



Feeling Blue? Antidepressants Aren't Always the Answer

**Never Heard of Galectin-3?
Well, You're about to.....**

**Are you Taking Unnecessary Blood
Pressure Medication?**

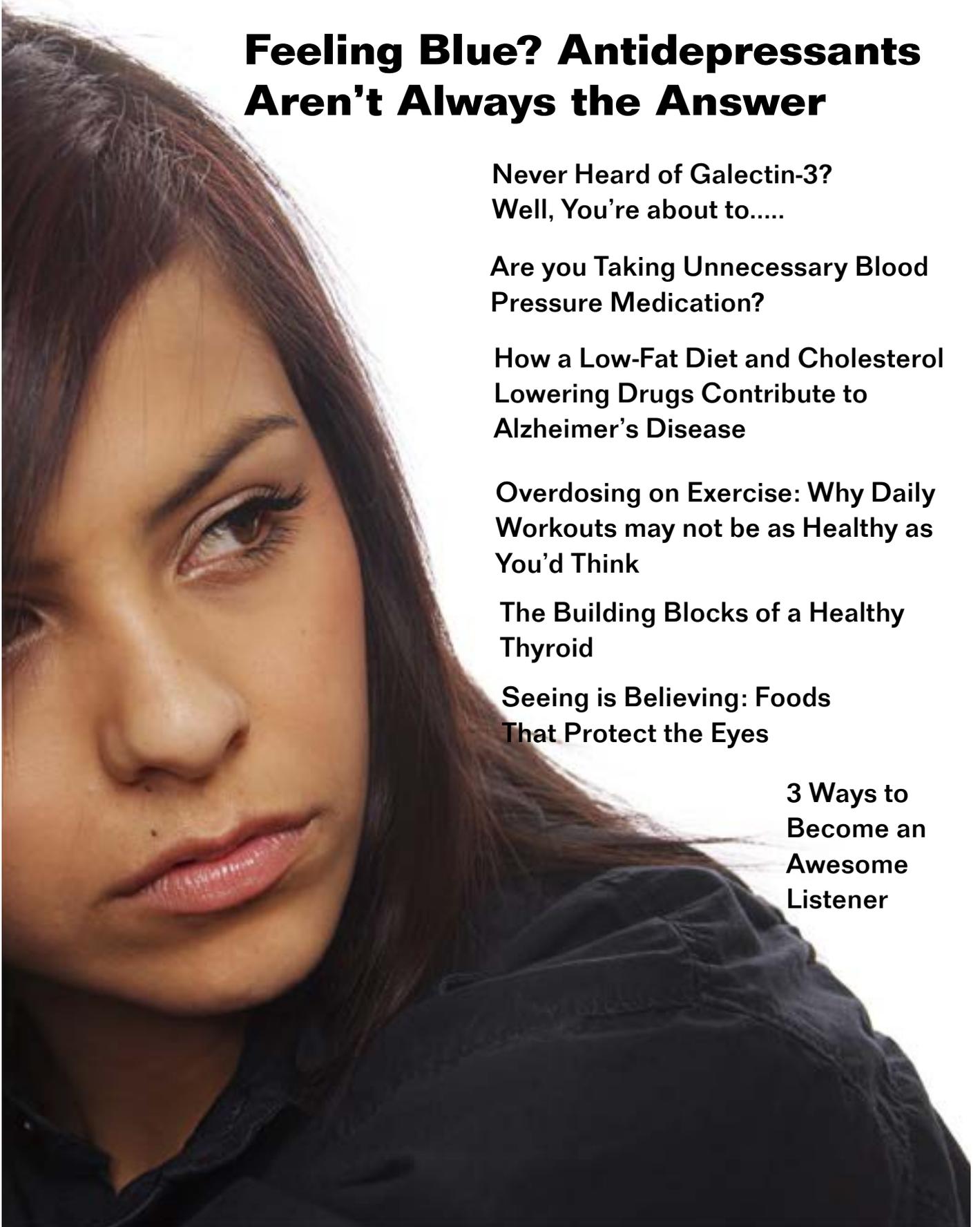
**How a Low-Fat Diet and Cholesterol
Lowering Drugs Contribute to
Alzheimer's Disease**

**Overdosing on Exercise: Why Daily
Workouts may not be as Healthy as
You'd Think**

**The Building Blocks of a Healthy
Thyroid**

**Seeing is Believing: Foods
That Protect the Eyes**

**3 Ways to
Become an
Awesome
Listener**



Dissolve Plaque in Arteries



“I have found **serrapeptase** to be an extraordinary substance for safely removing fibrous blockages from coronary arteries, particularly the carotid arteries found in the neck, which supplies blood brain. For our health purposes, **Serrapeptase** dissolves only dead tissues such as the old fibrous layers that clog the lining of our arteries and dangerously restrict the flow of blood and oxygen to the brain. Because of this, **Serrapeptase** is extremely useful in keeping arterial deposits from building up again after angioplasty or coronary bypass surgery has been performed”

DR H A Nieper, Inventor of Serrapeptase

Prevent High Blood Pressure, Heart Attack and Stroke

Serrapeptase is a natural enzyme produced inside bacteria living in silkworms. After completing its transformation, the silkworm dissolves its cocoon with the help of serrapeptase and escapes as a butterfly.

