



## How to Avoid and Treat Winter's Coughs

Are Potatoes fattening?

Sugar supports Candida

Overmedication of Seniors

Why coffee can be good for you

Are Deodorants contributing to Breast Cancer?

Iron supplements and brain disease

Shungite protects against negative energy

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*DR H A Nieper, Inventor of Serrapeptase*

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# Editorial

Coughs are a common winter ailment, and recent health stats show that one in 3 people will develop a cough in the winter season. In this issue, we discuss ways to avoid and treat coughs this season.

MedB clinic is now offering yearly registration to those interested in having multiple follow-up scans within the year. The annual registration will provide patients with up to 4 follow-up scans for 250 Euros. In addition, registered patients will enjoy a 10% discount on products. Our service remains the same for non-registered patients who are still entitled to a free follow-up scan 3 months after the full scan.

Until next edition!

Dr Machi Mannu (MBBS)



*The stethoscope was invented by a French doctor - Rene Laennec, who felt uncomfortable with placing his ear on the chests of well-endowed women, to listen to their heartbeat.*

## “Laughing is the best medicine, but if you’re laughing for no reason, you need medicine”

*Unknown*

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# How to Avoid and Treat Winter's Coughs

**T**he Cough epidemic in winter is due to chest infections that inflict more people in the cold season. And chest infections in winter are predominantly caused by viruses that become active during the winter months such as rhinoviruses and coronaviruses. These viruses are responsible for colds, but they also pave the way for more harmful bacteria and fungus to infect the lungs and cause severe chest infections such as pneumonia and bronchitis.



Harmful microbes are all around us but are unable to invade the body because of our powerful immune system. A run down immune system paves the way for harmful bacteria to enter the body and cause disease. The limited sunlight in winter is a contributor to low immunity. Sunlight reacts with the skin to produce precursors of Vitamin D which are converted to active Vitamin D3. Vitamin D3 is crucial for maintaining a healthy immune system.

**Taking Vitamin D supplements during winter is a guaranteed way to keep the immune system healthy.** Although the recommended daily allowance (RDA) for vitamin D is 2,000IU studies indicate that the human body produces over 20,000 IU when exposed to 45 minutes of summer sunlight, that is ten times more than the RDA. An ideal recommendation for Vitamin D supplements is 10,000IU daily in the winter months.

A healthy diet is required to maintain a healthy immunity in winter, and some foods will provide an extra boost to the immune system.

Yoghurt is a super food for the immune system, especially if it is organic or preferably from goat or sheep. Dairy from Cow may worsen health problems in some people. Yoghurt contains probiotics—beneficial bacteria found in the stomach and gut—that fight harmful bacteria in the gut. Probiotics are also key players in food digestion and produce some nutrients for the body.

Fresh fruits and vegetables including **oranges, apples, red peppers are full of Vitamin C, a powerful destroyer of winter viruses.** Dr. Paul Linnaeus, a double Nobel Prize winner, demonstrated that high dose Vitamin C kills viruses that cause cold and flu. Vitamin C powder is a useful winter supplement, and will reduce the severity and length of colds and flu if taken regularly.

Nuts and Seeds contain Vitamin E and Selenium that are necessary to keep the immune system healthy. Garlic contains an anti-bacterial chemical called allicin that helps prevent coughs. Fish such as Tuna and Mackerel as well as flax seeds contain omega-3 fatty acids that counteract inflammation in the body.

Taking some precautionary measures will reduce the chances of catching chest infections and coughs. The cold weather creates stress in the body, and stress lowers the immune system which makes the body more susceptible to infections and cough. And so, putting on thick clothes on time, rather than waiting until you feel the cold will reduce the risk of infections. Washing your hands as often as you can with soap and water will prevent the spread of harmful microbes that cause infections. Adequate sleep is required to keep the immune system healthy, and sleeping for

### **Immunity Boosting**

**Foods:** Natural yogurt, ginger, garlic, coconut, nuts and seeds, sweet potato, mushrooms, oats and barley, ginseng, broccoli, turmeric, cinnamon, almonds, Kale and Spinach.



