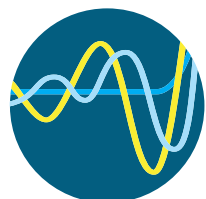


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Take Charge of Your Health

9 out of 10 people are dehydrated
MedB Study

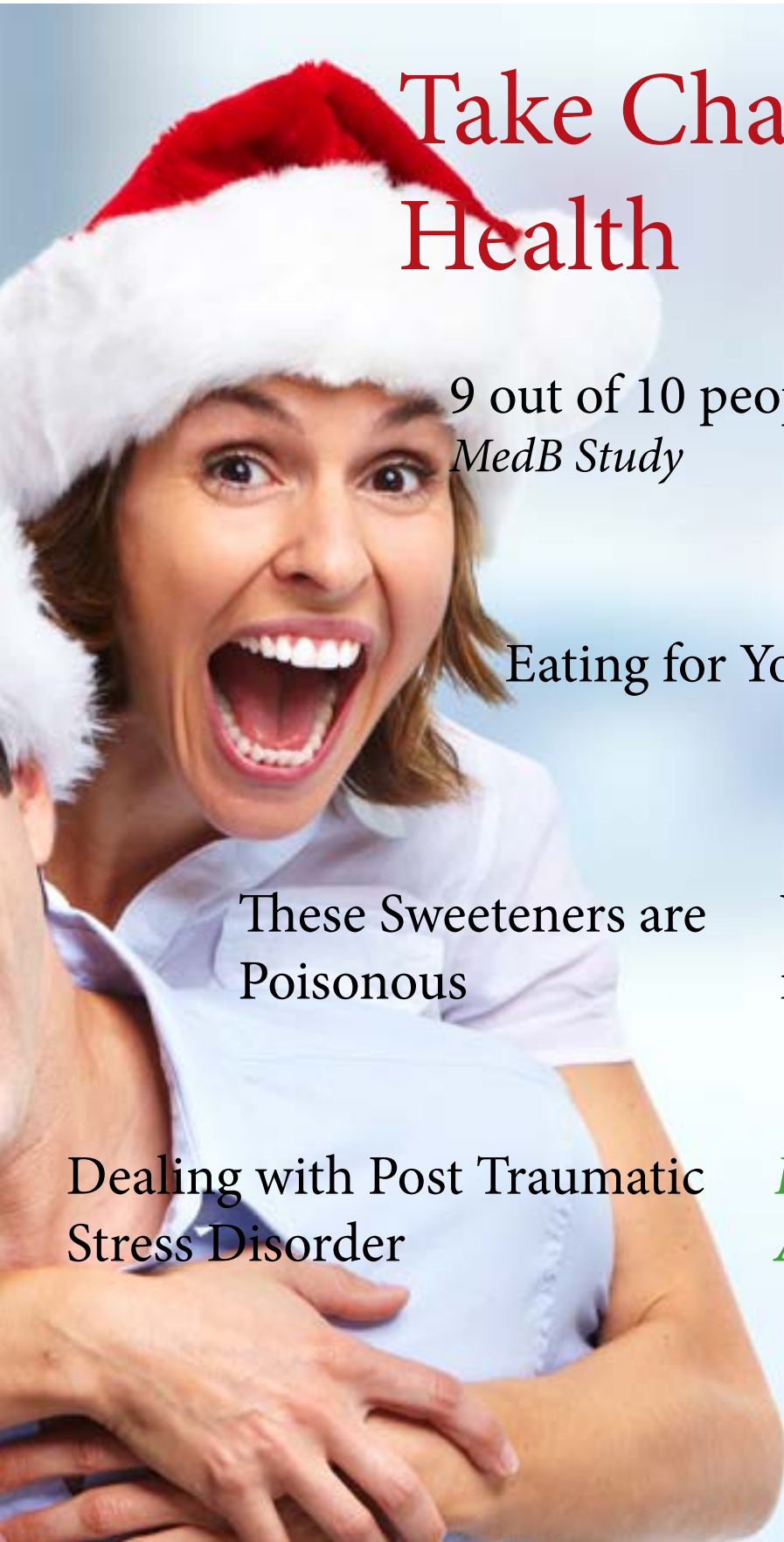
Eating for Your Body Type

These Sweeteners are
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What Causes Urinary
incontinence?