Serrapeptase dissolves the dead tissue around the butterfly but leaves it completely unharmed.

Enteric Coated Tablets, 80000IU

Dose:1tablet 3 times daily

Bottle of 90 tablets - €15

**To order
visit our
website:**

www.medb.es or

Call 965071745



Editorial

Happy New Year! We wish you a healthy, peaceful and prosperous New Year! We start the year with an article on Antidepressants. They have become one of the most popular prescribed drugs, but are they really all they are advertised to be? I have come across patients who are unable to come off antidepressants because of the horrendous side effects they suffer when attempting to do so. They complain of a feeling of ice raining down on their head when they stop for a few days. Some experience intense headaches and hallucinatory dreams when they go without their prescribed antidepressants.

This edition focuses on the biochemistry of antidepressant medications as well as their adverse effects.

Another interesting article looks at the likely role of low-fat diets and cholesterol lowering drugs on the rising incidence of Alzheimer's disease. Fats and cholesterol play a major role in maintaining the structure of the brain as well as a healthy brain function, but mainstream medicine wrongly tries to tell us that they're the cause of various diseases. As usual, we also have other interesting articles touching on the various issues affecting our health and a delicious recipe for chocolate walnuts.

We have been hard at work in our clinic developing a patient portal for all the patients that have a scan at the MedB Clinic to communicate with us and also to view or request their medical records. In addition, you will also be able to access the most informative and cutting-edge articles on nutrition and health education. This portal will be free for every patient of MedB and will be ready in a few weeks time.

Until next time, have a great day! ■



Dr Machi Mannu

Your body hears everything
your mind says.

Stay Positive

4-6

Feeling Blue? Antidepressants Aren't Always the Answer

7

This month in the Clinic – Are you Taking Unnecessary Blood Pressure Medication?

9

How a Low-Fat Diet and Cholesterol Lowering Drugs Contribute to Alzheimer's Disease

11

Overdosing on Exercise: Why Daily Workouts may not be as Healthy as You'd Think

12

Adrenal Fatigue – A Hidden Cause of Chronic Tiredness

14

Seeing is Believing: Foods That Protect the Eyes

16

The Building Blocks of a Healthy Thyroid

18

3 Ways to Become an Awesome Listener

Feeling Blue? Antidepressants Aren't Always the Answer



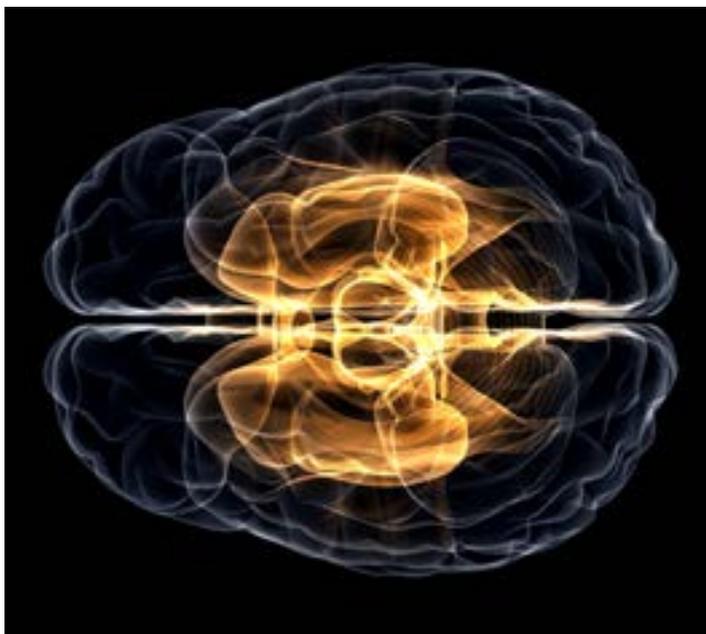
Antidepressants are among the most prescribed drugs in the world. Last year in the UK a record 64.7 million prescriptions of antidepressants were written. The prescription of antidepressants has doubled in the last decade in England and it's the same story worldwide. Many countries see up to 20% of their residents on antidepressants. While antidepressants can help many ill people to lead a normal life, there is evidence that they damage the organs of the body and irreversibly alter brain chemistry to cause unwanted and dangerous behaviours in some people.