Black pepper and honey is an ideal remedy for coughs. To prepare, grind roast black pepper (4-5 corns) and add half a teaspoon of honey, mix and consume. The healing compounds in both are known to prevent coughs and colds in the winter if taken regularly.

more hours in the winter months is helpful.

People living in colder climates with little sunlight in the winter will benefit from Vitamins C and D supplements.

Infections are not always the cause of coughs. Medications such as those used to treat high blood pressure can cause coughs and irritation of the throat. The new drug prescribed in winter may be responsible for a cough.

Coughs that are caused by viral infections may not produce any mucus, and such dry coughs usually present with slight fever and malaise that lasts for a few days. Dry coughs will improve with honey dissolved in lemon. Honey contains antibacterial, antioxidant and antihistamine compounds that protect the immune system. Honey purchased from a local market will also offer protection against allergies caused by pollens in the area.

A cough that is producing sputum (white or coloured) will require treatment with antibiotics. Prescription antibiotics are not always effective since they are mostly antibacterial, and have no effect on viruses and fungi that are equally responsible for coughs and chest infections. Prescription antibiotics also have detrimental consequences for the immune system. They slow down the activity of white blood cells that defend the body against deadly microbes.

Colloidal Silver is a natural antibiotic proven to be effective against bacteria, viruses and fungi and this makes it more likely to treat chest infections. Colloidal Silver also has no side-effects.

Boosting the immune system with supplements, eating healthy fresh foods, drinking clean water and catching plenty of sleep will safeguard the immune system and guarantee protection against microbes that cause chest infections and coughs.



# Painkiller Anti-inflammatory Bone Regeneration Mineral

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# Overmedication of Seniors

The trend today is that the older we get; the more drugs doctors prescribe for us. There is overwhelming evidence that the older retired population are taking a lot more medications than they need. Very often at MedB clinic, we come across people taking 3 or more different types of high blood pressure medications while suffering from effects of low blood pressure.

A leading cause of over-prescription is the failure of doctors to check a patient's medication list before adding more drugs, a common occurrence when patients move home and change doctors. Most doctors are also reluctant to discontinue a patient's prescribed medications but will instead add to the existing list.

Furthermore, when a prescribed drug is not showing results, doctors will typically add on a different drug. Very commonly patients suffering joint pain are prescribed 3 or more different type of painkillers.

Older people also have more health complaints, and since hospitals typically aim to treat symptoms rather than the cause of illness, the resulting outcome is an over prescription of medications. Not long ago, the medical profession condemned the prescription of many drugs to patients, a practice it called ' Polypharmacy' which indicated a failure to find the cause of disease.

The danger with taking unnecessary drugs is that every chemical drug is considered a poison in the body and must be broken down and excreted by the detoxification organs of the body—the liver and kidney. Too many drugs will put a strain on these organs causing a build-up of toxins in the body which invariably leads to disease. In addition, as we age, the body slows down, and the rate of elimination of toxins reduces.

GP's today may lack the time to review a patient's medications, nevertheless patients can help themselves by researching their prescribed medications online. One crucial information about prescription drugs is that they usually have two different names—a brand name which is the fancy packet name of the drug, and the generic name, which is the scientific name of the drug. The scientific name will remain the same irrespective of the brand name, and it is this name that should be searched for online. ■



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## Why Coffee can be good for your health

Although coffee is one of the most widely consumed beverages in the world, many health enthusiasts and natural health professionals consider it an unhealthy drink. Yes, coffee is known to worsen stomach problems in some people and may cause a few other minor ailments such as increased heart rate, nevertheless, there is overwhelming evidence that coffee protects the body against chronic liver and gall bladder diseases including cancer.

Researchers from Milan's Instituto di Rierche Farmacologiche found that drinking coffee lowers the risk of liver Cancer by 40%. Another study found that coffee reduced the risk of Liver Cirrhosis (a chronic liver disease) by 22% and offered protection against a chronic disease of the gall bladder called Primary Sclerosing Cholangitis.

One published Study in the Journal of Hepatology also found that drinking 2 or more cups of coffee every day reduced the risk of dying from Liver Cirrhosis. Many other studies have also shown irrefutable evidence favouring coffee.