Dealing with Post Traumatic
Stress Disorder

*Know Your Superfood
Avocado*



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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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Quantity: 80,000 IU per capsule

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Editorial

WHAT'S INSIDE

Hello, Compliments of the season. Welcome to the end of year edition of MedB Magazine. Next year, we will be introducing exciting changes to the layout and design of the magazine. Illustrations and graphics will be used to explain the finer details of the information we aim to convey. The unfailing objective of this publication has always been to teach healthcare in a way that everyone can understand.

The main article of this edition explains in detail why proper nutrition is key to preventing diseases. Another interesting article also talks about the need to drink adequate amounts of water. Research from MedB shows that at least 90% of those scanned for water content had below appropriate levels, another way of saying that they were dehydrated.

Drinking at least 2 liters of pure water every day is the single most important step you can take to improve your health next year.

From January next year, MedB Clinic will introduce a yearly registration for our patients interested in getting more from the clinic. Among other benefits, registered patients will have at least four follow-up scans to monitor their state of health.

Until Next time, we wish you a Happy Holiday and New Year!

Dr. Machi Mannu (MBBS)



“Take care of your body. It’s the only place you have to live.”

Jim Rohn

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Eating for Your Body Type

Take Charge of Your Health



Without good health, you have nothing, as the saying goes, and so it pays to do everything that you can to keep your body healthy.

Sadly, today health has become a commodity and an expensive one at that, and most people have come to equate good health with a high cost. The widely held belief today is that expensive healthcare equates to better healthcare.

Contributing to the high cost of healthcare today is the high degree of specializations in medicine. And while there is the need for medical specialties, it is also true that the body functions as one unit and a holistic approach to healthcare which considers the whole body is more beneficial and less expensive than specialist healthcare that breaks down the body into compartments.

The modern approach to healthcare is disempowering to society in the sense that it doesn't encourage people on proper ways to prevent disease nor does it teach how to manage illness. The reality is that with proper education, up to 80% of diseases that take people to hospitals can be managed at home.

The human body is the most complex and amazing technology in the known universe. To put the power of the body into perspective imagine what happens from the period of conception to birth. In the space of 9 months, the embryo directs the growth of all the organs of the body so that the hands, legs, feet, liver, pancreas, etc. are positioned correctly before birth. The body contains the blueprint to create, maintain and repair itself.

Diseases occur from the presence of foreign substances such as toxins or microbes, or from nutrient deficiencies. These factors will then give rise to inflammation and then disease. True healing will aim to encourage the body to heal itself using chemicals that are natural to the body. In contrast, conventional medicine using prescription drugs seek to stop symptoms. And while this is useful in many cases, it does not treat the underlying cause of the symptom which may continue to manifest as other diseases in the body.

The key to maintaining good health is to prevent disease, and the good news is that most diseases are preventable. From the turn of the 1900s until the 1950s modern medicine succeeded in eliminating through prevention many diseases that killed millions of people every year such as scurvy and beriberi. However, in the past decades, the emphasis in medicine has been on treating symptoms rather than preventing diseases.

Adequate nutrition plays a key role in preventing diseases. Optimal nutrition slows down the progress of illness and speeds up healing. A body with optimal levels of nutrients and minimal inflammation will heal faster than a body that is deficient in nutrients and chronically inflamed.

The body is built and maintained from the nutrients in food. Unfortunately, today, the quality of foods, and the food choices we make are the poorest in the history of humanity. Most foods for consumption are no longer in their natural state but highly processed, and many people consume a diet that is entirely of processed foods.

