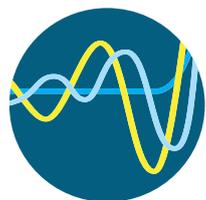


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# medb health

EMPOWERING WELLNESS AND HEALTHY AGEING

EDITION 16. SEPT/OCT 2016 [WWW.MEDB.ES](http://WWW.MEDB.ES)

## Reducing Inflammation is Key to Preventing Disease

What Happens When Plants  
Are Genetically Modified?

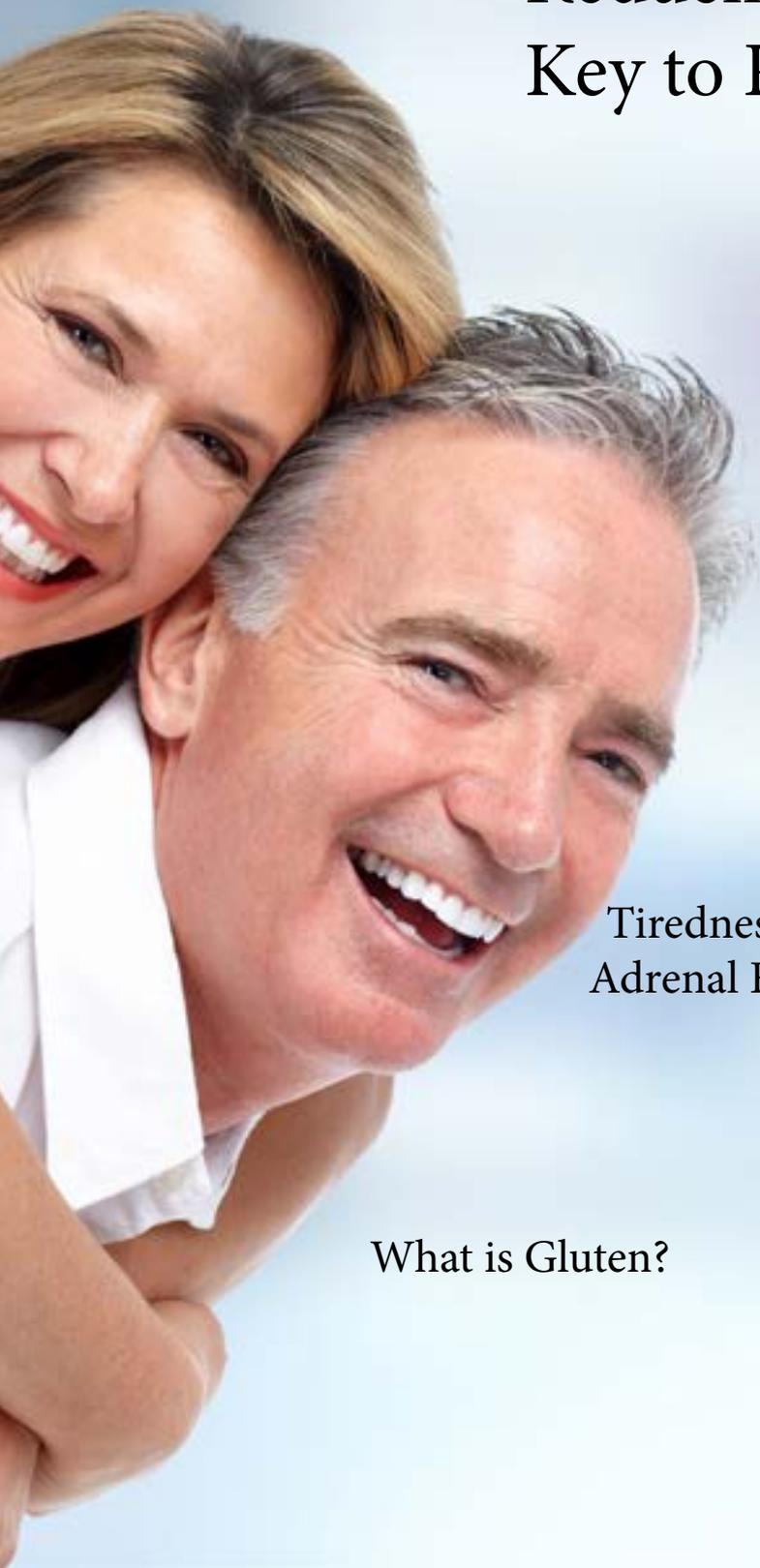
Are There Proven Benefits of  
Meditation?

Tiredness and  
Adrenal Fatigue

What Causes Grey Hair?

What is Gluten?

