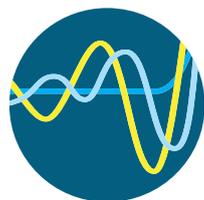


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Understanding
Parkinson's Disease

Depression and
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What is Sick
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- Alleviate arthritis and inflammation
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“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.

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Editorial

The lack of energy is a growing problem in the world today. Perhaps we are doing more work than we have ever done as human beings, or maybe there's a real issue. Either way, people want to have sufficient energy to go about their daily business. There are reasons why people lack energy, and we have discussed the common ones as well as what you can do to boost your energy levels.

The winter season is here again, and the call is out for people to receive the flu vaccine. It comes as a shock to people when they realize that there were no studies carried out to determine that the flu vaccine worked before it was offered to the public. Instead, there is hard scientific evidence linking the flu vaccine to serious health problems including a weakening of the immune system, the very system it should protect in the first place.

Vitamin D strengthens the immune system, and sunlight is required to make adequate amounts of vitamin D. Low sunlight in the winter months which results in inadequate vitamin D levels in the body, is regarded as the main reason for increased winter infections. The solution is to boost the body with immune system supplements especially Vitamin D.

We are now offering a free body composition scan until the end of the year, every Friday. Call 966189074 to book an appointment.

Dr Machi Mannu (MBBS)



WHAT'S INSIDE

Every living cell in your body is made from the food you eat. If you consistently eat junk food, then you'll have a junk body."

Jeanette Jenkins

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Why Do you lack Energy?



Without adequate energy, the body cannot stay healthy. The body requires energy to perform activities that are essential for survival. Energy is needed to process nutrients from food, absorb nutrients into the body, excrete waste products, and to maintain and repair the body. A lack of energy will not only cause tiredness but eventually will lead to disease.

Before food can provide energy for the body, it is transformed into a compound called **ATP** (Adenosine Triphosphate). ATP is the fuel that every cell in the body burns to generate energy. The human body is made up of over 100 billion individual cells, and each cell is a mini version of the human body. Just as the body requires energy in the form of food to survive, our cells need energy in the form of ATP. Cells have power generating engines called mitochondria that burn ATP to produce energy.

Converting food into ATP is a complex process involving thousands of chemical processes and utilizing hundreds of nutrients, and it works most efficiently when nutrient levels are at an optimal level.

Healthy Nutritious Diet is Important

Energy production in the body requires and consumes many nutrients including many vitamins and minerals—Vitamins B complex, Magnesium, Iron, Zinc, Selenium, Acetyl -L- Carnitine as well as chemicals such as the hormone thyroxine, and essential fatty acids. Cooking destroys many nutrients making it crucial that fresh foods should make up a significant portion of our diet.

Fresh, natural foods are preferable to processed foods which have nutrients stripped out during processing. Processed foods typically contain toxic food additives that interrupt energy generation in the body.

Food sweeteners such as fructose Corn syrup cause inflammatory diseases of the stomach and gut that reduce the absorption of nutrients. Although a person's diet may be healthy, they may still suffer from nutritional deficiency caused by inflammation of the intestine which prevents adequate absorption of nutrients.

Researchers point to **wheat as one of the most toxic food consumed today** and a primary cause of inflammation of the gut and stomach. The strain of wheat commonly available today is a genetically modified strain of wheat introduced in the mid-1970s.

Today this Genetically Modified wheat is used worldwide to produce many wheat based foods including bread, cakes, cereals, biscuits, pies, pastries, puddings as well as sauces, soups, tinned foods.

Genetically Modified wheat contains extremely high levels of toxins, the best known being gluten. But wheat contains more potent toxins such as Wheat Germ Agglutinin, Lectins as well as extremely toxic levels of insecticides and pesticides. Wheat is the most intensively cultivated plant in the world and requires more chemicals during cultivation than any other crop.



Toxins in wheat will trigger inflammation in the gut and prevent the proper absorption of nutrients, and deficiency of nutrients will reduce the energy generating ability of the body.

