



Age-Blaming and Failing Hospital Treatments

**Cytomegalovirus increases mortality in
older people**

The role of placebos in healthcare

Painkillers and heart disease

Allergies: causes and prevention

How antibiotics work

**How worms cause gallbladder
disease**

**Five steps to maintaining self-esteem and
confidence in retirement**



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Editorial

Hello, Happy Summer! The summer season seems to have started quite early here in Costa Blanca. And while most people await the spring and summer eagerly, some others await the season with dread and anxiety in anticipation of health problems brought on by allergies. One of the topics in this edition looks at the causes and prevention of allergies.

The main article in this edition looks at the growing trend of hospitals blaming people for their health problems. Claire's article is focusing on dangers associated with all types of Hormone replacement therapies (HRT) especially in people with a family history of breast, ovarian or uterine cancer.

As usually we also have interesting articles covering a range of topics including healthy eating, nutrition, pharmacology, travel and personal development. Enjoy the issue.



Dr Machi Mannu MBBS

Every time you eat or drink,
you are either feeding
disease or fighting it.

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Five Steps to Maintaining Self-esteem and Confidence in retirement

Age-Blaming and Failing Hospital Treatments

Steve suffered occasional knee and back pain, but lately, the pain had got a bit worse and was interfering with his daily exercises. “I expected more from my doctor than being told to slow down and take some pain killers. I mean I’m only 62, and in all honesty, I’ve never felt more active in my life”. Steve’s experience is a growing trend in hospitals that are increasingly blaming the ageing process when they fail to provide adequate healthcare for their patients.



It is true that as we age the body undergoes changes both inwardly and outwardly and it is the outward changes in the body that have come to denote the signs of ageing. With age, our organs become less flexible, especially the supporting structures of the body—the skin, joints, bones, muscles, and ligaments causing wrinkling of the skin and limiting our range of physical activity. Nevertheless, the body has an innate ability to renew itself, albeit slower with age, and our organs and systems develop an increasing capacity to compensate for diseases.

MENTAL CAPACITY IMPROVES WITH AGE

And while the physical body may slow down somewhat with age, our mental faculties certainly improves with age. The brain’s capacity for handling complex thought processes and patterns increases with age, as well as its ability to hold information.

All cultures in human history have revered the elderly for their capacity to hold in their memories the entire history of their communities and able to recount life-saving information when needed.

Today, the undertone from modern healthcare is that the body catastrophically spirals downwards after age 50. The outcome is that ageing is held responsible for poorly managed health problems in

people over 50. The question asked is whether our current healthcare system and practices now facing an undeniable crisis are now looking for victims for their failures.

HOSPITALS MISMANAGE CHRONIC DISEASES

The fact is that the incidence of every chronic disease continues to increase year in year out and the obvious conclusion with good reason is that our current healthcare system is no longer capable of tackling the chronic diseases that inflict humanity. There is no doubt that modern medicine has an excellent track record in managing medical emergencies. In road traffic accidents that involve severe organ damage such as fractures, without a doubt, hospitals are still the best place to go for treatment.

However, hospitals fail when managing chronic diseases such as arthritis, diabetes, etc., and it is these chronic diseases that increasingly afflict human beings with increasing age. The simple reason for the failure of modern medicine to manage chronic illness is that hospitals continue to treat the symptoms of diseases. While this may be an effective strategy for managing medical emergencies, it fails when applied to chronic diseases.

Joint pain, for example, is treated with painkillers to subdue the pain rather than with nutrients that

will help regenerate the joints. While a painkiller will subdue the pain for a few hours before another is required, supporting the joint with the adequate nutrients will restore the joint and provide a permanent fix. The idea that the joint cannot be regenerated in adulthood only serves to reinforce the belief that the only solution to joint pain are painkillers. This pattern not only occurs with joint problems but also with other illnesses.

Here-in lies the problem. It has become apparent in the last few years that prescription drugs of all types are no longer useful for managing symptoms, even at high doses. And as the drugs fail, modern medicine has learned to turn to the patient to blame for their inadequate therapies. On top of the blame list are Lifestyle, genes and of course ageing. While it is true that these factors contribute to diseases, the overwhelming evidence suggesting that these factors are now used as an excuse to dismiss modern healthcare inadequacies.

PEOPLE AGE AT DIFFERENT RATES

It is an undeniable fact that the body ages and slows down over time, **nevertheless the body is designed to age gracefully and retain its functionalities until our final days as it occurs in nature.** The fact that the human body has the capacity to stay youthful even as we grow older is now apparent from online videos showing people well into their 80s looking very youthful and performing amazing feats.