Why Do We Feel Pain?



**NEW**

## SERRAPEPTASE ENZYME

Dissolve deadly plaque in arteries and reduce your risk of heart disease and stroke

- Reduce high blood pressure
- Alleviate arthritis and inflammation
- Clear congestion from the lungs
- Maintain a healthy digestion



“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 supply 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 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, Head Dept of Medicine, Paracelcus Klink, Germany; inventor of serrapeptase*

Serrapeptase is a natural enzyme produced by the Serratia bacteria living in silk worms. Once the silk worm has completed its transformation it uses the enzyme to dissolve the cocoon and escape as a butterfly. The enzyme dissolves the dead tissue around the butterfly, but leaves it unharmed.

Dr Nieper a German oncologist and medical doctor discovered and studied the cardiovascular and blood cleansing properties of serrapeptase, and found it very effective for cleaning out the blood vessels and organs where fibrous tissue has accumulated.

Current medical research has identified inflammation as the underlying cause of most chronic diseases, including heart attack and stroke. Inflammation leads to a build-up of fibrous tissue and plaque in arteries, joints, intestines, and other organs in the body.

Serrapeptase from MedB contains high quality enteric coated capsules.

1 bottle contains 90 capsules  
Dose: 1-3 capsules, 3 times daily.  
Quantity: 80,000 IU per capsule

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Taking care of our health is something we expect other people to do for us. Most people believe that experts are required to guide them through all aspects of their health. And Yes, there are situations when we need professional help such as in an emergency situation, such as an accident or when a chronic illness gets out of control. Nevertheless, such cases are relatively rare.

The reality is that most diseases can be prevented and managed without expert help. The human body is intelligent and knows how to heal itself; something it performs thousands of times every day. It needs the right nutrients and a healthy environment to do so, and this issue focuses on the basic changes we can make to improve our health.

MedB clinic now has a new scanner to analyze the composition of the body. The non-invasive technology uses eight sensors to calculate the weight and percentage of water, muscle, fat and minerals in the body, as well as other parameters like Weight, Height, BMI (Body Mass Index), Waist-Hip Ratio and the daily calories required to maintain a healthy weight.

The scan will be a part of the full body diagnostic scan offered in the clinic and will be valuable for patients on a fitness or weight loss program and bodybuilders.

Have a great time!

Dr Machi Mannu (MBBS)



## “An ounce of prevention is worth a pound of cure”

*Benjamin Franklin*

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# Reducing inflammation is Key to Preventing Disease



**E**very disease starts as inflammation, even though diseases have different origins. Inflammation is the medical term for a wound inside the body. And in time the wound can progress into full-blown disease. The key to maintaining excellent health is to reduce inflammation in the body.

The body functions in harmony as one entity, but in reality, it is a community of over 100 billion cells. Every cell is a separate entity and performs similar functions as the human body to stay alive. Cells feed, respire, produce waste and respond to their surrounding environment inside the human body.

Diseases manifest inside cells long before the organs are affected and the body starts to feel symptoms. Diseases originate from 2 sources—genetic changes inside cells and environmental changes outside cells. Diseases that arise from genetic changes in cells are inheritable diseases, and they cause only a fraction of the diseases that afflict humans. Most diseases occur from changes taking place outside cells, changes that are within human control.

Controlling environmental factors or outside influences that cause inflammation will prevent most diseases and improve the quality of life in chronic disorders.

**The primary sources of inflammation in the body are inadequate nutrition, harmful microbes, and toxins.** Nutrients provide the body with raw materials for maintaining, repairing and regenerating damaged and worn out parts of the body. The body requires key nutrients, many of which are deficient in today's diet.

Sub Nutrient deficiencies is also a growing problem where people consume just enough nutrients to prevent disease, but not enough for the body to function optimally.

A recognized reason for the nutrient deficiencies seen today is the reduced nutrient levels of soil today. Most fertilizers contain only the necessary minerals—Nitrogen, Phosphorus, and Potassium (NPK). But plants concentrate many more nutrients for humans and other animals that feed on them.

Although plants are growing bigger, many studies show that their nutrient levels are much lower when compared to levels 50 years ago. The body requires more fruits and vegetables to get its daily

supply of nutrients. Meat, eggs, and other animal foods are also deficient in nutrients. Sourcing and preparing food requires time and energy, which discourages most people from cooking. Homemade foods are still the best source of nutrients. Processed foods have their nutrients stripped off when during manufacturing. Processed foods also contain inflammation-causing chemicals added to enhance taste and palatability.