The wheat widely consumed before the GM Strain is called Spelt Wheat and Spelt contains lower levels of gluten and other toxins in wheat, and are better tolerated by most people.

Anaemia is a leading causes of tiredness

Anaemia refers to low levels of the blood pigment haemoglobin. The function of haemoglobin is to carry oxygen to the organs of the body. **Oxygen is an essential requirement for generating energy**, and when levels are low, the body struggles to produce energy.

Some nutrients are essential for producing haemoglobin, including iron, vitamin B12, and copper. A lack of any one of these nutrients may occur from an unhealthy diet but is mostly due to poor absorption from chronic digestive disorders.

In the clinic, doctors diagnose anaemia when haemoglobin levels fall below an average value of 16g/dl for men and 13g/dl for women. However, even when these levels are normal, they may still be insufficient for some people.

A Multivitamin Formula is more effective for treating anaemia than iron only or Vitamin B12 only supplements. Iron is poorly absorbed alone and requires other nutrients such as vitamin C for

optimal absorption. Iron levels are also very strictly controlled in the body because excess iron accumulates in the brain and triggers Alzheimer's disease.

How Blocked Arteries Contribute to Tiredness

Narrow or blocked arteries will restrict blood flow to the organs supplied by the arteries. And Insufficient blood flow to an organ will invariably reduce the nutrients and oxygen flowing to the organs, and without adequate supplies, the body is unable to generate sufficient energy.

Arteries start to clog up from middle age as a result of inflammation. Contrary to popular belief, the cause of blocked arteries which eventually leads to heart attack and stroke is inflammation and not high levels of cholesterol.

Today, hospitals treat blocked arteries with blood thinning medication with the aim of making blood thin enough to flow through narrower arteries. The treatment, however, will not stop the arteries from becoming completely blocked. Besides blood thinners increase the risk of internal bleeding

Serrapeptase is a natural enzyme that dissolves plaque in arteries thereby reducing the risk of heart attacks and strokes. Serrapeptase will only dissolve unwanted and unhealthy tissue in the body while leaving intact, healthy tissue.

Hormonal Dysfunction Will Worsen Tiredness

To maintain optimal energy levels, the body requires chemicals from the hormonal organs—the thyroid gland and the adrenal gland. The thyroid gland secretes hormones (thyroxine and triiodothyronine) that control the rate of energy generation in the body. When thyroid hormones are low, a condition called hypothyroidism; the body produces insufficient energy causing symptoms such as tiredness, sleepiness, clammy skin and weight gain.

To produce sufficient thyroid hormones, the body requires adequate amounts of iodine. The best sources of iodine are sea foods such as seaweed and shellfish. Severe cases of low thyroid hormones may need an iodine supplement, and the best-absorbed form is nascent iodine.

The adrenal gland also plays a vital role in energy generation. It produces the hormone adrenaline (epinephrine) that converts stored carbohydrates into glucose for a quick energy boost.



The adrenal gland also produces natural steroids that help the body cope with stress. The adrenal gland has a connection with the nervous system, and this makes it sensitive to our stress levels. Persistent stress results in a condition known as ‘Adrenal Fatigue,’ and unsurprisingly, the symptoms of adrenal fatigue include extreme tiredness and inability to deal with any stressful situation.

When Adrenal Fatigue sets in, most people rely on caffeine and energy boosting drinks which contain chemicals that are similar to adrenal chemicals and can provide for the body a short boost in energy.

Medications are a common culprit

Many drugs especially those used to treat diseases of the heart and arteries are notorious for draining the body of energy and causing tiredness. High blood pressure is a symptom of an illness and not an actual disease. High blood pressure medications will only reduce blood pressure without treating the real cause. Over time, blood pressure medications can cause low blood pressure, and low blood pressure is a common cause of tiredness. When blood pressure is low, the heart is unable to pump sufficient blood to the organs to provide them with nutrients and oxygen required to generate energy.