Most processed foods contain many chemical additives to improve taste and extend their shelf-life. **According to researchers over 6000 chemicals are now used in the food industry, and only a fraction has undergone tests for human safety.** Many chemicals found in processed foods such as nitrates, nitrites, BHA (Butylated hydroxyanisole), BHT (Butylated Toluene) are known cancer causing compounds.

Even when foods are in their natural state, they are still laden with toxic chemical compounds. Chemicals are extensively used all through the production of many food plants, from when plant are stored as seeds to the planting and weeding stages that involve the use of herbicides, pesticides, and insecticides. More chemicals are used to store food after harvesting and for ripening. Animal foods also contain in many cases unacceptable levels of many toxic chemical compounds. The consequence is that most of foods eaten today contain high levels of toxins.



An effective way to minimize the toxins in foods is to soak fruits and vegetables and other foods in a few cups of apple cider vinegar for about 10 minutes and then rinse off.

Toxins promote inflammation in the body, and chronic inflammation is the underlying cause of diseases. Toxins in the arteries, for example, is the primary cause of inflammation of the arteries which ultimately leads to the hardening and narrowing of the arteries that causes heart attacks and stroke.

One of the most toxic foods eaten today is wheat used to make bread, pies, biscuits, pastries, cereals and many other snacks. But the problem with wheat eaten today is that it is a genetically modified variant of wheat created in the mid 1970s to replace the original wheat which was prone to natural disasters that led to crop failures. **Modern wheat contains higher levels of wheat toxins such as gluten, lectins, and Wheat Germ Agglutinin. Experts believe that modern wheat is behind the astronomical rise in diabetes and heart diseases since the 1970s.**

The original Wheat called Spelt is still available and is a healthier alternative to the GM strain. Rye and corn are also suitable alternatives. Most people notice an improvement with many



late in organs, leading to diseases. **The body requires at least 2 liters of water daily to function adequately.**

One of the most powerful realizations that can transform a person's health is becoming aware of the different choices available for treating diseases. The type of medicine practiced in hospitals today is called allopathic medicine which is the treatment of symptoms with chemical drugs. By contrast, natural medicine heals the body with the use of natural remedies. Today science understands more about the chemical nutrients that maintain and heal the body.

The revolution happening today is that you can learn about these nutrients and start using them today to prevent and cure any disease.

health such as high blood pressure, headaches and digestive problems, when wheat is eliminated from the diet or replaced with alternatives.

Fats and Oils are a major and essential part of the diet. Unfortunately, most of the oil pushed as healthy oil are unhealthy. **Vegetable oils (Sunflower, Corn, Canola, Rapeseed) are extremely unhealthy oils. A lot of processing goes into squeezing oil out of corn or sunflower.** Vegetable oils contain a lot of the toxic chemicals used in their production. Vegetable oils also contain toxic levels of Omega-6 fatty acids. And while Omega-6's is essential in the body, they cause inflammation in high concentration.

Vegetable oils are unsuitable as cooking oils because they have a low smoking temperature and decompose into toxic chemicals at high temperature. **Good cooking oils contain saturated fats that can withstand high cooking temperatures and include coconut oil, almond oil, avocado oil and palm oil.**

Dehydration is a common problem and drinking adequate water is a simple way to stay healthy. Water is essential to purify the kidneys and liver and flush toxins from the body. Without adequate water, toxins accumu-



These Sweeteners are poisonous

Saccharin: Saccharin is one of the oldest sweeteners in use, and this gives an illusion of safety. The reality, however, is that saccharin is a toxic compound. Saccharin was discovered accidentally in the 1870s when a scientist working on an industrial chemical forgot to wash his hands and found his lunch tasted unusually sweet from Saccharin. The toxic chemicals used to make saccharin include Nitrous oxide, Chlorine and Ammonia. Saccharin causes skin allergies, breathing problems, headaches, dizziness, memory loss, fatigue, anxiety, blurred vision, depression, as well as Multiple sclerosis and systemic lupus erythematosus.