Natural foods also contain toxins from the insecticides and pesticides used during growing and harvesting of plants. Soaking fruits and vegetables in water containing apple cider vinegar for about 15 minutes remove some of the toxins in foods.

Some of the most inflammatory foods consumed today are wheat and vegetable oils. The wheat eaten today is a genetically engineered form of wheat produced in the mid-1970s and entirely different from the original wheat called Spelt. This modern wheat contains extremely high levels of gluten and other toxic proteins that destroy the lining of the stomach and the intestines. The alternatives to wheat based foods are other grains such as Spelt and Rye based foods.

**Vegetable oils such as corn oil, sunflower oil, Rapeseed oil and canola oils have very high levels of Omega-6 fatty acids which promote inflammation.** Studies show that most people have extremely high levels of Omega-6, and scientists believe this may be the biggest contributor to inflammation today. Omega-6 is essential to the body, however too much will promote inflammation and cause disease. Vegetable oils also contain high amounts of unsaturated fats which are easily damaged and converted into toxic compounds that fuel inflammation.

**When fat is unsaturated, it has spaces in its structure that make it unstable and easily damaged by toxins.** In contrast, saturated fats have a tight structure with no spaces, making them resistant to toxins. Saturated fats and oils include coconut oil, butter, ghee. Olive oil is also a healthy oil, even though it contains unsaturated fats. Olive oil



is best consumed uncooked or cooked at a low temperature. Vegetable oils such as canola oil, sunflower oil, safflower oil, corn oil and safflower oils contain high amounts of unsaturated oils and fats.

Environmental toxins are also a major source of inflammation in the body. Today we are surrounded by many sources of chemicals from plastics to cosmetics and even medications. **Cosmetics are a big contributor to the toxic overload observed in many people today.** The skin is the largest organ in the body and absorbs many of the chemicals it comes in contact. Many of the chemicals used in cosmetics are untested for human safety, and some of those tested cause intense inflammation and even cancer such as parabens used as preservatives and Sodium Lauryl Sulphate added as a foaming agent.

The immune and nervous systems are very sensitive to the effects of toxins, and these problems occur ten times more in women than in men most likely because women use far more cosmetics than men.

**Microwaves are also a recognized source of**

**toxins.** Although most people assume that the danger from microwaves is from the radiation it emits, the real danger occurs when microwaves convert nutrients in food into toxic compounds. Studies show that eating microwaved foods increases by many folds the blood test markers of inflammation when compared to foods cooked with natural heat.

**A cellular detoxification therapy removes toxins buried deep inside the cells, a different process to a colon cleanse which is more superficial and removes undigested food particle from the gut.**

A few substances are known to perform this function and include Pectasol (Modified Citrus Pectin). Water is an essential part of any detoxification program and is also a detox agent on its own.

Infections, especially when they occur in the digestive system, is a leading source of inflammation. Inflammation of the gut will accelerate inflammation in the rest of the body. When the intestines are inflamed, they are unable to digest food and absorb nutrients properly, thereby depriving the rest of the body of essential nutrients required to combat inflammation. Inflammation of the gut also increases the likelihood of infections that also add to inflammation.

Harmful microbes suppress the growth of healthy bacteria that aid food digestion and strengthen the immune system. The absence of healthy bacteria in the gut paves the way for the growth of harmful bacteria and fungus that cause inflammation and disease in the intestinal tract. Infections in the intestines will spread through the lymph system to the rest of the body. Persistent abdominal infection gives rise to urinary and kidney problems.

Foods that contain healthy bacteria called probiotics will help reduce inflammation of the gut by suppressing the overgrowth of harmful microbes. Such foods include Kefir, yogurt, fermented vegetables such as Sauerkraut.

Colloidal Silver is a preferable antibiotic to prescription antibiotics for treating gut infections and persistent digestive problems. Colloidal silver is a powerful antibiotic effective against viruses, fungus, and bacteria, unlike



prescription antibiotics that are mostly active against bacteria. Prescription antibiotics are useful for treating localized infections such as dental abscesses which provide a target for the antibiotic. Without a target, which is the case with most infections, antibiotics lose their effectiveness.

To a very real extent, keeping healthy or managing disease involves maintaining a healthy diet to reduce inflammation to the barest minimum.

## What is Gluten?

Gluten refers to a mixture of proteins found in grains such as wheat, rye, and barley. But, there is more gluten in wheat than any of the other grains. The wheat eaten today is a genetically engineered plant that contains extremely high amounts of gluten and is very different from the original wheat called Spelt.

When gluten mixes with water, it becomes doughy and easily handled into different shapes, and it is this sticky consistency that makes grains like modern wheat with the highest concentrations of gluten, the most appealing for making bread, cakes, and other pastries.

