Greek words 'Geo' which means earth and 'Pathos' which refers to disease. And so Geopathic refers to the diseases that are caused by the earth or the ground.

The earth naturally creates vibrations or pulsations due to its magnetic core. This frequency is like the heartbeat of the earth and is referred to as Schumann's resonance or frequency. The frequency was discovered by the German Physicist Dr W O Schumann. Dr Schumann found in 1952 that the earth hummed at a certain measurable frequency which he determined to be around 7.83 Hz or 7.83 Cycles per second.

Prior to his discovery, space scientists had noticed that it was physically and mentally difficult to spend time in space shuttles outside the earth's atmosphere. Dr Schumann recognised that the absence of this frequency in space was the reason for this difficulty, and subsequently the Schumann's generator to generate this vibration became a standard feature of space crafts and made it possible for the human body to spend a longer time in space.

The Schumann frequency has a tremendous influence on the human state of health because it resonates with the actual frequency of our brain and cells. Our cells thrive when they are in harmony with resonating frequencies or vibrations and consequently they become diseased when they encounter disharmonious frequencies such as Geopathic or Geopathogenic frequencies or vibrations.



HOW GEOPATHIC FREQUENCIES ARE PRODUCED

Geopathic or Geopathogenic frequencies are frequencies that are harmful to the human body. They are generated when the normal natural earth frequencies are disrupted or distorted by underground streams, geological fault lines, underground caverns or even deposits of minerals such as coal or oil. Scientists have discovered that underground water crossing the earth vibrations at 250 feet can increase the frequency of the earth by 250 Hz or 250 cycles per second.

Natural occurrences are not the only generators of these negative or Geopathic zones on the earth. Man-made structures are also known to alter the natural and harmonious energies from the earth including railways, motorways, bridges, tunnels and quarries. **Even metal fences and underground gas and communication cables have been shown to disrupt the Schumann resonance and cause Geopathic stress.**

HOW GEOPATHIC STRESS AFFECTS THE BODY

The human body is not a single entity but a community of entities, over 100 billion entities or cells to be precise. To function effectively as one unit requires a highly advanced communication system. The human body has many levels of communication. While the organs and tissues are linked with a nervous and hormonal or chemical system that utilizes signals and chemicals to send messages across, the cells have a finer and much more sensitive means of communication.



At cell level, the human body communicates by using electromagnetic frequencies or vibrations. These vibrations or frequencies are similar to the radio frequencies that are responsible for mobile phone communication today. The difference, however, is that our cells are more sensitive than mobile phones and are affected by even the slightest changes in frequencies. Geopathic frequencies from the earth will interfere with the communication frequencies of cells and by doing so will derail the normal function of cells which will lead to cellular disruptions and ultimately disease.

SCIENTIFIC DISCOVERY AND HISTORY OF GEOPATHIC STRESS

Geopathic stress has been known for millennia. The Chinese have known about Geopathic stress for over 4,000 years, and referred to it by several names including 'Claws of the dragon' and Dragon lines. They avoided building houses on such lines. The ancient Romans were so aware of these lines that they would allow sheep to graze in a potential construction site for a year and then dissected the organs of the animal for abnormal changes that would signify Geopathic stress. **Hippocrates talked about the importance of properly locating living quarters to avoid Geopathic stress.**

The first notable scientific study into Geopathic stress was by the German noble Gustav Freiherr von Pohl. In 1929, he performed his famous experiment in the small German town of Vilbisburg. His aim was to determine if there is a correlation between areas of the town with Geopathic stress and cancer. He performed dowsing on the whole town while accompanied by a police officer to ensure he asked

no questions about the town inhabitants. Dowsing is a recognised, albeit non-scientific, method of determining places of Geopathic stress. The results from Von Pohl's experiment were presented to the town mayor who compared it with the town's doctor's records of patients with cancer. The results produced a 100% correlation between the places of Geopathic stress and cancer. The experiment has been repeated many times since and has nearly always demonstrated a high correlation between Geopathic stress and cancer.