Aspartame: Aspartame like saccharin was also discovered accidentally when a scientist looking for a cure for ulcers licked his fingers to pick up a paper and realized they tasted sweet. Aspartame is produced from 3 chemicals toxic to the body—Phenylalanine, Aspartic acid and Methanol. Phenylalanine disrupts the nervous system and is known to cause depression, emotional instability, and psychotic disorders. Aspartic acid and methanol excite and destroy nerve cells contributing to anxiety, ADHD, high blood pressure, chronic fatigue, insomnia, impotence, heart palpitations headaches.

Sucralose: This is sold to the public as a sweetener from sugar. However, sucralose, in reality, is 'chlorinated Sugar.' The chlorine it contains damages the human gut to cause problems such as irritable bowel syndrome, Crohn's disease, Obesity and Chronic Candida infection. It is known to damage the thymus gland and also cause inflammation of the kidney and liver.

Alternatives to sweeteners are—honey, maple syrup, stevia, date syrup, molasses and coconut sugar.



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

To order call 965071745, 966189074
or visit www.medb.es



Seven most Common Toxins in Homes

Chemicals are the cornerstone of manufacturing, and today over 85 000 chemical compounds are used to manufacture everyday commodities, but only a fraction have undergone tests for human safety. Even then, chemicals that have been confirmed toxic to the body are still in use from the absence of clear guidelines regarding their use. We are surrounded by chemicals and unwittingly introduce many chemical compounds into the body in the course of a day.

Most people are unaware of how much chemicals they come in touch with every day. Most men use up to 9 different products for personal care, containing dozens of chemical compounds. From toothpaste, shower gel, shampoo, shaving cream and balm, deodorant, body lotion, hair spray, lip balm and others.

Unfortunately, most people are unaware that the skin is a living organ and absorbs chemicals that it comes in contact with, including cosmetic products. This makes cosmetics are a major source of toxins in the body today.

The nervous system—the brain and nerves as well as the immune system, are very sensitive to the effects of chemicals.

Phthalates: These are added to plastics to make them soft and flexible. They are also added to many products especially cosmetics to retain their fragrance. Phthalates cause decreased sperm count, behavioral problems, respiratory problems, dysfunctional periods, as well as premature birth. They are typically used to manufacture shower curtains, Vinyl carpets, soft plastic toys, plastic food packaging, plastic bags, insect repellent, nail polish, and spray

Bisphenol A: This is used to coat the inside of metal containers, and also to make some plastic products such as food and drink containers, and baby bottles. Bisphenol A is an endocrine disruptor and causes hormonal disorders leading to early puberty and menstrual problems in young women.

Perfluorinated Chemicals: These are used to make the non-stick surfaces of pots and pans. Several studies have linked them to breast cancer.

Volatile Organic Compounds (VOCs): These are compounds that escape from plastics and chemical products including chemicals used to make paint and plastic, and those used to clean rugs and carpets. VOCs cause many health problems such as asthma, infertility, headaches, tiredness, and memory impairment.

Pesticides and Herbicides: Unfortunately, most commercially grown food contain near toxic levels of chemicals from pesticides, herbicides, and a variety of chemicals used to ripen, store and process foods. Some of these chemicals such as glyphosate

are confirmed neurotoxins, and damage the nerves and enzyme systems of the body causing diseases such as multiple sclerosis, chronic fatigue syndrome, Alzheimer's and Parkinson's diseases.

Heavy metals: This is a broad term for some metals including aluminum, lead, cadmium, mercury. These metals are known to cause diseases of the brain and heart including Alzheimer's disease, Abnormal heart beat, Extreme Tiredness and Headaches. They are typically found in drinking water, fish, vaccines, pesticides, antiperspirants, dental amalgams, building materials.

Fluoride is a standard ingredient found in toothpaste and also added to most public drinking water. However, studies have established that fluoride reduces IQ, causes dental fluorosis and many other health problems.