This glue-like property of wheat also makes it useful for manufacturing other products such as envelope glue, cosmetics, paint, toothpaste, many medications, as well as use as a meat substitute.

The main proteins in gluten are glutenin and gliadin, and it is gliadin that triggers intense inflammation in the body especially in high concentrations. Most people can tolerate moderate amounts of gluten without problems.

Modern wheat which is genetically modified contains high levels of gluten and is responsible for the increasing rate of diseases of the digestive system seen today such as Coeliac Disease.

Even in the absence of a positive gluten sensitivity test, many people still have an intolerance to gluten.

Chronic disorders of the gut will be relieved by avoiding foods made from modern wheat and replacing them with foods prepared from alternative grains such as Spelt, barley, and rye. Some others will have to cut out all grains entirely from their diet before healing can occur.



## Relieve Joint and Muscle Aches and Pain with MSM

MSM (Methyl Sulfonyl Methane) is the most vital nutrient required by the body to build and maintain strong and healthy joints and bones. MSM occurs naturally in the body, and is used to make collagen- an important component of our bones, joints, skin and hair. More so than calcium your body needs MSM to build bones, joints, skin and hair. For this reason MSM has been called the 'beauty mineral'

MSM is a powerful painkiller and anti-inflammatory agent and studies have shown that MSM is more effective than prescription medications for treating Rheumatoid arthritis, Osteoarthritis, Frozen shoulder, Muscle cramp, Neck pain and Back pain.

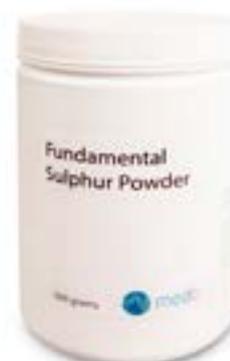
### **Pure Plant-based MSM from MedB**

One container ( 500 grams) retails for €35

Dose 1-2 teaspoons, 3 times daily

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# What Happens When Plants Are Genetically Modified?

**G**enetically modified (GM) seeds and crops have inside them prepackaged insecticides and herbicides. The manufacturers of GM seeds and crops claim that the built-in chemicals have no effect on the human body.

A 2012 study from the University of Caen France clearly demonstrated that rats fed genetically modified corn for two years developed far more cancers and died earlier than rats fed non-GM foods. Other studies have linked genetically modified cotton to chronic skin and kidney diseases in humans. There is substantial evidence supporting increased rate of diseases in farm animals fed genetically engineered foods.

Seeds are modified genetically by injecting into them genes that will confer them with the desired effect such as a resistance to disease or increased growth. These genes are transferred using a virus or bacteria called a promoter. Although the manufacturers maintain that these bacteria and viruses are harmless to the body, there is new evidence that they alter the genes of beneficial bacteria living in the gut, with the potential of turning them into deadly germs.

Genetically modified plants are intellectual property and belong entirely to the corporations that hold the patent. These GM seeds and plants are designed to be infertile and will not grow if planted. Farmers must purchase these seeds every year for planting rather than rely on the timeless tradition of storing seeds for next year's planting season.

According to studies, genetically modified crops have not resulted in increased food production since their introduction. On the contrary, many areas that have embraced genetically modified plants have noticed a gradual reduction in



their crop yield as well as the pollution of the environment caused by high amounts of weed killers used in producing GM plants. GM plants are resistant to weed and pest killers, prompting farmers to use a lot more of these chemicals in farms. As a consequence, GM foods contain more toxins from sprayed pesticides and insecticides than non-GM foods.

Until now, only a few plants have been genetically modified and patented and include Corn, Cotton, Soybeans, Papaya, Tomato, Rapeseed, Sugar beet, and Canola. Corn is the only GM crop grown in Europe. Spain and the United Kingdom are not among the 19 EU countries that opted out of growing GM plants in 2015. However, labeling of GM foods is mandatory in European Countries.

# MitoQ

*Because disease and ageing start at the cellular level*

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Until now.