Coffee is also known to offer protection against Diabetes, and Parkinson's disease. ■



## Sugar Supports Candida

There is overwhelming scientific evidence that excessive sugar in the body encourages the growth of Candida. Candida is a harmful fungus that is responsible for many diseases especially infections of the urinary and genital organs. It will also spread to the lymph system from where it invades the entire body.

When sugar levels are high in the body, Candida sabotages the immune system by producing a substance that sticks to protective immune cells and prevents them from attack. Scientists from New Zealand found that sugar more than any other substance in blood acted as a major inducer of Candida infection.

Studies also show that sugar facilitates the transformation of Candida from its inactive oval form to an active filamentous form.

Normal sugar levels in the body will not encourage the growth of Candida which thrives when sugar levels rise. One of the leading causes of high sugar in the body is a diet rich in Wheat-based foods such as bread and pasta. 2 slices of bread will produce a higher sugar level than six teaspoons of pure white sugar.

An effective way to prevent or reduce high sugar is to eliminate wheat from the diet and replace with Spelt and Rye based foods. ■

Sugar is the term for carbohydrates with a simple structure such as glucose, fructose and sucrose. Glucose is the sugar required by our cells to generate energy. Fructose is the form of sugar mainly found in fruits. Fructose from fruits are useful energy sources in the body, but in excessive amounts, they may cause health problems. Sucrose is the name for Table Sugar, and inside the body, it is broken-down into Glucose and Fructose.

### Are Potatoes Fattening?

**P**otatoes were not considered fattening until Weight gain became a public health issue. Although potatoes contain more calories when compared to vegetables, they still contain less calories than rice or pasta.

The carbs in Potatoes digest very quickly just like bread, but unlike bread, potatoes contain a different carb called resistant starch which is digested very slowly in the body. Studies show that foods rich in resistant starch help maintain normal blood sugar levels.

Bananas, oatmeal, beans, lentils and then potatoes are the top 5 common foods that have high amounts of Resistant Starch. Potatoes do not contain any fat or cholesterol but contain over 70% water which makes them very filling. Potatoes are a rich source of vitamins B and C and minerals including Potassium, iron, magnesium, zinc and chromium. Potatoes even contain more potassium than bananas.

Studies show that Potatoes on their own do not cause weight gain unless they are consumed as fat fried potatoes or mash with a lot of oil and mayonnaise. Boiled Potatoes are three times more satisfying than fried potatoes. ■



The capacity of potatoes alone to sustain life is demonstrated by the documented account of 2 Polish scientists in 1925 who for 167 days ate nothing but potatoes mashed with butter, salt and oil, and at the end they reported no weight gain, no health problems and no craving for change in their diet.

# What Can MitoQ Do for You?

- Boosts Energy and Stamina
- Lowers Blood Pressure
- Prevents Brain Damage
- Supports Normal Sugar level
- Enhances Immune System
- Protects Statin Users



## Energy, Heart Health and Healthy Ageing

**M**itoQ is the most advanced form of CoQ10 and 800 times stronger than ordinary CoQ10. CoQ10 is produced inside the body and it is directly involved with energy generation. CoQ10 is like the 'car plug' that ignites the engine.

MitoQ is uniquely designed to penetrate deep inside the 'energy generating centres' of cells, which means that the energy-boosting effects of MitoQ appear in hours and days, unlike ordinary CoQ10 that takes weeks and months to produce a limited effect.

Statin drugs prescribed to lower cholesterol, deplete CoQ10 levels in the body and cause many side-effects. People taking statins should combine it with MitoQ to reduce side-effects and damage.

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

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I am 67 years old and in relatively good health. I had a stent fitted about eight years ago, and a right hip replacement three years ago. I only take aspirin, and apart from a few niggles in my joints, I do not have any problems. What supplements will be useful for me?



You will improve your health by strengthening the systems related to the organs that have undergone surgery. Having a fitted stent implies that you have had blocked arteries and although the arteries of the heart and brain are mostly affected, any artery in the body can be affected.