Steps to take to avoid toxins

- Read food labels
- Use cosmetics made from natural ingredients.
- Eat trusted organic foods if possible
- Wash your fruits and veggies in apple cider vinegar.
- Avoid toxic air fresheners

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.

BUY MITOQ

1 BOTTLE

€55

3 BOTTLES

€150

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Fine lines,*

- **Wrinkles**
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- *With MitoQ serum*

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I've suffered from rapid and shallow breathing and chest tightness for the past 2 months. My condition seems to be worsening. I've been to the doctors and had tests done including an ECG, Chest X-Ray, MRI and blood tests and the doctors cannot find out what's wrong with me. I am due to see another specialist in a month's time and wonder if you can help. I take a water tablet for high blood pressure and atorvastatin for high cholesterol. I'll appreciate your help.



We have seen in our clinic people with a similar history, and in those cases, a diagnostic scan has identified infections of the cardiovascular system (heart and blood vessels) as the primary cause of the problem. The lungs may also be infected. The bacteria *Staphylococcus aureus* is the most likely bacteria to cause infections affecting the heart, arteries, and surrounding structures.

Most routine investigations in hospitals don't include a microbiology analysis (to check for viruses, bacteria, fungi and parasites), and without such an analysis, diseases that are caused by microbes will be missed out. *Staphylococcus* bacteria cause extensive damage to many organs of the body including the heart where it causes some of the symptoms you describe.

Your medications may also be a cause or maybe contributing to your ill health. The atorvastatin medication you're taking to lower cholesterol is a well-known cause of breathlessness, which it causes in a number of ways. Statins block the production of CoQ10 in the liver, and CoQ10 is a nutrient that kick-starts energy generation in the muscles and the rest of the body.

Without CoQ10, the muscles become easily fatigued which may affect breathing rate. A lack of CoQ10 will over time give rise to congestive heart failure which may initially present as shallow breathing. Statins also cause muscle weakness and muscle diseases which may compromise breathing.

High Cholesterol is blamed for heart diseases and stroke, and statins are prescribed to lower cholesterol levels. The reality, however, is that the underlying cause of heart disease and stroke is inflammation. Inflammation is like a wound inside the body, and the body tries to repair the damage by sending out platelets or clotting cells to patch-up the injury. Usually the clotting cells are successful in carrying out repairs, however, when inflammation is persistent, the platelets pile up and may eventually block arteries.

Water tablets or diuretics reduce blood pressure by draining water from the body. In addition to removing water, however, water tablets also remove nutrients from the body, most especially magnesium. Magnesium plays a critical role in regulating blood pressure and relaxing the muscles. Without magnesium, the heart and other organs work harder to overcome resistance, which can cause breathlessness and breathing problems.

You need a detailed health check to identify the cause of your problem. A full body scan at MedB Clinic provides more detailed health information than most scans available today.

What Causes Urinary Incontinence?

Urinary incontinence is the uncontrollable urge to urinate resulting in leaky urine, and is mostly seen in women, although it can also occur in men. Incontinence is a consequence of 2 main problems in the body—the weakness of the pelvic floor tissues (muscles and ligaments that support the bladder, uterus, prostate and other pelvic organs) and overactivity of the sphincter controlling the flow of urine.

The leading causes of weakness of the pelvic floor muscles and tissues in women are pregnancy and childbirth. Ageing is also a major contributing factor. The female hormone, estrogen

maintains the muscles of the urinary bladder and sphincter, **but with age, the levels of estrogen drops and the muscles become more flaccid.** In men, ageing increases the likelihood of incontinence as the prostate gland increases in size causing urinary problems.



Conditions that increase the pressure around the pelvic area such as chronic coughing, sneezing or constipation, will weaken the muscles of the pelvic floor which may lead to incontinence.