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

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

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

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

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CAPSULES**

**1 BOTTLE  
€55**

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- Fine lines,
- Wrinkles
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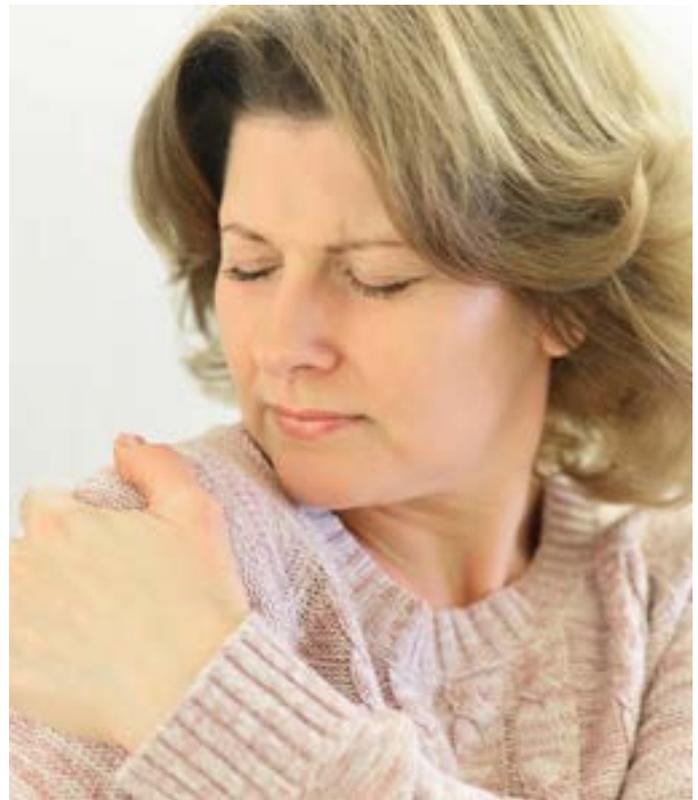
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I am 55 years old and have suffered from pain all over my body since my 30s. The pain has worsened over the years, and investigations have failed to find out any problems. I was on steroids for many years, for fibromyalgia, but I've stopped them after I had complications. Now I take painkillers when the pain is unbearable as I feel they are masking the real problem.



I agree with you. Pain is a warning signal pointing to something not quite right in the body. The nerves carry pain signals and are sensitive to pressure usually arising from an inflamed organ or region of the body.

When pain is felt all over the body as in your case, it indicates that there is inflammation occurring all over your body. Diseases such as fibromyalgia cause generalized pain and are treated with steroids to reduce inflammation and pain. But reducing inflammation will not tackle the problem.

People diagnosed with fibromyalgia and similar illnesses that cause widespread pain usually have problems with the detoxification system (waste removal system) which in turn affects the immune and hormonal systems. When the detoxification system no longer functions properly, toxic waste accumulates in the body and cause disease over time.

The buildup of toxins will also damage the hormonal system and cause a hypersensitivity to pain. People with fibromyalgia have high levels of a chemical that heightens pain called Substance P, and low levels of serotonin which dampens pain signals.

The immune system is also very vulnerable

when the detoxification system of the body fails. Toxins will set off antibody production in the body, and will result in the body producing antibodies to destroy itself. Diseases such as Fibromyalgia and autoimmune diseases occur ten times more in women than in men. Cosmetics may be the reason for this difference.

Almost all chemicals used in cosmetics are untested for human safety. From shower gels, shampoos, body lotion, face cream, lipstick, deodorant, the list goes on, and every day more chemicals are produced for cosmetics. The skin absorbs every chemical it comes in contact with, and the liver must break down these chemicals before the kidneys filter them.

Modern medicine has no therapy for detoxing the body, and your treatment should start with reducing your exposure to toxins, and then detoxing the body with suitable agents. Detoxification is the process of pulling toxins from deep inside the cells. Pectasol made from Modified Citrus Pectin is an efficient detoxification agent

# What Causes Grey Hair?



In many societies, grey hair signifies maturity, wisdom, and experience. In popular culture, grey hair is considered fashionable. But grey hair can also point to nutrient deficiencies, severe stress or even chronic illnesses. Grey hair can also be distressful for people of a younger age.

Hair grows out of pits in the scalp called hair follicles, and these pits contain two types of cells—keratocytes which produce hair strands, and melanocytes which add colour to hair. Hair grows when dead keratocytes are pushed out from the pits and along the way melanocytes add pigments to provide hair colour.

The keratocytes that produce hair strands live all through life, but the melanocytes that provide colour to hair start to die off much sooner, leaving the hair strands grey.

Melanocytes are also very sensitive cells easily damaged by chemicals that come in contact with hair from shampoos, hair colour, hair dye and other hair products.

Stress is also one of the leading causes of grey hair. There are many accounts of the hair turning grey very quickly on receiving stressful news. Stress damages the body by promoting the production of toxins called free radicals which flood the body destroying the delicate cells that produce pigments—the melanocytes and causing premature grey hair. Stress also generates tension in the scalp and skin, which interferes with blood flow and deprives the hair of essential nutrients that prevent grey hair.