In more recent times, Dr Nieper, a notable German doctor, concluded that Geopathic stress was responsible for many cancers seen today. He observed that many cancer patients have beds that are positioned in areas of Geopathic stress. Since we spend over a third of our lives in bed, these people become exposed to the harmful Geopathic stress which disrupts and distorts cell function causing many chronic diseases especially cancer. He advised those diagnosed with cancer to never return to the same room.

HOW TO PROTECT YOURSELF

The best way to protect the body against Geopathic zones or energies is to avoid such areas in the first place. Whilst simple enough advice, the real problem lies in identifying such areas. There are some scientific devices that can measure Geopathic stress, but it has been said that the human body is the most sensitive device for measuring such energies, and as unscientific as it may sound, dowsing is considered to be a reliable method for detecting such energies. Dowsing is a process of using L-shaped rods mainly of copper materials held in each hand to determine areas of Geopathic stress.

Animals also react in predictable ways to Geopathic zones. Cats will seek out areas of Geopathic stress to sleep in. Other animals that are attracted to Geopathic stress are snakes, snails, slugs, wasps and bees. Most mammals including dogs will avoid areas of Geopathic stress.

Those suffering any chronic disease and have slept in the same bed for years should consider testing and even moving their sleeping position. People diagnosed with cancer who have slept in the same bed for many years should also consider moving their furniture around and, if possible, move to another room.

How Poor Posture Contributes to Diseases

Our posture affects not only our physical health but also our emotional well-being. Most people are unaware that the way they sit, stand and lie may be the sole source of their health problems. This is not always people's own fault, many of us were never taught about the proper ways to position oneself nor were we informed about the ramifications of poor posture. This article endeavours to set the record (and your back!) straight.

The backbone is made up of discs called vertebrae. Their misalignment can be detrimental to our physical health. The backbone maintains our posture and ability to stand upright. It also houses the spinal cord, which is a collection of nerves that is a continuation of the human brain. The spinal cord travels through a hole in each vertebra from our tailbone to the back of our neck. It is a delicately arrangement that must maintain its natural posture to adequately protect the spine cord. Any deviation from the natural curvature of the backbone will impinge upon the spinal cord and lead to disease.

A healthy spine is key to preventing and treating many diseases today, as will now be outlined.

Depression: A straight posture will improve mood. Scientists from the San Francisco state university asked students to walk down a hall in a slouched position or to skip. Those that slouched reported increased feeling of depression and lower energy. Slouching gives a feeling of powerlessness which will easily promote feelings of depression.

Increased Neck and Back Pain: A poor posture keeps the body out of its natural alignment and puts it under undue stress. It also stretches the muscles and tendons of the neck and back. The most common postural cause of neck pain is the forward head and neck posture, which is when the head is placed in front of the shoulder. This puts pressure on the cervical vertebrae of the neck, resulting in degenerative disc diseases. This can even lead to the wearing away of the discs.

Poor Circulation: Proper circulation is key to keeping the organs healthy. In between the spaces between our vertebra are blood vessels and nerves that carry messages and nutrients to the back bone. Poor posture such as sitting in a slouched position or the forward head and neck posture, will compress the spaces between the vertebrae, thereby restricting the flow of nutrients and proper signals that inform the vertebrae. This eventually leads to degenerative diseases of the spine as well as as well as circulatory problems, such as high blood pressure and narrowing and blockages of arteries.

Constipation: Sitting in a slouched position will increase the curvature around the thoracic vertebrae which puts the intestines in a squeeze and affects bowel movement and function.



Headaches: Poor alignment of the spine is a common cause of headaches and migraines. When the head is not properly aligned with the rest of the spine, it creates pressure on the posterior muscles of the neck and over time this stretch and strain will transmit to the lining of the scalp stretching causing headaches and migraines.