Treating constipation with laxatives or stimulants may worsen urinary incontinence as such agents will also stimulate the bladder muscles. Constipation usually occurs from magnesium deficiency and replenishing lost magnesium with supplements is an effective remedy.

Weight gain and smoking will contribute or worsen urinary incontinence. Smoking destroys vitamin C which is the main constituent of collagen—the protein that supports the muscles of the bladder.

Some diseases of the nervous system, as well as infections of the bladder, will cause or worsen urinary incontinence including diabetes, Parkinson's and Stroke. Such conditions distort communication between the brain and bladder which makes it difficult to control the bladder.

Infections of the urinary bladder can lie dormant for years without causing the symptoms of full blown urinary infection but instead give rise to low-grade infection and urinary incontinence. Recurrent Urinary tract infection and Urinary incontinence may occur from a lack of beneficial probiotics (Good bacteria that helps digestion and the immune system).

Some medications are also to blame for urinary incontinence and include diuretics (water tablets for treating high blood pressure, antidepressants and antihistamines).

The underlying cause of the weakness of the supporting structures of the pelvic organs is a deficiency of MSM (Methyl Sulphonyl Methane)—the primary mineral for making collagen.

Collagen is the thin white fiber that can be seen to hold meat strands together. Collagen provides needed support for the bones, joints, muscles, ligaments, and tendons, and is made mainly from MSM.

MSM is deficient in the diet today and is a reason for many diseases of collagen, including arthritis, muscle pain and weakness, back pain, tendonitis, carpal tunnel syndrome and Dupuytren's contracture. The daily dose of MSM is between 5 and 15 grams, and for this reason MSM supplements are better in powder form than in tablets and capsules.

9 out of 10 People are dehydrated

MedB Study

Water is key to the survival of all life on the planet. We can go for weeks or even months without food, but no one survives longer than a few days without water.

Up to 70% of the human body is made up entirely of water. The blood and lymph system are over 90% water and rely on adequate resupply from drinking water to function efficiently.

The kidney filters 7.5 liters of blood every hour to wash out waste from the body. When toxins accumulate in the kidneys and other organs, they give rise to many health problems including high blood pressure, headaches, back pain, and tiredness. The eyes and joints require water to function properly. Food digestion is dependent on adequate water to run smoothly.

On the average, we require between 2 and 3 liters of drinking water every day. In reality, many people barely drink half of that. Worse still, most people drink beverages that dehydrate the body such as coffee, soda, and alcohol. Sweet drinks will also leach water from the body.

A new body scanner, at MedB clinic, a body composition analyzer, can now measure the percentage water content of the body in addition to many other parameters.

Our studies from MedB so far shows that out of the first 100 scans, only ten people or 10% of the people examined were adequately hydrated. In other words, 90% were dehydrated.

It's difficult to drink adequate amounts of water without being consciously aware of the need to drink water. The body requires at least 2 liters of pure water plus all the other beverages it can handle!



**Drink At Least
2 litres of Water
Every day**

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

High Quality Amber Colloidal Silver from Optimized Energetics UK

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Colloidal Silver Solution
€35



Colloidal Silver Spray
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Colloidal Silver Gel
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Eating for Your Body Type

Western medicine today understands food mainly from their nutrient content. Foods that contain nutrients that are known to be beneficial to the body have a high value placed on them.

The B vitamins, for example, are essential for maintaining the health of the brain. Vitamin B1 improves reflexes, Vitamin B3 reduces anxiety and prevents Alzheimer's while Vitamins B9 and B12 improve mood and memory.

Consequently, foods that are rich in B vitamins such as Broccoli, eggs and fish are considered superfoods and consuming them on a daily basis is encouraged.

However, in other parts of the world, the potency of foods is based on other criteria. China has a recorded medical practice dating back many thousands of years, and **Chinese medicine classifies foods based on their energy type–Yin and Yang.**

Yin foods are cold, wet, sweet and contain a lot of water and not so much protein. They have a cooling and expansive effect on the body. Typical examples are milk, yogurt, fruits, and vegetables that grow above ground. In contrast, Yang foods are warm, dry, salty and dense. Meat, Grains, Oils, root vegetables and many spices fall into this category. Yang foods are energizing, stimulating and warming.