The lack of some minerals will cause grey hair. Copper is a vital part of the pigments that add colour to hair and studies show that people with early greying of the hair have low copper levels. Copper rich foods include cashew nuts, dried beans, chickpeas, lentils shiitake mushroom, oysters, dried prunes, avocados, and chocolate.

Deficiencies of the B Vitamins is also a primary cause of grey hair. Folic acid (Vitamin B9) promotes the production of the proteins required for making hair. PABA (Para amino benzoic acid) also called Vitamin Bx, is an essential nutrient for hair growth. Foods that contain PABA are often claimed to prevent and reverse grey hair and include brewer's yeast, molasses and organ meat. Other B vitamins that are also crucial for maintaining hair colour are vitamins B5, B6, and B9. Foods that contain the most B complex vitamins are yeast, nuts, liver, broccoli, Spinach, Brussel Sprouts.

# Why Do We Feel Pain?



**P**ain is a valuable warning signal to the body. Pain keeps the body out of harm's way. The body will be more prone to injuries and danger without pain. People that have lost pain sensation due to disease like diabetes are more susceptible to damage and need to examine their feet frequently for undetected wounds.

Pain helps us avoid potentially hazardous situations in future. We are motivated to avoid circumstances that cause pain. A child's first time experience with fire is a lesson not forgotten. The nervous system which includes the nerves and brain run continuously through the body as the key information-carrying network of the body. The nerves transmit pain signals in a similar way that electricity flows through wires, and the brain is responsible for interpreting the signals as pain. Organs that have no nerves such as the brain do not cause pain when injured. The nerves are sensitive to compression, and this is the source of most of the pain we feel in the body.

Although pain is essential for survival, it produces stress in the body, and the body releases chemicals called endorphins to block some of the pain messages transmitted to the brain. The brain also produces chemicals such as serotonin—the feel good hormone— to neutralize pain sensation. A study from the University of Wisconsin found that when volunteers dipped their arm into freezing water after hearing messages that were uplifting, neutral or depressing, the happy group dealt with the pain better. Another study found that listening to music that is enjoyable boosted pain tolerance.

As pain flows through the network of nerves, it becomes linked to other signals such as emotions that also flow through the nerves. These emotions such as mood, fear, joy, panic, etc. will affect the way the body perceives pain at any given moment.

Pain is an individual experience and depends on the brain's interpretation, which in turn depends on the body's physical and emotional state. Happy emotions encourage the body to produce the 'happy hormone,' serotonin which neutralizes pain signals. Stress and negative emotions trigger the production of chemicals that worsen pain such as substance P.

Imbalances of the hormonal system and the immune system increases the body's sensitivity to pain. Diseases that cause chronic pain such as Fibromyalgia cause a dysfunction of the hormonal system that leaves the body hypersensitive to pain.

The nerves are sensitive to toxic chemicals, and maintaining a lifestyle that discourages toxins in the body will help relieve chronic pain in the body.

# Colloidal Silver: The Universal Antibiotic

**S**ilver has been used for thousands of years as an antibiotic. Ancient cultures used silver pots to store water, with the knowledge that it will protect them against diseases. Silver dressings and products are currently used in specialist hospitals to speed-up the healing of wounds. The international Space station and the Russian Space station use colloidal silver to purify water. Most recently, silver has been recommended for use in surgical instruments and silver coated catheters, to prevent MRSA infections.

Colloidal Silver was recognised as a powerful antibiotic as soon as it was first discovered by Dr Silver in 1906, but it fell out of favour decades later, when antibiotics became available. And today, with the rise of antibiotic resistant microbes, colloidal silver is making a come-back as the preferred antibiotic of choice for a variety of infectious diseases.

Several scientific studies have demonstrated that colloidal silver is a powerful antibiotic.

**In the 1980s, studies carried out at the Syracuse University and the UCLA School of medicine showed that colloidal silver was highly effective against bacteria, viruses, and fungal microbes, including those that had become resistant to antibiotics. Recently studies at the University of Texas suggested that colloidal silver may be effective against HIV-1 virus.**

Colloidal silver has absolutely no side effects. The particles of silver in colloidal silver are extremely tiny, making it impossible for any form of toxicity to occur in the body. The cosmetic side effect of argyria (greying of the skin) is only seen when people consume silver salts and solutions that are not fit for human consumption

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Colloidal Silver Spray  
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Colloidal Silver Gel  
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# Tiredness and Adrenal Fatigue



Adrenal Glands are small organs weighing about 5 grams each that sit on top of the kidneys and secrete hormones that keep us alert, regulate stress and control salt levels. The main hormones from the adrenal glands are adrenaline and cortisol. Adrenaline also referred to as the 'fight or flight hormone,' primes the body for action, to fight or run for survival. In the early days of human evolution, when humans were part of the diet of some animals, the adrenal glands played a critical role in survival.