Narrowing of the arteries occurs when plaque accumulates on the walls of arteries. Plaque is created in the body when clotting cells clump together due to inflammation of arteries. Narrowed arteries restricts blood flow to organs which results in disease. Plaque in arteries is dissolved with a natural enzyme called Serrapeptase. Serrapeptase is derived from the silkworm and clinical studies from the past 25 years have confirmed that it dissolves plaque in arteries.

Another important nutrient for the heart is CoQ10. CoQ10 is the key nutrient for generating energy and it is found abundantly in organs that work the hardest in the body such as the heart. Levels of CoQ10 decrease with age. Also, drugs that reduce cholesterol such as statins will also deplete CoQ10 from the body. MitoQ is the most advanced form of CoQ10 today and is designed to penetrate deep inside the energy generating centres of cells to speed up energy production in the body. When cells have adequate energy, they can repair damage and prevent disease.

MSM (Methyl Sulphonyl Methane) is the mineral that strengthens the connective tissue and prevents arthritis. MSM is converted into collagen and collagen is the protein that supports the joints, bones, ligaments, tendons and muscles.

The most helpful supplements for you are Serrapeptase for unclogging arteries, MitoQ to improve your heart, and MSM to help rebuild your joints. ■

### **Health Benefits of Mushrooms**

Mushrooms are highly nutritious foods and contain many unique minerals and nutrients including the B vitamins (it is an excellent source of all B vitamins), copper, selenium, phosphorus, potassium, zinc. Many mushroom species such as shiitake are known to boost the immune system. Other compounds in mushrooms are also known to block the production of inflammation-causing chemicals in the body. Mushrooms are also a rich source of antioxidants. ■

# Are Deodorants Contributing to Breast Cancer?

**D**eodorants most likely contribute to cancer since many core ingredients of deodorants are confirmed cancer-causing chemicals.

**A study carried out at the University of Geneva in 2016 found that women who regularly use deodorants have an increased risk of developing breast cancer.** Toxic chemicals are a leading cause of many chronic diseases including cancer, and the breasts are susceptible to damage by toxins due to their high-fat content which readily dissolves and stores toxic chemicals.

Also, surrounding the breasts are a dense cluster of lymph nodes and vessels that drain and store toxins from the rest of the body, which further increases the risk of contracting breast cancer. Using deodorants under the arms may expose the breasts to chemical toxins which are absorbed through the skin and into the lymph nodes. And from the lymph nodes, these toxins will continually leach into the breast tissue and cause diseases such as cancer, especially if the lymph drainage system is dysfunctional.

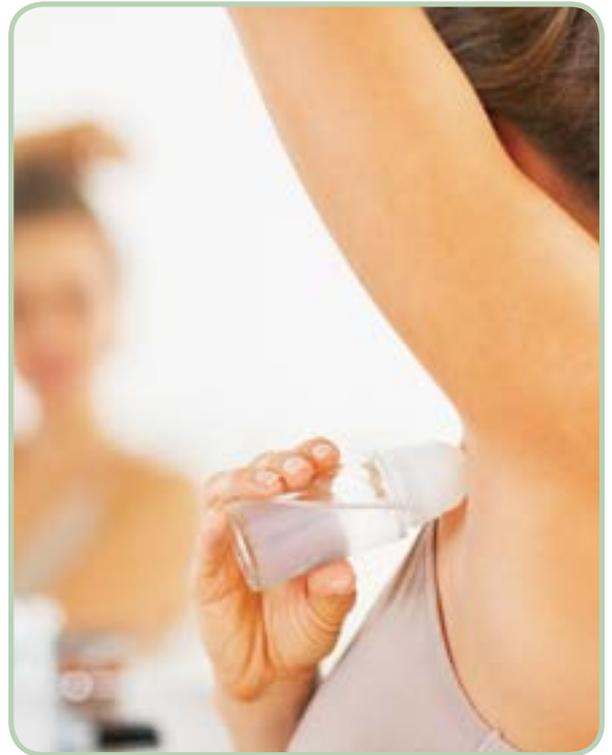
The main ingredient in most deodorants is Aluminium which is added to block sweat pores and eliminate the foul odor produced by bacteria living in the armpits. But aluminium is toxic to the body and a well-known carcinogen (cancer-causing compound).