Cholesterol-lowering drugs such as statins cause severe tiredness by depleting the body of CoQ10—a nutrient that plays a vital role in producing energy in the body. Cholesterol-lowering drugs will block

the production of cholesterol as well as CoQ10. CoQ10 is crucial for energy generation inside cells.

Why CoQ10 is a vital nutrient for boosting energy levels

Many studies point to CoQ10 as the most important nutrient for producing energy inside the mitochondria, the ‘power house’ of cells where the generation of energy takes place. CoQ10 is the primary nutrient that fires up the process. Organs that work the hardest in the body such as the heart, muscles, liver, kidney and brain require the most CoQ10. Scientists believe that the reason energy levels are lower as we get older is the depletion of CoQ10 levels.

CoQ10 is available as a supplement, and the most advanced and best-absorbed form of CoQ10 is called MitoQ.

Sleep and Healthy Nutrition are important

Sleep is essential for regenerating and repairing the body. The body repairs itself only during sleep. A lack of sleep will promote disease and cause tiredness.

The food we eat is a major contributor to inflammation and inflammation is the underlying cause of diseases. The key to controlling inflammation is controlling what enters the mouth. The most toxic foods consumed today and promoting the most severe inflammation are wheat based foods and vegetable oils. Wheat contains toxic compounds such as gluten, lectin, and wheat germ agglutinin compounds which cause intense inflammation. Vegetable oils such as sunflower oils, canola oil, and corn oil are highly processed and contain toxic amounts of Omega-6 which is a major contributor to inflammation today. The best cooking oils are coconut oil, almond oil and at lower heat Olive oil.



Cholesterol Improves the immune system

Cholesterol plays a significant role in many functions in the body. The brain and nervous system are highly dependent on cholesterol to operate efficiently and stay healthy. Cholesterol is also vital for keeping the immune system in peak form.

Clinical Studies show that people with low cholesterol have an extremely low immune response, meaning that their immune system is slow to respond to and recognize foreign invaders and toxic substances.

Current research has also confirmed that the LDL (Low-density Lipoprotein) the so-called 'Bad Cholesterol,' are the most important type of cholesterol for maintaining the immune system. Scientists found that these LDL particles neutralize toxins and destroy the microorganism that comes in contact with them. In effect, LDL particles are the body's antibiotics and detox agents.

Cholesterol is not responsible for clogging arteries which eventually leads to heart attack and stroke. The underlying cause of clogged arteries is inflammation which then attracts platelet or clotting cells that build up on the site of inflammation, resulting in plaques that block arteries.



Relieve Joint and Muscle Aches and Pain with MSM

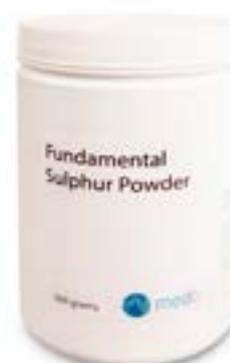
MSM (Methyl Sulfonyl Methane) is the most vital nutrient required by the body to build and maintain strong and healthy joints and bones. MSM occurs naturally in the body, and is used to make collagen- an important component of our bones, joints, skin and hair. More so than calcium your body needs MSM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

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What is Sick Building Syndrome?



Sick Building Syndrome (SBS) describes health problems that occur when people spend time in a building and when they move away from the building, they feel better. Sometimes people may notice an improvement in illnesses when they leave the area they reside in, and such health problems are mainly due to allergies and are different from Sick building syndrome which refers to worsening health problems inside a building.

The typical symptoms of SBS are headaches, fatigue, respiratory illnesses, cough, ear, nose and throat irritation, difficulty concentrating, skin irritation and allergies.

Studies show that the primary cause of Sick Building Syndrome is the presence of toxins in a building. Moulds and mycotoxins from fungi are well-known causes. Fungi thrive in wet and humid areas, especially indoors in colder climates with indoor heating.

Moulds produce visible spores which when inhaled can cause serious pneumonia and other health problems. But Moulds also produce some of the deadliest toxins called mycotoxins which are invisible to the naked eye. Mycotoxins are breakdown products of moulds and are known causes of chronic respiratory diseases including the allergic symptoms associated with Sick Building Syndrome.