From many indications, human ageing seems to be a process that occurs at varying rates in people: some factors accelerate or slow down this process. An 80-year-old person may never have suffered any joint problems, while someone else of age 50 could have had two knee replacements due to wear and tear of the joints. For this reason, scientists have come up with the term biological age to differentiate from our chronological age. The biological age of a person is how old their body seems based on certain biological and physiological measurements such as the rate of inflammation occurring in the body.

TOXINS SPEED UP AGEING

A major driving factor in ageing is the presence of toxins in the body. **Toxins are the primary cause of inflammation and inflammation is the underlying cause of ageing and chronic disease.** The process of skin wrinkling which is a major in-



indicator of a person's age occurs when toxins damage skin cells and stop them from making proteins such as elastin and collagen that keep the skin supple.

The sources of toxins are varied. Chemical toxins are very common from environmental pollutants, as well as the pesticides and insecticides in the foods we consume. Mycotoxins are from moulds, and recent studies show they are a serious cause of toxins in colder climates that have constant heating. The body eliminates these toxins with the help of the kidneys. The liver breaks these toxins down into harmless forms that are excreted by the kidneys.

However, when these toxins are excessive in the body, they accumulate in organs and in time cause inflammation and chronic disease. In addition to chemical toxins, the body is now faced with electromagnetic toxins from computers and mobile phones. While the extreme danger of these technologies is not acknowledged, there is overwhelming scientific evidence that they cause severe inflammation to a significant number of people. X-rays and CT scans are still used in medical investigations, but these devices cause intense inflammation in cells that can even give rise to cancer. Inflammation is the primary trigger of the ageing process.

HEALTHY NUTRITION PREVENTS DISEASES

Eating a healthy diet is a key step to keeping healthy. While this might seem a simple enough strategy, it can be difficult to implement with the confusing in-

formation on nutrition today. Fresh foods are preferred food choices, but today many foods contain a fraction of the nutrients they contained in the past. Furthermore, the advent of GM foods means that we should now be careful of the source of even fresh foods. Genetically modified foods are foods that have an inbuilt pesticide. For example, GM Corn contains herbicides that will kill animals, but according to the manufacturers, the insecticides contained in these foods are harmless to the body!

Unfortunately, the advice from hospitals regarding nutrition is at best basic and most of the time wrong and very deceptive. Hospitals will rightfully advise patients to increase their intake of fibre but will advise people to eat the wrong type of fibre such as brown bread or wheat based foods that cause intense inflammation in the body. Wheat is genetically modified and contains many highly toxic components including gluten, wheat germ agglutinins, lectins and many others. Wheat should be replaced with other grains including Spelt, rye and rice. Rye bread and rice pasta are healthier alternatives.

While people are advised to avoid healthy oils such as coconut oil, they are advised to replace them with margarine and vegetable oils that contain inflammation-causing compounds. The healthiest cooking oils are coconut oil, almond oil and avocado oil and similar oils that are rich in saturated fats that support the brain. By contrast, vegetable oils and margarine are full of inflammation-causing compounds.

CHOLESTEROL LOWERING DRUGS SPEED-UP AGEING

Another false information that directly results in increased ageing is the idea that high cholesterol is responsible for heart disease, and to treat this con-



dition patients are prescribed cholesterol-lowering drugs statins. For a start, cholesterol is not responsible for heart disease and blocked arteries.

Cholesterol is one of the most important nutrients found in the body. Over half of the weight of the brain is cholesterol, and the body relies on cholesterol to produce every hormone in the body. The cause of hardening of the arteries is inflammation of the walls of the arteries that triggers the migration of platelet cells to repair the wound. As the inflammation is usually continuous, the clotting cells clump together and form plaque on the walls of the arteries, and over time this can result in blockages of the arteries.

The main dangers from statin drugs that are prescribed to lower cholesterol. **Several studies now confirm that statins accelerate the process of ageing.** For a start, cholesterol is a useful component of the skin and helps keep the skin supple. When cholesterol is reduced, the skin suffers. Furthermore, the statin drugs prevent the body from making CoQ10 one of the most important nutrients in the body for fighting inflammation and preventing the ageing process. Unfortunately for patients, the side-effects of statins which include many chronic diseases as well as increased ageing, will be blamed on the ageing process.

It is true the body ages with time, however most likely the inadequacies that are seen in hospitals when they treat symptoms and not the cause of illnesses may be their reasoning for pushing the impression that diseases that occur with increasing age are inevitable.