Aluminium alters DNA, the blueprint that regulates normal bodily functions, leading to dysfunction and disease. Aluminium also promotes oestrogen production in the body, and high oestrogen encourages the growth of breast cancer.

Most deodorants contain a toxic form of aluminium salt called aluminium chlorohydrate which readily penetrates the skin. But not all forms of aluminium salts used in deodorants are harmful. Natural Alum deodorants contain non-toxic aluminium salts that do not leach into the body.

**Deodorants typically contain toxic preservatives called parabens known to cause cancer.** A 2015 study by the Silent Spring Institute in Nevada, found that parabens fuelled the growth of breast cancer cells. Other past studies also came to the same conclusion. **Parabens have been identified in virtually all breast cancer tissue examined.**

Deodorants that contain natural Alum salts are now the preferred choice for a growing number of women. 'Paraben Free' deodorants are also becoming common and are a good place to start with deodorants. ■



## Shungite protects against negative energies

Shungite is a black stone found only on the shore of Lake Onega in Russia, and in the nearby village of Shunga, from where the stone bears its name, the residents have acknowledged its healing properties for centuries.

Shungite came to limelight in the 1990s when a couple of scientists discovered it contained a very powerful antioxidant called Fullerenes. The discovery earned the scientists a Nobel Prize.

Antioxidants are compounds that fight inflammation and neutralise cancer-causing toxins in the body. Fullerenes are the most powerful antioxidants ever discovered and inside the body, they acted as the most powerful and the most potent antioxidants.

Interestingly, fullerenes belong to the same carbon family as Diamonds and Graphite, but differ in that, it has a unique hollow structure that confers it with many beneficial properties, including the capacity to absorb and neutralise negative electromagnetic (EM) energies that surround us today.

Harmful electromagnetic energies from electronic devices—cordless phones, microwaves, computers, Wi-Fi, etc.—damage the sensitive nervous and hormonal systems of the body, and slow down the healing process.

Shungite is available commercially in many different forms such as bracelets and necklaces and will provide protection for people exposed to harmful EM energies from high-tech work environments as well as for general use.



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## Simple Recipes

*Sweet potatoes with spinach stew*

Main course approx. 30 min for 3 persons

- **1 kg sweet potatoes, peeled and cut into pieces.**
- **1 red onion, chopped.**
- **½ jar chopped sun-dried tomatoes in oil**
- **200 g fresh spinach, washed and cut into strips**
- **150 g soft goat cheese**
- **50 g roasted pine nuts**

### Preparation

Boil the sweet potatoes with the red onions for about 20 mins until tender.

Drain and mash the potatoes and add 3 -4 tablespoons of tomato oil.

Stir in the spinach and tomatoes into the mashed potatoes and season with salt and pepper.

Crumble in the goat cheese and scatter pine nuts on top, and it's ready to serve.



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Colloidal Silver reduces inflammation and speeds up the healing of damaged tissues such as in the stomach and lungs, and helps prevent the formation of scar tissue.

Colloidal Silver has absolutely no side effects. The particles of silver in colloidal silver are incredibly tiny, making it impossible for any toxicity to occur.

Silver has been used for thousands of years as an antibiotic to prevent diseases. Many ancient cultures used silverware to store water with the knowledge that silver protects against diseases. Silver is also the preferred choice metal for making surgical and clinical devices to prevent MRSA.

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# Iron Supplements and Brain Disease

**I**ron is needed to transport oxygen in the body. But too much iron will accumulate in cells and cause organ damage, and for this reason, iron in the body is tightly regulated.

High levels of iron in the body will damage the brain and is a known promoter of Alzheimer's disease. Clinical studies have identified iron in the brain tissue of people with Alzheimer's. And in recent times scientists have suggested measuring iron levels in the brain to detect early Alzheimer's disease.