Mycotoxins can be difficult to eradicate and may require the help of professional cleaners. In commercial buildings, moulds can invade the ventilation and air conditioning system causing contamination in an entire building. Some bacteria such as *Listeria* typically colonize air condition systems and cause respiratory diseases.

Some of the materials used in constructing buildings, especially modern composite materials, are known to leach toxic chemicals into the air. Paint and other synthetic adhesives employed in buildings also release deadly toxins over time. Commercially cleaned carpets and upholstery release VOC (Volatile Organic Compounds) and gasses such as formaldehyde, which are proven to cause diseases.

A well-documented cause of Sick Building Syndrome is Poor ventilation. Many modern buildings are airtight to conserve energy, and for air circulation, they rely on ventilation system that is prone to contamination.

Adequate air circulation is a first step in preventing or eliminating Sick Building Syndrome.

MitoQ

Because disease and ageing start at the cellular level

HOW 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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1 BOTTLE

€55

3 BOTTLES

€150

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For five years I have suffered pain in both my lower legs and I have to rest for a few minutes after walking a short distance to relieve cramps. My doctors have prescribed clopidogrel and hemovas, and they haven't provided any relief. I am diabetic and have renal problems, and wonder if Serrapeptase will be of any help to me.



It is likely that Serrapeptase will help alleviate the pain, but of course, I cannot be sure without performing a full body scan. However, inferring from your history and medications, your doctors would have diagnosed your condition as Peripheral Artery Disease or Intermittent claudication. Diseases of the arteries are also common in people with diabetes. Peripheral Artery Disease and Intermittent Claudication results from hardening and narrowing of arteries caused by the build-up of plaque on the walls of arteries. Any artery can be affected especially the arteries of the brain, heart, and legs. Affected arteries restrict blood supply to the muscles and joints which result in a build-up of lactic acid causing cramps and pain.

If that's the case, serrapeptase will help relieve your pain because serrapeptase dissolves plaque that causes hardening of the arteries.

Excessive Inflammation triggers the build-up of platelet cells commonly known as plaque. And the primary cause of inflammation today is an unhealthy diet.

Wheat based foods are a major source of inflammation and should be avoided as much as possible. The wheat consumed today is a genetically modified strain that contains very high levels of toxins such as gluten and lectin. Cutting out wheat based foods from the diet will also help keep blood sugar normal.

As you also suffer from Kidney problems, you should consider detoxing your body to get rid of toxins and improve the function of the kidneys. The primary role of the kidneys are to filter waste from the body, and when they are diseased they are unable to work properly, and toxins accumulate in the body. A detox agent called Pectasol is ideal for eliminating toxins from the body. Toxins are the main trigger of excessive inflammation that results in diseases of the arteries. Lead is a commonly found contaminant in the bones where it displaces calcium thereby weakening the bones and joints and causing pain.

Understanding Parkinson's Disease

According to mainstream medicine, Parkinson's disease occurs due to a lack of a brain chemical called Dopamine. Dopamine is responsible for controlling smooth muscle movement and Parkinson's disease manifests as difficulties with walking, talking, swallowing and writing. In addition, there is a diminished sense of smell and a lack of facial expression as well as the characteristic shuffling of the feet.

The first symptoms of Parkinson's diseases relate to diminished smell, confusion, and subtle personality changes. The symptoms of Parkinson's should not be confused with the normal ageing process which results in diminished senses and slower movements due to aching bones and joints.

Some researchers believe that Parkinson's disease has many causes including environmental toxins, a lack of antioxidants in the body, genetic factors, and accelerated ageing. Antioxidants neutralize toxins called free radicals which damage the body in a process similar to rusting of iron.