So why are antidepressants so commonly prescribed? Many drugs used to treat depression have been formulated on the basis that an imbalance of the brain chemicals is the reason why people develop depression. These chemicals are serotonin, norepinephrine and dopamine. **The theory is that people who suffer from depression have low levels of these chemicals. It is important to note that many scientists do not agree with the chemical imbalance theory of depression and point out that there are no real scientific studies to back the claim.** For starters, there are no lab tests to determine whether a presenting patient is deficient in these chemicals; a doctor does not take samples or request laboratory tests from a person presenting with the symptoms of depression. Nor do they monitor the patient's level of these hormones while they are taking antidepressants to determine when the levels return to normal. Instead, the prescribing doctor decides whom he or she believes is deficient in these chemicals and therefore requires antidepressants. This

process is no different from a doctor prescribing a thyroid hormone tablet without a thyroid function test to decide if it is low or not.

Nevertheless, all the pharmaceutical or chemical drugs that are prescribed for treating depression work on the same basis – that increasing the levels of serotonin, norepinephrine and dopamine will combat and treat the patient's depression. Straightaway one can see the problem with the chemical theory of depression with regards dopamine. The same medical science of psychiatry that believes that a lack of dopamine is the cause of depression also believes that excessive dopamine in the body is the cause of schizophrenia. Without monitoring the levels of dopamine, it is impossible to determine when an antidepressant drug will produce too much dopamine causing schizophrenia. Unsurprisingly, antidepressants are known to trigger many adverse effects in the minds of those taking them.

Worryingly, antidepressants are known to incite changes between episodes of depression, characterised by insomnia, low energy, reduced concentration and appetite and episodes of mania characterised by euphoria, rapid speech, racing thoughts, hyper sexuality and diminished impulse control. Another well-known problem caused by antidepressants is that of 'amotivational syndrome'. Symptoms included apathy, disinhibited behaviour, demotivation and personality changes. These changes are similar to those seen when the frontal lobe of the



brain is damaged. And there is the problem of suicidal ideation. For many years the link between those on antidepressants and suicides has been fully documented. **A study in 2005 found that children on antidepressants known as SSRI's have a three times higher risk of suicide events than those on placebos.**

These side-effects are worrying enough by themselves, but the problems associated with antidepressants are not limited to the mind. There is ample evidence showing the adverse effects of antidepressants on many of the body's major organs. In addition to causing problems with the heart and joints, antidepressants also cause other serious and very common problems.

Antidepressants and anti-psychotic drugs (drugs used to treat psychosis and mania) cause diabetes. Studies show that the likelihood of developing diabetes is 10 times higher in individuals taking antidepressants compared to those not taking it. Many people taking antidepressants for any length of time will also notice an increase in their weight. **One reason for this is that antidepressants may activate the appetite control centres of the brain, but we are not completely sure.** A particularly curious phenomenon is that many antidepressants increase food cravings especially cravings for carbohydrates. There is also reason to believe that they reduce the body's metabolic rate (the rate at which it burns energy).

Antidepressants are known to impair the function of the digestive system too. **Studies show that antidepressants cause symptoms similar to those associated with 'Irritable bowel syndrome' and cause symptoms such as diarrhoea,**

constipation, abdominal pain, bloatedness and headache. Antidepressants can adversely affect sexual function and impair sexual desire, arousal and orgasm. Studies show that common antidepressants increase the risk of sexual dysfunction six times.

Antidepressants are more commonly prescribed to older people and studies show that **antidepressants increase the risk of death by cardiovascular disease in older people.** Furthermore, studies show that antidepressants increase the risk of developing stroke in older people, decline in brain function as well as falls leading to fractures. **Antidepressants cause hyponatraemia or reduced blood sodium which increases the risk of seizures, coma and respiratory failure.**

There is no question that depression is a problem and a severe one for its many sufferers. The human brain and nerves require dozens of chemicals to function properly and a range of different factors can lead to imbalances in these chemicals which would lead to an imbalance of the brain, mind and emotions. Most people on antidepressants will benefit from improving their diet to provide the body with the raw materials required to produce the essential brain chemicals.

Deficiency of these common nutrients are known to cause depression: Vitamin B complex, Vitamin D, Magnesium, Iodine, Selenium, Amino acids, and iron.