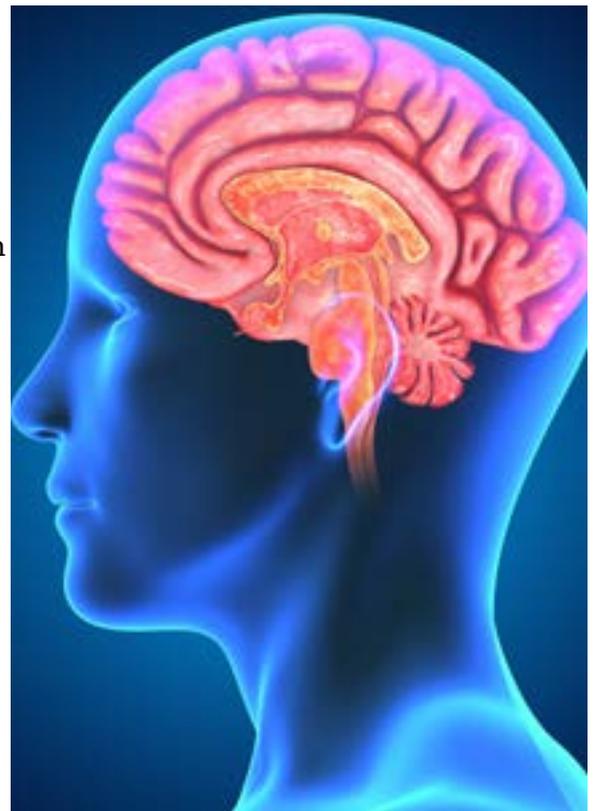
The danger with iron is that it is favoured inside the body due to its role in oxygen transport, but in high amounts, it readily displaces other vital minerals such as zinc and chromium. Iron falsely takes the place of these metals and by doing so impairs many chemical reactions in the body, resulting in dysfunctions and disease. Too much iron in the body also encourages the growth of bacteria.

Iron-only Supplements used to treat anaemia are a major contributor to high blood iron. Iron deficiency anaemia responds better to a multivitamin containing iron as well as other minerals that are also required to prevent anaemia.

A diet rich in iron-containing foods such as organ meat—liver and kidneys, will contribute to high iron in the body. Foods fortified with iron especially wheat-based foods may also result in high iron in the body.

Diseases of the gut can cause increased absorption of iron or reduced removal of iron from the body, causing iron overload. Iron cookware can also be a source of too much iron, especially if used to cook acidic foods such as tomato, since acid increases the absorption of iron. Alcohol can also lead to iron overdose by depleting zinc which is required to control iron levels in the body.

A diet that is rich in Wheat-based foods (Bread, Pasta, Pastries, etc.), Red Meat and Alcohol will encourage iron overload in the body. ■



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**The acid in the stomach is so strong it can dissolve razor blades! Stomach acid is powerful for a reason, to help the body fight and destroy bacteria that enters the body with the foods we eat. Beware of medications that suppress stomach acid and cause more problems with the gut.**

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## Coffee-Loving women less likely to suffer from dementia later in life

A study from the University of Wisconsin, Milwaukee has found that women over 65 who consume about 3 cups of coffee daily are 36% less likely to develop dementia. Researchers analysed the daily coffee intake of 6000 women for 10 years, before arriving at the conclusion. ■



## 85% of Cotton Products Such as Wipes and Tampons Are Contaminated With Toxins

Researchers from the University of La Plata in Argentina found that most cotton based products such as gauze, bandages, pads and wipes as well as female care products such as Sanitary Pads and Tampons contained Glyphosate, a toxic chemical found in the household herbicide, Roundup.

Glyphosate is linked to many chronic diseases including infertility, Brain impairment, ADHD, Autism, Obesity, Diabetes and heart disease. WHO considers glyphosate a 'Probable Carcinogen' (Cancer causing compound). In addition to glyphosate, the scientists discovered an even deadly toxin called AMPA which is a breakdown product of glyphosate and 1000 times deadly. ■



## Your Guide to Heart Health

The heart is the hardest working organ in the body. The amount of blood pumped by the heart in a lifetime is comparable to turning the kitchen tap at full blast and leaving it running for 45 years. In a lifetime, the heart which is the size of a man's fist will pump about 1.5 million barrels of blood. The heart requires tremendous energy to function normally.