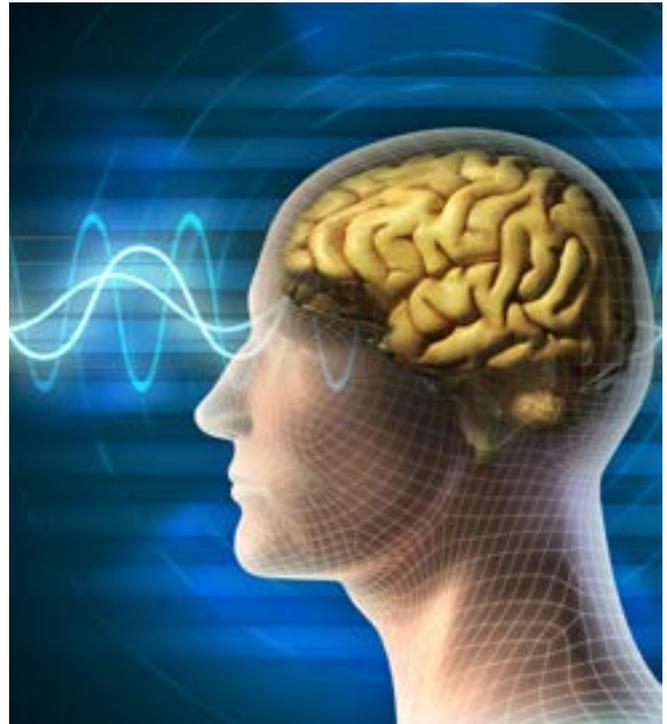
Studies show that the brains of people with Parkinson's disease have high levels of iron. And although iron is essential for the body, it can be very toxic in excessive amounts in the brain.

Some conditions are known to precede Parkinson's disease, including long-term use of antibiotics, exposure to chemicals such as lead, and repeated head injury. Unbalanced nutrition is also a cause of Parkinson's, and a diet rich in meat is known to worsen symptoms.

Some scientists believe that Parkinson's disease may originate from diseases of the digestive system as the earliest symptoms of Parkinson's disease are related to digestion and smell. In recent years, Scientists from Lund University have traced Parkinson's disease from the nerves in the stomach to the nerves in the brain.

The human gut has a nervous system that is as complex as the brain and is called the 2nd brain. It also consumes and produces many of the chemicals that fire the brain. Most of the brain chemical serotonin is produced in the gut. People feel emotions in the gut rather than the brain.

A healthy diet rich in Antioxidants from nuts, blue and black berries, fresh greens as well as healthy oils like coconut oil will help prevent Parkinson's disease



Why You Can't Rely on the BMI

Get A Free Body Composition Scan at MedB

The idea of the BMI (Body Mass Index) came alive in the 1970s as a way to monitor relative weight gain. The BMI is a simple calculation that divides an individual's weight in Kilograms by the square of their height in meters. It fails to recognize the different contributors to weight, such as fat,

muscle, water and minerals, factors that are significant in determining body shape and size. The Normal BMI is between 18 and 25. When above 25 it indicates overweight, and above 30 it indicates obesity.

Recent clinical studies show that many people with BMI's that indicate that they are overweight



or obese are healthy with low risks of heart diseases and diabetes. A team of scientists from the University of Virginia found that people with a BMI of under 23 were twice more likely to die 30 days after surgery than those with BMI of over 35.

BMI exaggerates thinness in short people and fatness in tall people according to Prof. Nick Trefethen of the Mathematical Institute Oxford University. He says that the formula for calculating BMI calculates a lower BMI for shorter people and a higher BMI for taller people. In other words, shorter people will think they are thinner and tall people will believe they are fatter than they are.

The BMI equation came into being a long time ago, before calculators or even computers became commonplace, and there was the need to keep the formula simple.

Today, with advanced technology, it is no longer acceptable to monitor nutritional status and weight with a mathematical equation.

A body composition Analyser at MedB clinic uses advanced bioimpedance technology to calculate several critical parameters that are vital for maintaining a healthy weight and nutritional status.

In minutes, the scan determines a person's exact Height, Weight as well as Body Fat, Muscle, Water, Salt percentages, as well as the Waist-Hip Ratio, the number of Calories required to maintain a healthy weight and many other parameters that are important indicators of a person's state of health.