When the body feels threatened, it sends information to the adrenals to release adrenaline and cortisol, hormones that help the body prepare for stress and danger. These hormones bring about changes in the body in preparation for what's ahead. Cortisol increases blood sugar levels to provide the muscles with more energy. Adrenaline increases heart rate, and the heart pumps more blood to the muscles ensuring that the body responds faster and reacts quicker to danger. Adrenaline is also responsible for keeping the body in an alert state until the danger passes.

But these changes come at an enormous cost to the body. And so the body evolved to accommodate stress for very short periods of time. Fleeing from a wild animal can only go on for a short while! When the danger is averted, the body returns to a normal state.

In the world today, many people are experiencing unprecedented levels of stress. From the

stress at home, the workplace, and the constant bombardment of stressful news through the media. The result is that many people are continually in a stressful state. The body responds by pumping out stress hormones from the adrenal glands to help it cope. In time the adrenal gland is completely drained of hormone reserves and starts to shut down, leaving the body unable to deal with any form of stress.

The body requires healthy levels of hormones from the adrenal gland to maintain a level of alertness and activity. But when the adrenal glands become dysfunctional and unable to produce any hormones, the result can be extreme exhaustion and inability to tolerate any level of physical or emotional stress.

The adrenal gland also produces a hormone that regulates minerals and salt in the body, and a dysfunctional adrenal gland will increase the loss of minerals from the body which leads to a craving for salty foods, as the body tries to replace the lost minerals.

Diseases of the Adrenal gland usually follows a history of severe stress, anxiety, and hormonal dysfunction.

# Repair Your Body With YTE



**Y**TE IS THE extract of fertilized chicken eggs incubated for nine days and carefully extracted to preserve the unique blend of nutrients found nowhere else in nature.

Canadian Medical Doctor, Dr Davidson first discovered the healing powers of YTE in the 1930s. While studying chicken eggs, Dr Davidson found that on the 9th day of incubation, the eggs undergoes a tremendous growth spurt that triples the size of the embryo. He theorized that the chicken egg on day nine must contain concentrated forms of the most vital nutrients for maintaining life. And he was right.

Since the 1990s, several studies have confirmed that 9-day old chicken eggs contain nutrients that are the source of life. These nutrients include all 22 Amino Acids, Polypeptides, Oligopeptides, Neuropeptides, Growth factors, vitamins, minerals and a host of other nutrients.

**But Above all, YTE contains FGF (Fibroblast Growth Factor) which initiates the regeneration and repair of damaged organs in the body.**

## Other Benefits:

- Deep and Refreshing Sleep
- Increased Stamina
- Enhanced Memory
- Reduced Physical and Mental Stress
- Better Focus and Concentration

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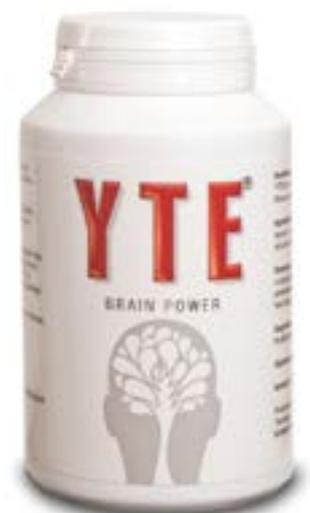
1 bottle contains 120 capsules

Dose: 4 capsules at night or 2 capsules in the morning and evening

Price per bottle: €45  
3 bottles for €110

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Free shipping within Spain



## Women with higher levels of Vitamin D have lower cancer risks

A study from the San Diego School of Medicine USA found that women over 55 years old with a Vitamin D concentration over 40 ng/ml had a 67% lower risk of cancer than women with concentrations below 20 ng/ml.

The researchers concluded that Vitamin D will only protect against cancer when blood levels rose above 40 ng/dl and that the adequate amount of Vitamin D that is necessary to prevent all types of cancer is between 40 and 60ng/dl. There were more benefits with higher blood concentrations of vitamin D.

One study from 2015 showed that levels of Vitamin D over 30 ng/dl had a 55% protection against colorectal cancer. Sunshine is the best source of vitamin D. However in the winter; there is a need to take supplements, in particular for people living in colder regions.