Inflammation is the underlying cause of diseases of the heart. Inflammation triggers the formation of plaque which restricts blood flow to the organs causing diseases. A leading cause of inflammation today is an unhealthy diet rich in vegetable oils and wheat-based foods. Vegetable oils contain high levels of Omega-6 which promotes inflammation. Wheat consumed today is genetically modified and contain higher levels of toxic compounds that promote inflammation.



Toxins such as lead and aluminium are also a leading cause of diseases of the heart and arteries. Toxins promote inflammation in the body. Eliminating toxins from the body is a proven treatment for diseases of the heart. Pectasol is a natural detox agent proven to remove toxins from the body. Chronic inflammation of arteries causes narrowing of arteries due to plaque deposits. And plaques can be dissolved with a natural enzyme called Serrapeptase.

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Your body is constantly changing every moment you are alive! Nothing in the body works unless it is connected to your brain. Therefore, if your spine is misaligned and putting pressure on the nerves, this reduces the life energy flow to your body; resulting in problems associated with organs, muscles, ligaments.

Spinal adjustments increase the life energy which helps restore the body back to optimal health.

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## How releasing blame can make you healthier and how to do it.

**T**ake a moment to reflect on the last time you were blaming? If you are one of 99% of the population, it was probably sometime today. So, what is blame? Blame is when we make someone or something outside of ourselves responsible for absolutely anything in our life. It is a pervasive mental / emotional disease and highly addictive.

And what is the impact of blame? In the end, you could boil it down to unhappiness, a feeling of powerlessness in life. You make yourself dependent on something or someone else to change so that you can feel better, behave better, achieve something, or create opportunities for you.

Therefore, blame represents powerlessness and leads to anger, sadness and depression.

There is another very interesting fact about blame. Personal empowerment cannot begin until you give up blame. For example, by blaming your parents for a weakness you have, you miss out on, loving your parents and will not begin the journey to finding your strength. By blaming your financial limitations for not enabling you to achieve certain goals your brain will not even be activated to find alternative solutions.

When you stop blaming the solution is up to you. Your brain will activate, your creativity and your senses will become alive with the desire to 'find a way' to your desired outcome. And at very least you will 'choose' to feel happy because you oversee how you feel.

**Here is the recipe for curing the blame factor in life:**

**Ownership ● Accountability ● Responsibility**

---

**Blame ● Excuses ● Denial**

An easy way to remember this formula is to think of **BED** for below the line. You make your bed and then you must lie in it. And **OAR** above the line. An oar gives you the power to steer your own boat in the direction you want.

So, take any thought, issue or outcome in your life you are unhappy with and check where you are sitting in relation to it.

Are you above the line? Taking ownership of the matter, being responsible for your response and have you been accountable? Or, Are you below the line in your response: Blaming anyone or anything else.

If you are below the line, then take the matter and ask yourself:

1. How am I responsible for this situation? And be sure to take 100% ownership of that, however much you want to blame the other person or thing.
2. Have I been accountable? Not doing what we said we would when we said we would is a major cause of breakdown in life. It breaks trust and undermines relationship.
3. How will I take responsibility for this situation and moving forward, finding a solution?

At this moment, your mind will activate to find a solution and you will discover a new path to healthy thinking that liberates you from blame and makes you resourceful, creative, solution oriented and much happier. ■

**Tiamara Williams is a New Zealand writer, transformation coach and change maker who lives globally. She is here to connect humanity to their true self and creativity so they can live an authentic life in the now.**

<http://www.inspiringlivesglobal.com>



# The Full Body Scan at MedB

## How the scan works

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

## What to Expect

At MedB, our aim is to make your scan experience as comfortable & relaxing as possible. It takes only 45 minutes for the first appointment, all of which you would spend in a relaxing easy chair, watching a visual interpretation of the scan in progress.

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

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

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

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

## Benefits

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

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

**Affordable:** A similar scan using the same technology cost up to 6 times more in England and other EU countries. Products from MedB are also cheaper than anywhere else. For More information, **Call 965071745, 966189074** or visit [www.medb.es](http://www.medb.es)



# Whole Body Diagnostic Scan

Non-invasive, Computerised

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

€130, 10% discount for couples

☎ **965071745, 966189074** or visit [www.medb.es](http://www.medb.es)

Clinic - 1161 Punta Marina, Torrevieja