Finally, another major trigger for depression is



an emotional imbalance. This could be triggered by an upsetting event or an ongoing state of circumstances. No pill will heal an emotional wound, it will only dull it. Carrying out emotional housecleaning is beneficial for healing depression and sufferers may find that seeing a councillor or even a psychiatrist is a better medicine than any chemical. ■



Understanding the Different Types of Antidepressants

- **Selective Serotonin Reuptake Inhibitors:** includes Fluoxetine, Citalopram, Escitalopram, Paroxetine. These drugs increase serotonin levels by blocking the recycling of serotonin. Some scientists argue that these drugs will only work if the levels of serotonin are adequate in the first place.
- **Dual Reuptake Inhibitors (Acting on both serotonin and norepinephrine):** these drugs include Venlafaxine and duloxetine. They prevent the reuptake or reabsorption of both norepinephrine and serotonin. Some Dual Reuptake inhibitors will prevent the reabsorption of norepinephrine and dopamine.
- **Tricyclic Antidepressants** – The commonest example is Amitriptyline. They work by suppressing the reuptake or reabsorption of serotonin and norepinephrine.
- **Monoamine oxidase inhibitor(MAOI):** the commonest example is Marplan (isocarboxazid). Monoamine oxidase is an enzyme in the brain that neutralizes the action of the brain chemicals – serotonin, norepinephrine and dopamine. Marplan destroys and removes the brain chemicals. MAOI's block the enzyme and this increases the concentration of these chemicals in the brain.

This month in the Clinic – Are you Taking Unnecessary Blood Pressure Medication?

On many occasions, we see people taking blood pressure medications which they do not need. Our clinic can state this with certainty because these people present before us with very low blood pressure and show signs of low blood pressure, such as chronic tiredness and dizziness.

Although high blood pressure is generally seen as a disease, the reality is that high blood pressure is a sign indicating an imbalance in the body. Blood pressure will increase as a result of a number of systemic changes in the body. If the body is infected with harmful microbes, the toxins produced by these microbes will increase blood pressure. Imbalances in the neuro-endocrine system causing increased production of hormones such as thyroxine or nor-epinephrine can lead to increased blood pressure.

Even the presence of contaminants or toxins in the organs is enough to distort our bodies physiology and cause increases in blood pressure. In such cases, prescribing medications to lower blood pressure will only mask the problem which could progress into more damaging complications. And if the body eventually heals and the blood pressure corrects itself, blood pressure medications will push the normal blood pressure lower than it should be with life threatening consequences.

This is not to say that blood pressure medications are not necessary on the rare occasions when the cause of the high blood pressure cannot be determined. It is important that people taking blood pressure



medications enquire from their GPs (if you can actually speak to them) as to the cause of their blood pressure. But most importantly keep a record of your blood pressure to see if you actually need the medications. **The normal blood pressure should be below 140/90 mmHg.** If it is persistently below 120/70 then it is very likely you do not need the blood pressure medication. Blood pressure medications have a lot of side effects and if you do not need them it is best not to take them. ■

Claire Dockerty is a Nurse, midwife and MedB Diagnostician

Never Heard of Galectin-3? Well, You're About to...

Galectin-3 is a compound naturally found in the body and in normal health it helps the body respond to inflammation and invading microbes. It also plays a role in walling off diseases to help prevent them from spreading. However, galectin-3 levels in the body increase with age and high levels of galectin-3 have been linked to chronic diseases of the heart and kidney. What's worse is that galectin-3 has been implicated in cancers of the prostate, breast and ovaries. Galectin-3 is so insidious in the body that it is now used as a marker for these diseases, but Galectin-3 is more than just a marker. It plays an active role in damaging organs and spreading diseases by remodelling or distorting the structure of organs. Galectin-3 is directly involved in the spread of cancer.

Today clinicians believe that reducing levels of galectin-3 is fundamental to staying healthy. Fortunately, there is a natural substance that is known to bind to galectin-3 and help eliminate from the body. This natural agent is called Modified Citrus Pectin or Pectasol. Pectasol is manufactured from Pectin, a starch derived from fruits and vegetables, which has been modified using non-chemical processes to produce Pectasol which is absorbed into the blood stream. In addition to binding to Galectin-3 and helping the body tackle inflammation, Pectasol is also an effective detox agent and can bind to and help eliminate toxins in the body which are also responsible for inflammation.

You can buy Pectasol from any good health food shop. It comes in a tablet form to be taken daily with food. The older you are, the more at risk you are of having high levels of dangerous Galectin-3. Thus, the importance of taking Pectasol increases with age. ■

Painkiller Anti-inflammatory Bone Regeneration Mineral

For Treating and Managing

- Joint Pain
- Osteoarthritis
- Rheumatoid Arthritis
- Back Pain
- 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.**



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

☎ 966189074 🌐 www.medb.es



How a Low-Fat Diet and Cholesterol Lowering Drugs Contribute to Alzheimer's Disease

The incidence of Alzheimer's and other neuro-degenerative diseases are increasing all over the world. Could this phenomenon be linked to the popularity of low-fat diets and statin drugs prescribed for lowering cholesterol? It's not as preposterous as it first seems. These two factors are serious culprits because they deprive the brain of fat – the primary nutrient the brain needs to thrive.