## Know Your Nutrients: Vitamin B3

Vitamin B3 refers to a group of chemicals that include the compounds nicotinic acid and nicotinamide. Nicotinamide is the most active form of Vitamin B3.

Deficiency of Vitamin B3 causes a severe illness called Pellagra, and until the discovery of Vitamin B3, Pellagra was a leading cause of death.

Vitamin B3 is essential for maintaining the Skin, Intestines, and the Brain.

Vitamin B3 is crucial for converting sugar, carbohydrates, and fats into Energy.

Vitamin B3 also plays a vital role in protecting against heart disease and stroke by neutralizing toxins called free radicals which trigger the formation of plaque in arteries.

Vitamin B3 is essential for regulating Cholesterol in the body. The active form of Vitamin B3 called Nicotinamide is stronger than statins without causing the side effects associated with statins. The vitamin B3 available in shops is usually the inactive form called Niacin.

The primary sources of Vitamin B3 are tuna, chicken, asparagus and crimini mushrooms, tomatoes and bell pepper.



## Women 50% less likely to be diagnosed with heart attack

According to a study from the UK, Women suffering a heart attack are 50% less likely to be diagnosed and treated by the national health service (NHS).

Researchers from the University of Leeds studied the report of over 600 000 patients with heart attack and found that about a third had a misdiagnosis, and most were women. The researchers believe that most of the misdiagnosis was as a result of the women failing to recognize their symptoms. Chest Pain is the main symptom of heart attack, but it is usually absent in women.

## Pectasol Cellular Detox Therapy

Scientifically proven to Remove

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# Are There Proven Benefits of Meditation?



**M**editation is the process of emptying the mind of thoughts. The mind is active all through the wakeful state and continually processes information from the present, past and future. However, when this activity becomes uncontrollable, it becomes a source of stress and eventually diseases, and meditation offers a way to reduce the chatter and relax the mind. Uncontrollable thoughts are a primary source of sleep deprivation, anxiety, and tension. Long term stress and anxiety will eventually lead to diseases especially of the nervous and immune system.

There are many different meditation techniques; nevertheless, they all aim for the same goal of quieting the mind and relaxing the body.

There is evidence that meditation benefits the mind and brain and relieves some disorders of the brain. Practitioners of meditation report an increase in focus and concentration. When the body is tense, the brain fires at a higher frequency, and although the brain can function at this speed, it performs better at a slower speed.

Meditation also helps depression. Sometimes depression is caused by a persistent pattern of thoughts with no break in sight and meditation breaks this cycle of negative thoughts.

Clinical studies show that people who meditate on a regular basis, have enlarged prefrontal cortex, the part of the brain that has to do with thinking. Very possibly meditation also offsets the mental decline that occurs with age as well as helping to reduce the risk of brain diseases such as Alzheimer's.

There is evidence showing that controlling the mind through meditation increases mental strength, resilience, and emotional intelligence. Long-term meditation increases grey matter density in the areas of the brain that have to do with memory, learning, self-awareness, compassion, and introspection.

Researchers from Nottingham Trent University UK reported that when participants with stress and depressed mood underwent meditation, they experienced improvement in psychological well-being. In another study, participants that underwent several months of meditation noticed that they had better control over distributing mental resources.

A published study in the journal of Brain, Behavior, and Immunity, found that 30 mins of meditation daily not only reduces the sense of loneliness but also reduces the risk of heart disease, depression, Alzheimer's and premature death

# The Full Body Scan at MedB

## How the scan works

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

## What to Expect

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

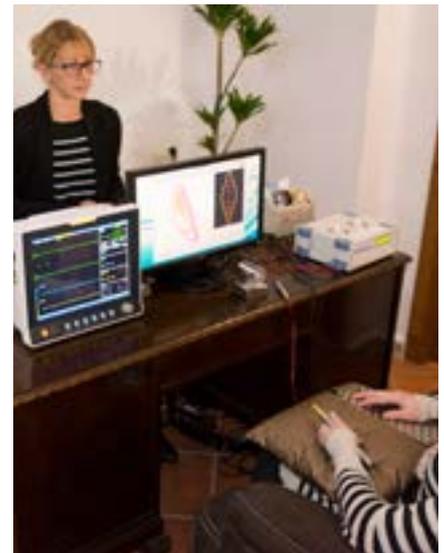
It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

The only things you need to remove for the scan are any jewellery or metal/electronic objects. We would also ask that for 48 hours before the scan you avoid coffee, alcohol & very spicy food. Everything else is OK. You also need to avoid smoking or using your mobile phone an hour before the scan.

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

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

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



## Benefits

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

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

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

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