Simple exercise to correct poor posture: Sit on an adjustable stool without a backrest and place your feet firmly on the floor. Hold your back upright, imagine a string pulling your head up. Rest your arm comfortably on your lap and sit erect for as long as you can. You should sit on the stool while watching television for as long as you can. Try 5 minutes stretch and gradually increase the length of time you can sit without severe discomfort.

This Month in the Clinic:

Dangers of Energy Boosting Drinks

Two weeks ago, a young man came into our clinic presenting with urinary symptoms and pain around the kidney area. He had been tested and treated for urinary symptoms, but the pain persisted. Upon talking to him, we found out that he had been drinking a lot of energy drinks, especially the 'Monster' brand drinks.

These drinks can have disastrous consequences on a person's health because of their ingredients. Energy drinks are packed full of chemicals that stimulate the adrenal glands and boost energy production in the body. While these drinks will temporarily boost energy levels, and increase focus and concentration, they do so at the expense of the body's normal physiology. **Energy drinks will cause dehydration, increase heart rate and blood pressure, cause headaches and insomnia and increases nervousness.**

Energy drinks contain a combination of stimulatory chemicals including caffeine, creatinine, ginkgo biloba, inositol as well as a range of other artificial sweeteners and other harmful additives. These compounds must be broken down and processed before they can be excreted. This puts undue pressure on the kidneys and can result in kidney problems.



In addition to overworking the body system, these drinks commonly cause dehydration. This can result in acute kidney failure, causing pain around the kidney. Counter to their purpose, the dehydration these drinks cause can cause a person to feel even more tired and sluggish once the effects of the stimulant wears off.

Due to their chemical make-up and general ill effects, these drinks ought to be avoided. Young people are particularly enticed by these drinks and if they choose to consume them they should be aware of their danger and drink extra water to reduce their negative effects. Under no circumstances should energy drinks be mixed with alcohol because this combination of toxins makes the effects of both substances even worse.

Claire Dockerty is a nurse, midwife and MedB medical assistant

MSM (METHYL SULPHONYL METHANE) HELPS ASTHMA AND ALLERGIES

Methyl Sulphonyl Methane, commonly called MSM, is an essential nutrient for anyone suffering asthma or allergies. MSM is a natural component of the body and contributes sulphur to the body.

Sulphur exists in the body in the form of 'Sulphonyl' found in MSM – Methyl Sulphonyl Methane. Sulphur in this form is the 4th most abundant mineral in the body. Its deficiency is known to cause many chronic diseases, particularly in the supporting structures of the body such as the joints, bones, tendons and muscles and the internal structures of organs like the lungs.

Scientists believe that MSM performs the role of reducing allergies by stabilizing the supporting membrane of cells. The human body is composed of over 100 billion cells. Each cell is wrapped in a protective membrane to contain its contents and to protect it from damage. MSM is a crucial component of the cell membrane, and its deficiency will lead to insta-

bility and hypersensitivity of the cell membrane which is observed in those suffering asthma and allergic diseases.

The benefits of MSM for those suffering asthma is that it improves the physical strength of the lungs, making them less susceptible to asthma attacks.

MSM also increases cell membrane stability and by doing so reduces the airway hypersensitivity, which in turn reduces the incidence of asthmatic attacks. MSM is also a powerful anti-inflammatory agent and will contribute to lowering the high rates of inflammatory and damaging processes seen in asthma and allergies.

MSM is needed in very large quantities to perform this function. For this reason, it is preferable that MSM powder is used for therapy as against taking the tablets and capsules that contain too little MSM. The recommended dose of MSM powder for people with asthma and those suffering severe allergies is two teaspoons of the powder dissolved in a glass of water taken in the morning, afternoon and night. Those with mild allergies can take a small dose of one teaspoon three times daily.

Painkiller Anti-inflammatory Bone Regeneration Mineral

For Treating and Managing

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- Bursitis
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- 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.**



MSM Fundamental Sulphur Powder Eases and Eliminates Aches and Pain

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.