Contrary to popular opinion, the human brain loves fat. In fact, it loves cholesterol. The brain makes up about 2% of body weight, but contains 25% of all the cholesterol in the body. Over 70% of the weight of the brain is made of fat—including cholesterol. Cholesterol is needed everywhere in the brain. Cholesterol is a powerful antioxidant and protects the brain against harmful free radicals that cause diseases. Cholesterol is also an excellent electrical insulator and prevents leakage of electrical current essential for brain communication. Cholesterol is part of the scaffolding of the nerves. It is also a component of the membranes in the brain, including the myelin sheath which protects all the nerves in the body and is crucial for transmission of information.

Cholesterol is so important that the liver makes over 70% of all cholesterol in the body. You can never consume more cholesterol than the liver makes. The idea that cholesterol is responsible for arterial diseases such as heart attacks and strokes was disproved years ago, although mainstream health institutions are yet to acknowledge this fact.

The main cause of diseases of the arteries that lead to heart attack and strokes is inflammation, not cholesterol. Inflammation in the arteries creates a response in the body to direct clotting cells or thrombocytes to the site of injury to heal the inflammation. But if the cause of inflammation, such as toxins, continues unabated this leads to the accumulation and clumping of stick clotting cells which eventually causes clogging of the arteries.

Scientists have noted a lack of cholesterol and other essential fats in the brain of Alzheimer's patients and also in the brains of sufferers of

other neurodegenerative diseases such as Parkinson's. Other studies have found associated high cholesterol in people over 85 with improved brain cognition and memory. Although fats are important for brain function, it is important that the right type of fat is consumed.

Saturated fats and oils are the right type of fat because they are stable and do not break down inside the body into toxins or even when heated to high temperatures. Typical examples include coconut oil, butter, lard and fats in meat. By contrast, unsaturated fats and oils are very unhealthy because they are unstable and break down inside the body into inflammatory causing chemicals and also when heated to cooking temperatures. Examples of unsaturated fats and oils are vegetable oils such as corn oil, canola oil, sunflower oil, safflower oil.

Coconut oil has been shown to be very effective for treating and preventing Alzheimer's and Parkinson's disease because of the special fats it contains called Medium Chain Triglycerides (MCT) which are a preferred source of fuel and energy for the brain. It is a versatile oil that can be used during cooking or as a spread. Try adding it to your diet if you want to prevent against these diseases. ■



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



MitoQ 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.

A bottle of 60 caps, €55

To Order Call
0034 965071745



MitoQ Serum is a unique formula for Skin Health. The serum is directly absorbed into the skin to Prevent and Treat Wrinkles, Fine lines and Age spots.

Get it for €99



Overdosing on Exercise: Why Daily Workouts may not be as Healthy as You'd Think

It goes without saying that exercise is beneficial to our wellbeing and is an essential component of a healthy lifestyle. Like many things that are good for our health, exercise suffers from the misperception that the more we engage in it the better effects we'll see. This is certainly not true. On the contrary, there is evidence that the more excessive exercise a person engages in, the more damage they do to their body resulting in a number of risks to their health.

Exercise can worsen existing inflammation in the body. Inflammation is the root cause of all diseases. The simplest way to understand inflammation is to see it as an injury occurring inside the body. When we exercise it causes wear and tear of our muscles, tendons and ligaments. This is a natural process that is necessary to muscles growth. Our muscles must endure microscopic tears which then heal over and cause them to increase in size. This is the reason why it is advisable to rest between exercise sessions to allow the body to repair itself, rather than worsening existing tears.

Exercising also puts enormous pressure on the heart because it suddenly needs to pump blood at a faster rate to provide nutrients, oxygen and energy to the muscles. **A published study from the European Health Journal measured the heart rate of 52,000 cross-country runners over ten years and found that the risk of irregular heart beat increased with every race completed, and was over 30% for those who had ran five races year-on-year.**

So how much exercise is too much? Even what we consider to be mild intensity workouts can put severe pressure on the body. Studies show that sit-ups exert tremendous pressure on the spine. **One sit-up can put up to 700 lbs of pressure on the spine. This is the equivalent of carrying 700lbs of pressure on the head!**

The main problem with over-exercising is that it causes and worsens inflammation. The joints are affected by this more than any other part of the body. When the joints are mildly inflamed there may not be any pain felt, but with continuous exercise the inflammation will become worse. Over time the joints will start to hurt. Most people will continue to exercise even with the pain, believing the move-