The Indian Ayurvedic system also has an entirely different way of looking at foods and groups foods based on a person's body type called Doshas. **The three Doshas are Vata, Pitta, and Kapha.** Those with the Vata body type are tall and skinny and have a high metabolic rate, and according to Ayurveda, they need foods rich in oils and protein to maintain their fast metabolism.

People with the Pitta body type are of medium build and have a fiery energy. They do very well on a balanced diet and are advised to avoid foods that stimulate energy such as spices. Kaphas tend to be heavier in build and have a slower metabolism. They do well on foods that need minimal processing in the body such as coconut oil as well as foods that stimulate the body such as spices. However, the ayurvedic system believes that the Doshas overlap in people.

Individuals with health problems related to foods should experiment with the Chinese and Ayurvedic philosophies on food, as reports show that they are very helpful.



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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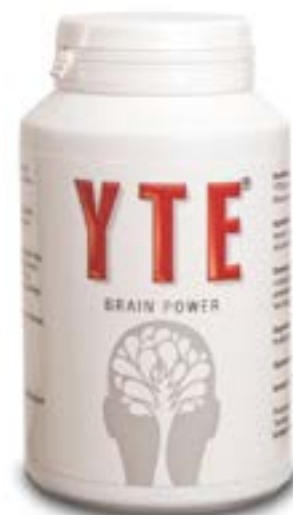
1 bottle contains 120 capsules

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

Price per bottle: €45
3 bottles for €110

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Free shipping within Spain



Sunlight Really Makes You Happy.

Researchers from Brigham Young University studying the effect of weather on mood have found that the amount of time between sunrise and sunset influences everyone's mood.

The scientist discovered that people complained of more mental stress when the days were shorter, and there was less sunshine. According to their study, the length of daylight was more influential in affecting mood than actual sunlight.

In the words of the lead author of the study, Mark Beeher, "On a rainy day, or a more polluted day, people assume that they'd have more distress. But we didn't see that. We looked at solar irradiance or the amount of sunlight that hits the ground. We tried to take into account cloudy days, rainy days, pollution, but they washed out. The one thing that was significant was the amount of time between sunrise and sunset."



Know Your Superfoods: Avocado

Gram for Gram, avocado ranks among the most nutrient dense foods eaten today. The avocado fruit, as well as The oil extract, are rich sources of many vitamins, minerals, healthy fats and oils and antioxidants.

Avocado is an excellent source of healthy saturated fats. Saturated fats have a stable structure which makes them resistant to damage from the environment and from inside the body. Oils containing saturated fats such as Avocado oil and coconut oil are the healthiest cooking oils because they do not disintegrate into toxic compounds when heated to a high temperature.

Avocado is also a good source of a type of beneficial fat called oleic acid. Oleic acid regulates cholesterol levels by decreasing triglyceride levels in the blood which also helps reduce the risk for cardiovascular disease.

Avocados also contain a lot of phytosterols that also contribute to lowering the absorption of triglyceride. Avocado oil is also a rich source of Vitamin A, Beta-carotene, Potassium, minerals that keep the skin healthy.

Avocado is an excellent source of folates (Vitamin B9) which play a key role in maintaining the function of the heart and brain. Folates reduce levels of the chemical homocysteine, a known marker for heart diseases.

Avocados contain more potassium per weight than bananas, and this makes it a useful food for people suffering from chronic heart and kidney diseases.

Avocados are also a rich source of a variety of antioxidants including Carotenoids, Vitamin E, and Vitamin E. Antioxidants neutralize toxic free radicals that are behind inflammation and cancer.

The soluble and insoluble fibers in avocado helps the body regulate blood sugar level, making avocado an important food for people with diabetes.