500-gram container-€35

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The Amazing Aloe Vera

The aloe vera plant has been known for its outstanding healing powers since the time of the Pharaohs. Cleopatra was known to use aloe vera specifically for improving and maintaining her skin and as a general beauty tonic. The Greeks, Romans and many other ancient kingdoms and societies were aware of the exceptional healing benefits of aloe vera.

There are over 200 species of aloe vera that grow in many parts of the world, including Europe, Asia and Africa. The most common species of aloe vera, which is found all over the world, is from Africa.



Aloe Vera's healing properties stem from its rich nutritional composition. These include vitamins A, C and E; several minerals including calcium, magnesium, selenium, chromium and sulphur; antioxidants; amino acids and many other beneficial compounds including sterols, lignans, polysaccharides, fibres, enzymes, anthraquinones and salicylates.

Aloe vera is a powerful anti-inflammatory agent. A number of compounds in the plant, including salicylates, have anti-inflammatory properties. **This makes it useful for managing inflammatory disorders, including inflammatory diseases of the bowel such as Crohn's disease, ulcerative colitis, etc.** As with any ongoing disorder, natural remedies are always to be preferred over long-term medication use.

Aloe Vera's anti-inflammatory properties are also what makes it particularly useful for treating and healing skin disorders. Many skin ailments including eczema, psoriasis, etc. are known to respond very favourably to aloe vera. Furthermore, the high content of vitamins A and E are beneficial for the regeneration of the skin. This is why aloe vera makes for a very beneficial skin tonic and as a natural way to soothe sunburnt skin.

Some of the unique compounds in aloe vera, such as polysaccharides and anthraquinone, confer it with special immune boosting and cancer preventing properties. Polysaccharides have been studied extensively and found to help support the immune system.

Studies suggest that anthraquinones can help the body prevent cancer due their broad and versatile health benefits. Anthraquinones have powerful antimicrobial action and are effective against viruses, bacteria and fungus.

Aloe vera is undoubtedly a great source of nutrients and is capable of providing the human body with what it needs to remain healthy. Aloe vera is available as a nourishing drink that is useful for treating internal conditions. It is not unpleasant, but the drink does have a distinctive taste and it can be made more palatable by mixing it with fruit juice. Aloe vera is also available as a topical gel that is suitable for treating external afflictions.

Of course, like anything else, the natural form of aloe vera is the best way to use it. The thick leaves of the plant house its health-giving properties. It is best prepared by filleting the leaves. To do this, remove the thorns from the leaves and separate the skin of the leaf from the gel. The gel can be applied directly to the skin to soothe inflammation, or it can be blended with fruit juices to make a nutritious drink. The aloe vera plant will live happily in your home and requires little care or attention. The plants are also cheap to buy.



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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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COMMONLY PRESCRIBED HEART DRUGS DRAIN NUTRIENTS FROM THE BODY

Heart diseases are one of the most common afflictions people suffer from. Most people over sixty will be taking a medication either to treat or to prevent diseases of the heart. The most commonly prescribed heart medications (which are also the most commonly prescribed medications in general) are blood pressure medications, cholesterol reducing medications and aspirin.

There are many different types of blood pressure medications. Each lowers blood pressure in a different way and it is important to understand the process behind them. Diuretics will reduce blood pressure by encouraging the loss of fluid from the body. Beta blockers will reduce blood pressure by reducing the heart rate. Whichever form of medication a person is taking, these medications will encourage the loss of all kinds of nutrients from the body.

Long-term use of diuretics is known to cause the loss of sodium, magnesium, calcium, potassium and many other nutrients from the body. However, this will probably not come as any real surprise because most people know that after an event that causes dehydration (diarrhoea, vomiting, excessive alcohol consumption, intensive exercise) it is important to replace the nutrients lost through the loss of water. Whilst one-off episodes of dehydration may be treated with hydrating mineral water, long-term medication requires more intensive efforts. Thus, people who take blood pressure medications must take a comprehensive multivitamin formula for at least three months in a year. One of the best brands is called Ultrapreventive X and contains about 68 nutrients.