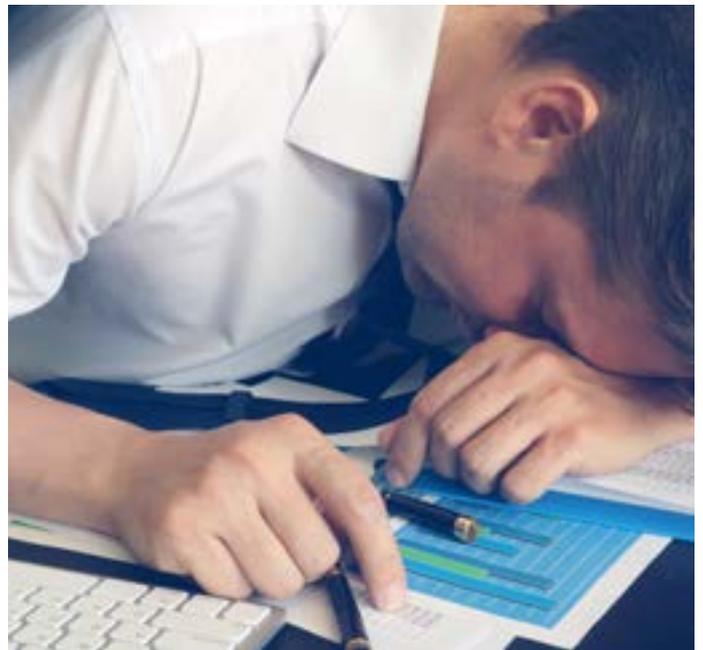


ment will make it better. However, the exercise will continue to worsen and disfigure the joint until the pain becomes unbearable. Painkillers and anti-inflammatories will suppress the inflammation for a while but there is a danger in using these to numb the pain. The underlying degeneration will continue, even if the pain is masked, until the joints become irreversibly destroyed.

The heart is also another victim of excessive exercise. The heart requires nutrients such as Acetyl carnitine and CoQ10 to function properly. Unfortunately, most people are lacking in these nutrients but they are essential for when the body is exercising and going beyond its limit. Acetyl carnitine helps heart muscles convert fat into essential energy. **CoQ10 is the key nutrient required to generate energy in cells, especially in the heart cells.** When these nutrients are lacking, the heart is unable to sustain distress. Excessive exercise will predispose it to diseases such as irregular heartbeat, high blood pressure and even heart failure. Those that are keen on daily and excessive exercising should take these essential nutrients for the heart as well as multivitamins, amino acids and healing proteins.

Scientists have studied exercise and came to the conclusion that the only daily exercise required to keep fit is about 20 minutes of brisk walking in nature. If you think of the exercise our ancestors would have done, this fits with the lifestyle of a hunter-gatherer. Gyms and extreme exercise are just a fad, listen to nature instead. ■

Adrenal Fatigue – A Hidden Cause of Chronic Tiredness



Adrenal fatigue occurs when the adrenal glands are over-worked, leading them to produce very little adrenal hormones. This triggers a lowered metabolism and reduced energy levels. The adrenal gland produces the hormones cortisol, epinephrine and norepinephrine. Cortisol is crucial for controlling stress levels. It regulates, influences and modifies many of the changes that occur in the body in response to stress, changes that impact sugar levels, immune response, blood pressure and even emotions.

Studies show that cortisol level peaks by 8AM and is its lowest around 4 AM. The body reacts to stressful stimuli by raising cortisol levels. This is a normal part of your bodily process. However, it is important that the levels of cortisol come down after the stressful event has passed. Unfortunately, due to the high stress world we live in, cortisol levels can continue to remain high. Too much cortisol will cause health problems such as diabetes, immune depression, high blood pressure, and eventually will burnout the adrenal gland. This is what causes adrenal fatigue.

Epinephrine and norepinephrine are related but separate hormones and neurotransmitters that are particularly useful for preparing the body for what is known as the 'fight or flight' response. This is a primal response to danger. These hormones serve as chemical mediators by transmitting nerve impulses to the organs thereby conveying messages to the organs that the body is in a dangerous situation. Epinephrine increases heart rate, reduces food digestion, increases lung capacity and muscle contraction. While these changes are essential to prepare the body in times of stress, the body will

suffer dire health consequences if the changes continue without end. One such problem is the eventual burnout of the adrenal gland, resulting in adrenal insufficiency and chronic fatigue.

Adrenal fatigue will also result from failure of the adrenal glands to produce adequate hormones. A primary cause of this is taking medications, especially statin drugs prescribed to reduce cholesterol levels. Cholesterol is the primary nutrient required to produce all hormones in the body including the adrenal hormones—cortisol, epinephrine and norepinephrine. It is not surprising that many of the side effects of low cholesterol are the same as those seen in adrenal fatigue – including chronic fatigue, susceptibility to infections, blood pressure changes, thyroid problems etc.