Every Friday Until the end of the year, you can have a Free Body Composition Scan at MedB clinic. To book an appointment call - **966189074**

Colloidal Silver: The Universal Antibiotic

Silver 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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Boosting the immune system with Vitamin D

Did you know that there were no public studies done to determine the safety and effectiveness of the flu vaccine before introduction to the public? Needless to say that there are no valid scientific studies that demonstrate that flu vaccines actual work.

The reality is that every year more and more people receive the flu vaccine, yet there is no correlating decrease in the yearly rate of infection. Instead, there is solid evidence that vaccines cause severe disease.

The main danger of flu vaccines is that the contain deadly chemicals such as mercury and highly inflammatory materials from gluten, soy and animal tissue. There is substantial evidence that vaccines are the cause of the rising incidence of allergies seen today.

Infections increase in the winter months due to low levels of vitamin D resulting from low winter sunlight. Sunlight converts a compound in the skin into precursors of Vitamin D. Vitamin D plays a significant role in maintaining health and is well known for keeping the bones strong.

But Vitamin D is also critical for the immune system. Studies show that White blood cells convert Vitamin D into the active form Calcitriol which is necessary for producing proteins that destroy bacteria such as tuberculosis bacteria.

A landmark study has also demonstrated that the formidable protective cells in the body called T cells are very reliant on Vitamin D to maintain their protection of the body. T cells are the primary defence cells in the body with the capacity to destroy a broad range of microorganisms, including viruses. These D cells have antennae that are receptive to Vitamin D and continually seek out Vitamin D, which attaches to the antenna and activates them. And as long as these defence cells can find and attach themselves to Vitamin D, they will remain healthy and perform their job.

Another study showed that women with low levels of vitamin D are five times more likely to suffer from cancer than women with normal levels of Vitamin D. Low levels of Vitamin D is a feature of every type of cancer. Vitamin D is known to regulate cell growth and stop the spread of abnormal cancer cells.

The best source of Vitamin D is sunlight, and only about 15–20 minutes of summer sun is required to receive the necessary daily dose of Vitamin D.

Vitamin D supplements are helpful in the winter months, even in Mediterranean countries such as Spain, where the winter months although bright and sunny, are too cold for adequate sun exposure. The Recommended Daily Allowance (RDA) of Vitamin is about 10–15 IU daily. Pure Vitamin D liquid is preferable to Vitamin D tablets.

Repair Your Body With YTE



YTE Is the extract of fertilized chicken eggs incubated for nine days and carefully extracted to preserve the unique blend of nutrients found nowhere else in nature.

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.

Because YTE is packed full of life giving nutrients, most people who take it notice a difference in their health in days rather than weeks or months.

Other Benefits:

- Deep and Refreshing Sleep
- Increased Stamina
- Enhanced Memory
- Reduced Physical and Mental Stress
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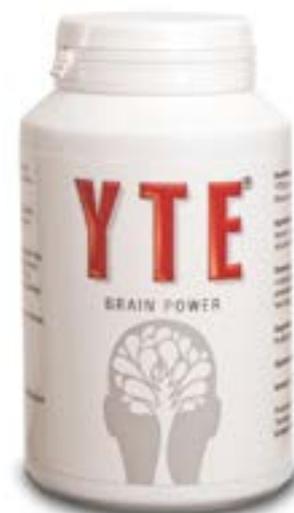
1 bottle contains 120 capsules

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

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3 bottles for €110

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ALLERGENS IN VACCINES CAUSE LIFE-THREATENING FOOD ALLERGIES

A 2015 Case report published in the Journal of Developing Drugs, has highlighted evidence that food proteins in vaccines cause food allergies. But even as far back as the 1940s, scientists documented a connection between people vaccinated and development of food allergies. Vaccines contain proteins that are known to cause allergies including casein, gelatin, and soy.

Besides, other ingredients in vaccines such as Polysorbate 80 and sorbitol originate from a wide range of plants including groundnuts, wheat, corn and sunflower seeds. Vaccines also contain proteins from other animals.