Cholesterol lowering medications, especially statins, are notorious for causing nutrient deficiencies. Most notably, they cause the loss of Co-enzyme Q10 (CoQ10). CoQ10 is the single most important nutrient required by all the cells in the body for generating energy. The destruction of CoQ10 by statin drugs creates many adverse side-effects. Among the worst effects of CoQ10 deficiency are chronic fatigue, weakness of the large muscles, painful walking, nerve damage, as well as liver and kidney damage.

In many countries statin drugs for lowering cholesterol must be prescribed together with CoQ10 supplements to limit the loss of CoQ10. Unfortunately, this is not the case in Europe. Statin drugs



are freely prescribed without any concern for the damage they can cause. The best form of CoQ10 is called MitoQ and it has been specially formulated so that CoQ10 it contains is absorbed directly into the mitochondria of cells where it is required the most. It is commonly available to buy in health food shops and is highly recommended for anyone who is taking statins.

Aspirin is typically recommended to those with narrowed arteries due to the deposits of plaque in the walls of arteries. The assumption is that aspirin will keep the blood thin so that it flows better through a narrowing artery. That is until the artery becomes completely blocked.

Aspirin increases the excretion of vitamin C and folate. This can lead to a number of health problems if left unchecked. Vitamin C is a major component of collagen which is the supporting fibre in the body. Collagen is crucial for maintaining the framework of the body including the bones, joints, tendons, muscles, skin as well as the walls of the blood vessels including the arteries and veins.

It follows that a lack of vitamin C will predispose the blood vessels to inflammation and even worsen the incidence of narrowing of arteries. Those taking aspirin must take vitamin C supplements to reduce the risk of damage. However, what is even better than aspirin for narrowed arteries is serrapeptase. Serrapeptase is a natural enzyme that helps dissolve the plaque deposits on the walls of arteries thereby helping reduce the risk of complications of narrowed arteries, such as heart and brain disease. It makes more sense to take serrapeptase, rather than aspirin, because only serrapeptase treats the root of the issue, which is the narrowed arteries.

6 Ways Indoor Plants Will Improve Your Health

For thousands of years, plants have also been considered beneficial for the physical and mental wellbeing of the human body, yet it was not until recently that scientists were able to prove these benefits. Below are six scientific reasons why indoor plants are great for your home.

Improves Breathing: Plants generate oxygen which our bodies require to survive. They use the Co₂ we expire to do this. The human body breathes in oxygen which it uses to generate the energy that keeps the body alive, and then it breathes out or expires Co₂. Co₂ is therefore a by-product of energy generation. Plants work on the opposite basis. They use Co₂ to generate energy and expire oxygen. This process means that plants aerate and freshen living spaces, and they prevent a build-up of Co₂, which when excessive can cause tiredness and may even be fatal in extreme situations.

Releases Water: Plants release water into the air. Studies at the agricultural university of Norway show that indoor plants reduce the occurrence of dry skin, throat and dry cough.

Removes environmental Toxins: Scientists from NASA have demonstrated that indoor plants can remove up to 80% of toxins from living spaces, especially of the type known as VOC (Volatile Organic Compounds). VOC compounds include formaldehyde which is mainly present in rugs and cigarette smoke and also includes benzene compounds that are mainly released from printed materials.

Improves Focus: According to studies carried out at the Royal College of Agriculture England, students taught in a classroom full of plants had 70% more focus than children taught in a room containing less plants. Adding a few plants to your office may help you to improve your own focus and become more productive.



Improves Recovery: Studies carried out by the Kansas State university showed that surgical patients recovered much faster in rooms that contained plants when compared to surgical patients in rooms without plants. In comparison to the other patients, those in rooms filled with plants required less pain medication, had lower pulse rate and blood pressure, experienced less fatigue and anxiety and were discharged sooner. This is probably because of the soothing effect being around nature has on us as humans and the recognised healing benefits of feeling relaxed and at ease.