Stress causes far more harm to the body than most people realise, making it vital that we take out time to relax the body. A good way of tackling stress is to take daily walks in nature. A healthy diet is also important. The body requires nutrients to produce the hormones listed above that it requires to function adequately. Cholesterol lowering drugs such as statins should be avoided at all costs because of the harmful effect they have on the bodily process. And for those that have to take such medications, there are natural alternatives that are better than statins—and even these should not be taken continuously. ■

Powerful Natural Antibiotic

Treats and Heals

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.

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

Stomach and Intestinal Ulcers
Inflammatory Bowel Syndrome
Crohn's Disease
Diverticulitis
Gastroenteritis
Chronic Stomach Cramps
Acid Reflux



MedB Silver Solution: €35
MedB Silver Gel: €22
Call 0034 966189074



Seeing is Believing: Foods That Protect the Eyes



There is ample scientific evidence showing that certain nutrients will help to prevent against and treat two of the commonest eye diseases today: cataract or cloudiness of the lens and age related macular degeneration which occurs when the central part of the retina degenerates.

Studies show that Vitamins A, C and E helps prevent macular degeneration. These vitamins are powerful antioxidants and fight damaging free radicals that cause damage to the macula in the retina. Zinc has also been found to be very useful in preventing macular degeneration. Carotenoids are yellow and orange organic pigments found in certain plants. These pigments are known to have powerful antioxidant properties which also help protect the eyes from damaging free radicals. Other nutrients that have been found useful for protecting the eyes include Omega fatty acid family. Omega 7 is particularly effective for treating dry eyes. ■

Here is a list of the common foods containing these nutrients. Incorporate these foods into your diet if you want to protect against eye diseases the natural way:

Nutrients	Foods
Lutein	Broccoli, Brussels Sprouts, Collard greens, Corn, Eggs, Kale, Nectarines
Zeaxanthin	Oranges, Papayas, Romaine Lettuce, Spinach, Squash
Omega-3 fatty acids	Flaxseed, Eggs, Halibut, Salmon, Sardines, Tuna, Walnuts
Vitamin A	Apricots, Cantaloupe (raw), Carrots, Mangos, Red peppers (raw), Ricotta cheese (part-skim), Spinach, Sweet potatoes
Vitamin C	Broccoli, Brussels sprouts, Grapefruit, Kiwi, Citrus fruits, Red peppers (raw), Strawberries
Vitamin E	Almonds, Broccoli, Peanut butter, Spinach, Sunflower seeds, Wheat germ

Norway's All-Natural Anti-Ageing Formula

People suffering from many of the ailments of ageing will be thrilled to discover **Young Tissue Extract** a remarkable supplement made from fertilised 9-day old chicken embryos.

On day nine an incredible growth spurt happens in fertilised chicken eggs that make them triple in size due to the ultra-high concentrations of life giving minerals and compounds including all 22 essential amino acids, growth factors, polypeptides, vitamins, minerals and many other nutrients.

When humans take **YTE**, it **Regenerates the nervous system, Balances hormones for men and women, Increases stamina, Reduces physical and mental stress and Restores deep sleep.**

YTE®

BRAIN POWER



€45 / 120 caps

3 for - €110

To Order call:

0034 965071745

www.medb.es

Super Nutrient Formula

40 Vitamins and Minerals and **25** extracts of the best fruits and vegetables
All Your Daily Nutrients for less than €2 a day

Today more than ever we need extra minerals, vitamins and other nutrients as foods from today contain fewer nutrients than they did in the past. Multi Award Winning **Ultrapreventive X** is specially formulated with the best-absorbed ingredients ensuring that you receive all the nutrients your body requires for optimal daily performance.



120 Tablets - €53.
0034 965071745

The Building Blocks of a Healthy Thyroid

Your thyroid gland is in your neck. It is responsible for the production of two essential hormones – T3 and T4—that allow the proper functioning of your body. There are six minerals that are essential to the proper functioning of this important gland:



Iodine: T4 is 68% iodine by weight and T3 is 58%. Thyroid hormones contain over half of its weight in iodine.

Selenium: Essential for the production of T4 and is crucial for converting the less active T4 to the more active T3. There are over a dozen selenium dependent enzymes for activating thyroid

Zinc: Essential for the synthesis of thyroid hormones. Zinc deficiency is known to cause hypothyroidism. Thyroid hormones are essential for the absorption of zinc.

Copper: Crucial for the production of thyroid hormone. The amino acid tyrosine is a key nutrient for the production of thyroid hormones and its production in the body is dependent on having enough copper.