Researchers believe that the cocktail of toxic chemicals in vaccines are responsible for the growing incidence of allergic reactions all over the world. In the UK alone hospital admissions for food allergies and anaphylactic reactions have increased over 500% since the 1990s. There is no valid scientific evidence that some vaccines such as the flu vaccine are effective.



Know Your Superfoods: Coconut Oil

Coconut oil is one of the healthiest cooking oils because it is stable under high cooking temperature and doesn't break down to toxic compounds. In contrast, vegetable oils such as sunflower and corn oil when heated to high cooking temperatures release toxic compounds called aldehydes known to cause cancer, dementia and heart disease. Vegetable oils also contain very high levels of Omega-6 which although essential to the body, will trigger inflammation in high amounts.

Coconut oil contains very high levels of a healthy type of fat called Medium Chain Triglycerides (MCT). Recently, scientific studies have shown that MCT prevents and reverses Alzheimer's disease. MCT provides a ready source of energy for the brain.

Alzheimer's disease is sometimes called Diabetes Type 3 as it develops very similarly to Type 2 diabetes. Diabetes occurs when fat cells develop a resistance to insulin which makes them unable to absorb and store sugar for later use. Alzheimer occurs in a similar fashion, and brain cells no longer receive glucose for the generation of energy.

MCT in coconut oil can bypass this resistance to provide energy to the brain. When the brain can generate energy, it can maintain and repair itself to prevent Alzheimer's disease.

The recommendation for using coconut oil to prevent Alzheimer's disease is to start with one tablespoon daily and gradually build up to 2 tablespoons three times daily.



Low Vitamin D Increases Risk of Asthma Attack

According to a new study, People with Low Vitamin D have an increased risk of suffering from asthma. Researchers from the University of Pittsburgh school of Medicine collected data from over 34 000 Children and Adult from 2001 to 2010 to find out if they had suffered wheezing or diagnosed with asthma in the past year. The participants also had their vitamin D levels measured yearly.

Researchers found that children with insufficient levels of Vitamin D were more likely to be diagnosed with asthma, while adults with insufficient vitamin D were more likely to have been breathless. An earlier study also observed that children whose mothers consumed high amounts of Vitamin D during pregnancy had a lower risk of asthma than children whose mothers consumed smaller amounts of vitamin D.

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Depression and Low-fat Diet

A low-fat diet is regarded by many people as the ideal diet to keep healthy and prevent disease. Promoters of the low-fat diet point out that such a diet keeps cholesterol levels normal and prevents the risk of developing heart and brain diseases. The reality, however, is that cholesterol is not the cause of heart disease or stroke and many people on a low-fat diet still take medications to lower cholesterol.