Reduces Noise: Noise is a source of stress and stress is well known to create and worsen disease. Studies show that indoor plants help reduce noise levels in a building. According to scientists from Washington state university, plants can reflect, absorb and refract noise.

The best indoor plants include – Pothos, Anthuriums, Ferns and Song of India. As mentioned elsewhere in this issue, aloe vera is an easy plant to tend to and can double as a health-giving agent. For more advice on what types of plants would best suit your home and how to care for them properly, visit your local garden centre.

Powerful Natural Antibiotic

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COLLOIDAL 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.

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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.

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HOW LIGNANS IN FLAXSEED RESTORES HORMONAL IMBALANCE

Flaxseeds have been consumed as healthy foods for over 5,000 years. Flaxseeds are a rich source of fiber. They are especially rich in soluble fiber which is the best form of fiber that slows down the absorption of sugar into the blood stream and helps to prevent against diabetes.

Flaxseeds are also excellent sources of essential fatty acids such as Omega-3, 6, 9. Essential fatty acids are useful building blocks for many compounds in the body, including enzymes, hormones and carrier molecules. Additionally, flaxseeds are a good source of vitamins and minerals including vitamins A, E, calcium and phosphorus.

One of the most unique nutrients found in flaxseeds are lignans. Lignans are found in superfoods, including bananas, guava fruit, cranberries and strawberries. Flaxseeds contain 800 times more lignans than any other food. Lignans have many useful properties, most notably as a phytoestrogen, which means it is a plant oestrogen.

Lignans as phytoestrogens stimulate oestrogen receptors to produce more oestrogen or block them to reduce the production of oestrogen. Lignans are also known to block xenoestrogens such as herbicides and pesticides. Xenoestrogens are foreign chemicals that have a similar structure to oestrogen and cause high oestrogen levels in the body, which eventually leads to cancer of the breast, ovaries and uterus. Lignans from flaxseeds are known to block these xenoestrogens and protect the body from such cancers.

Several studies have found that women who consume more flaxseeds have a lower risk of developing these cancers. Lignans have also been found effective for treating and diminishing the symptoms of menopause. One study found that women who ate 40 grams of flaxseeds daily for 4 months had noticeably reduced post-menopausal symptoms such as excessive sweating and vaginal dryness.

Flaxseeds are the richest sources of lignans and should be consumed on a regular basis if one wants to reap the above benefits. The seeds should be crushed to increase the bioavailability of lignans to the body. If left whole, they may pass through the body without being processed.

It is important to note that flaxseeds will breakdown and go rancid if left exposed to the atmosphere for a longtime, so the seeds should be consumed as soon as crushed. Unfortunately, flaxseed oil does not contain lignans so if you want the health-giving properties of the seeds you must consume them as they are.



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Remember Your Winter Vitamin D

One simple step people can take this winter to stay healthy is to take enough vitamin D. Vitamin D is the most important vitamin for maintaining a healthy immune system. Studies show that adequate levels of vitamin D increase the performance of the leucocytes (white blood cells) that help to fight off the foreign microbes responsible for infections. Scientists have found that white blood cells become sluggish when vitamin D levels are less than adequate in the blood.

Vitamin D also reduces the incidence of autoimmunity, which is when the body instigates an attack against itself due to a malfunctioned immune system. As well as this, adequate levels of winter vitamin D are known to reduce winter aches and pains. Many people experience increasing levels of joint pain and aches in the winter months. Research has shown that low levels of vitamin D is responsible for this pain in some people and it is easily cured by increasing vitamin D intake in the winter months.



The recommended daily allowance of vitamin D is 2000 IU (International Units). Researchers have observed that spending about 30 minutes outside on a summer's day will allow the skin to produce up to 20,000 IU of vitamin D. At MedB we recommend that people living in southern European countries, such as Spain and Portugal, where there is still some sunlight in the winter should take between 4,000-6000 IU of pure vitamin D in the winter months. Those in colder northern European countries, such as the United Kingdom, should take between 8,000 – 12,000 IU of vitamin D daily. Vitamin D liquid is the best form of supplement as it is easier for the body to absorb.