Chromium: Crucial for producing insulin which controls blood sugar levels and is also important for converting T4 to T3.

Magnesium: Calcium and magnesium must be properly balanced to maintain insulin. Too much calcium in the body will diminish thyroid levels. Magnesium controls calcium levels and ensure that calcium is absorbed into the bones.

Thyroid problems are very common, especially in women, so it is important that you ensure your body is getting the minerals it needs for a functioning thyroid gland.■

Walnut with Chocolate

200 g walnuts

150 g chocolate with 70% cacao or more



Take a small saucepan, start with more or less 150 g of the chocolate and break it in small pieces. Apply gentle heat and let the chocolate melt very slowly, constantly stirring using a wooden spoon. When melted, add bit by bit the walnuts. Stir the walnuts around in the chocolate until they're completely covered. If there is enough chocolate add some more walnuts. When all the walnuts are covered, spread the mixture out on a plate or tray lined with parchment paper. Let the slab cool down and break it in pieces before serving.■



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.

Come and experience the difference at Family Chiropractic Care.

Our greatest wealth is health.

Dr Dutey-Harispé D.C

Carretera Almoradi,

No 18 Bajo,

03169, Algorfa

☎965071898, 618337616

info@chiropractoralgorfa.es

Did you know that **inflammation** is the underlying cause of all **diseases**?

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

Pectasol eliminates toxins from the body

Studies confirm that many different toxins leave the body through the urine after taking Pectasol.

Pectasol also reduces levels of Galectin-3, a chemical in the body associated with breast and prostate diseases.

90 Capsule Bottle/Course – €64. 1-3 Courses required.

☎0034966189074



☎ **Alex - 626864867**

Taxi No.73, Torre Vieja

Airport and Less-abled Service

Alejo_armero@hotmail.com



Read the Magazine Online

www.medb.es

3 Ways to Become an Awesome Listener

Being a 'good' listener is an art. You probably know who in your life exemplifies 'good listening' because you feel good around them. You feel brightened by their company and find them scintillating in conversation. They engage with you in a way that feels like the energy is flowing back and forth between you two. You feel lighter, laugh more, and are more open with that person. You consider them a delight to have around and everybody loves them.

When you are not a good listener the opposite applies. No matter how knowledgeable you are, people will find you a bore. They will feel depleted rather than energised by your company and most certainly will not feel that you 'see' them or care about them.

What is the art of listening? There are two main ways to listen, passive and active.

WHAT LISTENING IS NOT

Interrupting

Passing judgement, positive or negative.

Saying, "me too", and turning the conversation back to yourself.

Being distracted by other things or people.

Interrogating.

Advising or even reassuring.

So, what is left you may ask? All the good and effective stuff is left.

Passive listening: This is simply listening. That does not mean you remain silent.

1. Mirror the speakers body language. We tend to do this naturally. When you are in sync with someone you lean forward when they do, cross your legs when they do. If they are leaning in to you, rather than sitting back with your arms crossed, lean in too, to receive the gift of their words.

2. Make eye contact, give your undivided attention.

3. Aha and mm and nod. These are cues that show you are with them. People naturally open up more and feel validated and that you are interested.

Active listening: You may have to practice this.

1. Listen for what the speaker is really saying and respond to that.

If someone says. "Oh, god the traffic was horrific this morning, I am so stressed out".

What you can hear is, they feel stressed out and worried. And you could say...



"Feeling really stressed this morning, hey?"

When you get it right they will grunt a yes, or nod or say yes. If you get it wrong they will tell you. "No, I didn't mean that".

If they say, "Why are you late, I made dinner an hour ago, where were you?"

If you listen well you will hear they are disappointed you weren't home to eat dinner with them and they love you and wish you were there earlier"

You might say. "Honey, I know you love me and wish I was home for dinner on time."

I promise they will nod and drop defense immediately.

The second awesome listening tip I have is.

2. "Tell me more about that".

This simple statement is all powerful. It indicates you care and interested and will instantly endear you to the speaker.

Try listening well and you will be amazed the joy you can bring to those you love and encounter in life. ■

Tiamara Williams is a New Zealand writer, transformation coach and change maker. Her website is 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



Whole Body Diagnostic Scan

Non-invasive, Computerised

- Head to toe scan of all organs
- Disease Diagnosis
- Blood Test
- Microbiology
- Toxicology
- Food Intolerance Test
- Natural Therapy and Nutrition Counselling
- Free Follow-up Scan
- Body Composition Analysis

€130, 10% discount for couples

☎ **965071745, 966189074** or visit www.medb.es

Clinic - 1161 Punta Marina, Torrevieja