Yo-yo Dieting Hard on the Heart of Older Women

Yo-yo dieting describes the cyclical loss and gain of weight that has become the norm for millions of women all over the world.

A new study from Memorial Hospital Rhode Island has found that adult women who repeatedly lost and gained weight to maintain a healthy weight, have an increased risk of sudden cardiac arrest and heart disease.

The study tracked over 150,000 women over 11 years and found that compared to women with consistent weight, women with a history of yo-yo dieting are 3.5 times more likely to have a sudden cardiac arrest and 60% more likely to suffer from heart diseases. The study did not find any increased risks for women who gained weight but never seemed to have lost it.

The researchers state that the study is an important reminder that cyclical weight loss and gain is not a good way to achieve a healthy weight.

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Dealing with Post Traumatic Stress Disorder

PTSD (Post-Traumatic Stress Syndrome) typically occurs after exposure to a stressful or traumatic experience that may have resulted in the threat of harm or actual harm to a person. Traumatic experiences associated with PTSD include personal assault or injury, rape, car accident, abuse, disasters including wars, and involvement in military combat.

The term 'Complex PTSD' is now used to describe prolonged exposure to a traumatic event such as abuse in childhood. Such traumatic events cause changes to the nervous and hormonal system which later in life will cause problems with learning, memory, and emotional control. Prolonged trauma results in personality and behavioral problems including depression, alcohol and drug dependence, and aggression.

PTSD can occur at any age and women are more likely to suffer PTSD than men. There's also evidence that PTSD runs in the family. Research shows that PTSD changes the memory areas of the brain to cause vivid recollections of the traumatic event. People with brain abnormalities such as depression, anxiety, and psychosis, are more severely affected and are more prone to PTSD.

PTSD creates in sufferers conscious and unconscious behaviors to help them deal with the memories of the traumatic event, and these behaviors is what gives rise to the symptoms of

PTSD which include:

- Repeated and intrusive memories of the event
- A vivid sense that the event is occurring again also called flashbacks
- Nightmares of the event
- Negative emotions about the event such as guilt and shame
- Feelings of distress when reminded of the event
- Exaggerated physical and emotional reactions to reminders of the event
- Loss of interest in Life
- Feeling hopeless about the future
- Insomnia
- Anxiety

The most important aspect of managing PTSD is to recognize the problem and have an understanding and empathy towards the sufferer most especially from family members and close friends. A lack of understanding of the problem by family members will nearly always mitigate even the most well-intentioned therapy.

With the help of psychotherapists, sufferers can be encouraged to talk about the situation if this is considered useful and safe. There may also be underlying health problems such as hormonal and nervous system imbalances that exacerbate PTSD and require treatment. Looking after the welfare of people with PTSD is important as many are unable to function adequately in society.

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.

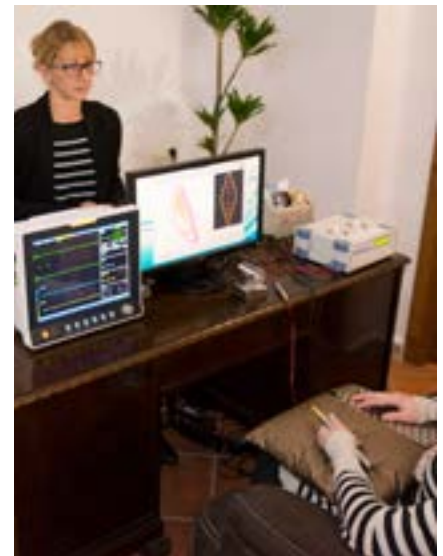
It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

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.



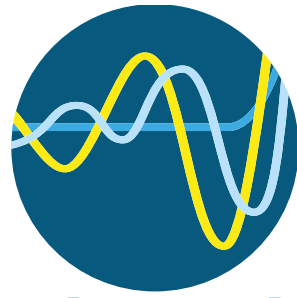
Benefits

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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