Healthy Spiced Banana Cake Loaf

- 180g wholegrain spelt flour
- 150g melted butter or coconut oil
- 4 large eggs (room temperature)
- 2 small ripe bananas, mashed
- 1 big tsp cinnamon (extra)
- 1 ½ tbsp. spice mix
- 1 tsp bicarbonate soda
- 1 tbsp apple cider vinegar

Ingredients for spice mix – 1 table spoon each of cinnamon, cardamom and coriander powder; half tea-spoon each of nutmeg, clove, ginger and anis powder. Keep in a stored jar.

Melt butter or coconut oil and let it cool down until it is room temperature. Grease the loaf tin. Heat oven to 180C.



Mash the bananas and mix it with a mixer. Add the egg, mix well. Stir in the spelt flour and mix again, then add the butter or coconut oil. Combine with the cinnamon, spice mix, baking soda and vinegar. Transfer into the prepared tin and bake for about 45 mins until a skewer comes out clean. The spice mix is optional and can be adjusted to your own taste. If you would like a sweeter cake, add sugar. Try to use coconut sugar for a healthier alternative to processed white cane sugar, or use raisins.

Barbara Hagen is our MedB Administrator

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.

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Dr Dutey-Harispé D.C

Carretera Almoradi,

No 18 Bajo,

03169, Algorfa

☎965071898, 618337616

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It is never too late to live a life of purpose and meaning

We come into this world with a vessel for life and energy to drive it. However, if we do not stay conscious of our highest intentions and expressions of who it is we really want to be then we inevitably live less of our truth than our heart desires.

Phenomenal You is a recalibration of your life. It aligns with your true and authentic self. Through self-reflection you will discover exactly who you are in all your greatness.

This book is ideal if you are in transition in life and want clarity of purpose and direction, want to play a bigger game or simply want to grow in freedom, fullness and your ability to work toward a rich future whilst being fully present in the now.

Are you letting go of your old life and not sure what the new one is yet?

Then you are in exactly the right place.

When you are in transition between phases of your life it can be confusing and disconcerting.

Maybe your nest has become empty, you are leaving or you want to leave the corporate world to become an entrepreneur. Whether you are moving to a new country or have sold a business, Phenomenal You is here to get you on track and provide you with the tools you need to get clarity about your purpose, passion, direction and address the things that will stop you if you are not aware of them.

This will give you the tools necessary to design your own 5-year plan and, best of all, by the end of the 12 weeks will already be 12 weeks into your new life!

Phenomenal You provides you with the keys to:

1. **Discover who you are in all your greatness**
2. **Find out your unique purpose in life**
3. **Identify your passion and talents**
4. **Get you on track to create a new life aligned to your dreams, passions and purpose**
5. **Clear out what may stop you from creating the life you want**
6. **Teach you tools that will empower you on the journey forward.**



Do You Want to Magnify Your Impact at Work and in Life?

How about going from mediocre to magnificent? Phenomenal You provides you with the keys to:

- **Operate as a leader of your own life and naturally attract others to participate in your world**
- **Own up to who you really are in your magnified state**
- **Discover your unique purpose in life**
- **Build a solid foundation of values to expand upon**
- **Draw yourself into that magnificent future**
- **Make a plan**
- **Learn to truly love yourself**
- **Overcome any insecurities that are keeping you small and holding you back**
- **Become the person of your dreams**
- **Give up bad habits**
- **Learn the biggest most amazing lesson that will liberate you into a place where getting bigger and better is a natural consequence.**
- **Be empowered in every moment.**



Tiamara Williams has spent the last decade living a life of purpose, global adventure and authenticity.

She is a personal transformation coach, humanitarian, educator, author and speaker, TV producer and host and a judge on AYE, the biggest entrepreneurial

reality show in the world, broadcast across the continent of Africa.

Now with Phenomenal You she is sharing her insights and the methods she uses to live life large and bright. You can find out more from her website www.tiamaraworld.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



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