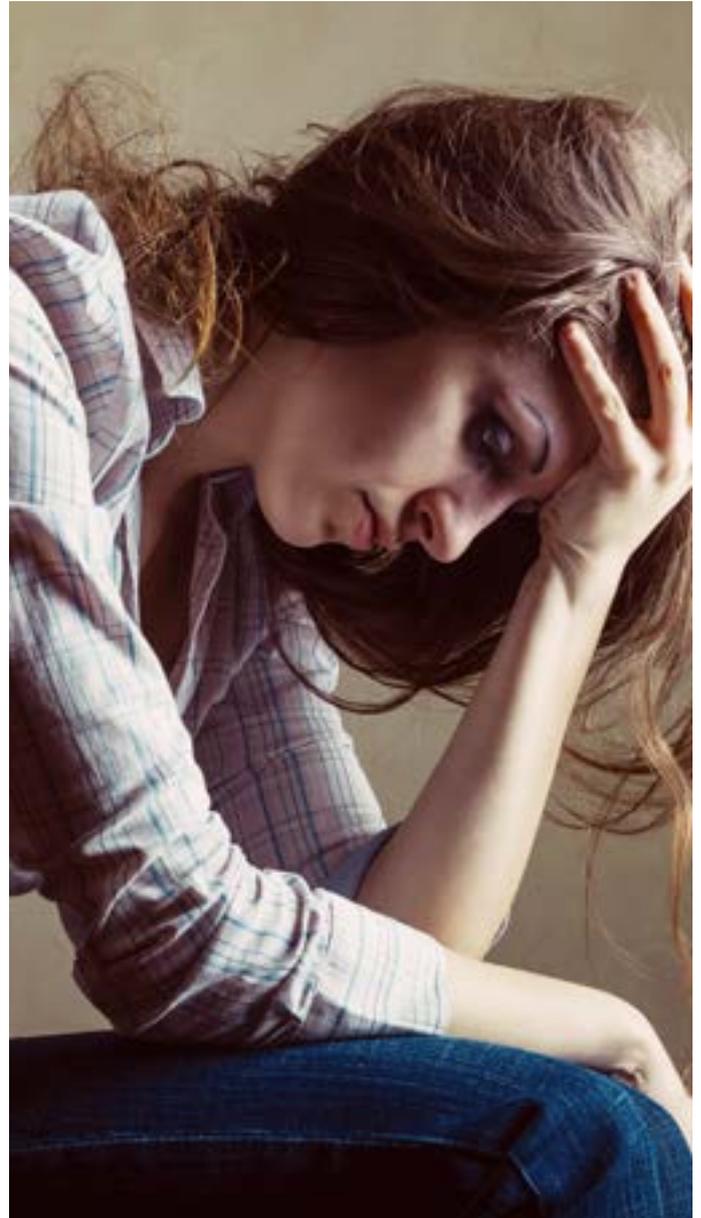
The plaque that clogs arteries results from inflammation triggered by toxins known as free radicals. It is true that there are bad fats that promote disease. However, there are also healthy fats that are required by the body.

The brain is composed of 60% fat, and a quarter of this fat is pure cholesterol. Without fat, the brain is unable to function properly and even repair itself. Unsurprising, low levels of fat will cause problems such as headaches, insomnia, depression and irrational, aggressive behaviour. The nerves have a coating made from fat that speeds up the transmission of signals in the body and provides protection against injury.

In non-human primates like monkeys, cholesterol has been discovered to lower aggression and maintain harmonious social order.

A Low-fat diet alters and reduces serotonin the 'feel good' hormone required by the brain to improve mood and prevent depression. In people and animals, serotonin dysfunction causes severe depression and suicide. Serotonin is a neurotransmitter of restraint. In healthy people, serotonin is turned on to suppress an unhealthy impulse such as a violent act or irrational anger.

People with depression have low levels of some nutrients found in fatty foods such as Omega-3 fatty acids and other essential fats.



Many people on a low-fat diet consume a high carbohydrate diet rich in sugars and low in nutrients. A high carb diet causes depression.

Coconut oil and Butter are sources of healthy fats. Other healthy fats containing foods are Avocados and Almonds.

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.

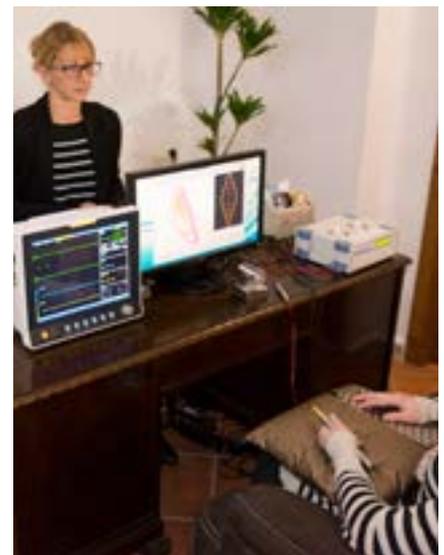
It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

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.



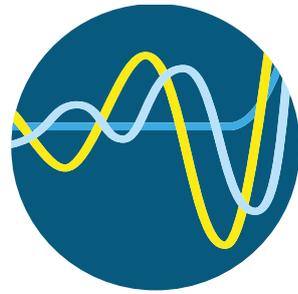
Benefits

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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