THIS MONTH IN THE CLINIC

A case we had this month has highlighted the need to point out the dangers of HRT (Hormone Replacement Therapy), especially for women with a family history of breast, ovarian or uterine cancers.

Angela came to us complaining of pain in her breast and feeling unwell. She had been taking HRT medication for over 15 years, and she revealed that it was prescribed to her even though her doctor knew she had a family history of breast cancer. Her mother died of breast cancer. She was assured that the pill was safe without side effects.

But with the pain she was having, and what she was experiencing, she was no longer sure. She was right to be concerned because the scan indicated a need for more investigations to rule out serious problems. Contraceptive pills contain hormones oestrogen and progesterone that increase the risk of cancers in the breast, ovaries and uterus.

Although progesterone only pills may have a lower risk of causing cancers than oestrogen only or combination pills, nevertheless it is still advisable that **people with a family history of breast, ovarian or uterine cancers should completely avoid the pill.**

Post-menopausal symptoms respond well to amino acids, and in our clinic, we have had a lot of success managing and treating menopausal and post-menopausal symptoms with the natural amino acid formula called YTE (Young Tissue Extract). **Plant-based oestrogens have a similar structure to oestrogens, and they compare very favourably to natural oestrogens and progesterone and help relieve post-menopausal symptoms without side effects.**



You can get in touch with Claire at contact@medb.es

CYTOMEGALOVIRUS INCREASES MORTALITY IN OLDER PEOPLE

Most people may never have heard of the virus called Cytomegalovirus however, the presence of cytomegalovirus in the body may be the most detrimental health risk older people face. Cytomegalovirus belongs to the same class of viruses like the herpes family and just like other viruses, they are opportunistic and invade a body with a compromised immunity.

Studies show that the presence of cytomegalovirus in older people increases the risk of mortality by over 60%. Cytomegalovirus can invade every organ in the body including the brain, nerves, kidneys, liver, joints, abdominal organs.

The analysis of diagnostic scans carried out at MedB clinic shows that cytomegalovirus increases the risk of cancers. Infection with cytomegalovirus has serious consequences for the immune system and accelerates the ageing process. Cytomegalovirus is present in 70–90% of people over 65 and scientists from the University of Arizona Centre for Ageing suggest that by 2050 over 1 billion people in the world will be infected.



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HOW WORMS CAUSE GALLBLADDER DISEASE

When worms infect the body, they typically lodge in the intestines. However, worms also occur in the gallbladder where they disrupt normal gallbladder function and can cause gallstone formation.

A dysfunctional gallbladder results in the build-up of a pigment called bilirubin which helps with fat digestion. In health, bilirubin is stored in the gallbladder and is discharged into the intestines to help digest fats and oils, but worm infestation can cause the stagnation of bilirubin and other bile pigments in the gallbladder resulting in higher than normal concentrations in the blood. High levels of bilirubin may cause an itchy skin which is worse when bathing with hot water.

Unsurprisingly, itchy skin can be a sign of worm infestation. Worm infestation will also affect proper food digestion and causes nutrient deficiencies and chronic diseases. Worms are very common and are picked up from half of the people that have a full body scan at MedB clinic. Worms are easy to treat with the over the counter medication Lomper (mebendazole) which is taken over a few days. ■



WHY BLOOD TESTS ARE UNRELIABLE

The blood tests carried out in public hospitals are best described as basic and are usually lacking in detail to reveal any useful information about a person's state of health. Most people have had the experience of feeling very ill even when blood tests have come back clear. Blood tests are, usually positive when a disease has progressed enough to damage organs.

Blood tests measure the levels of chemicals in the blood such as hormones, enzymes, minerals, etc. and these chemicals are only released in measurable quantities when the producing organ becomes diseased. Markers of inflammation in the body such as C-Reactive Protein (CRP) are only raised during chronic inflammation, and even then, they may not be raised at all.

Blood tests are neither reliable nor accurate and are known to give many false readings. The most effective and realistic means of assessing the body's state of health is by measuring the frequencies emanating from the body. Every cell, tissue and organ in the body has a unique frequency, like a unique identity, and by measuring and analysing these frequencies, an accurate state of a person's health can be determined.

Over 100 years ago, scientists established that long before symptoms of diseases occur in the body, the frequency of organs changes, making it possible to even predict diseases before they occur. Sensitiv Imago is the most advanced frequency measuring diagnostic technology and is used in MedB Clinic for a Full Body Scan. To book a whole-body scan Call 965071745. ■



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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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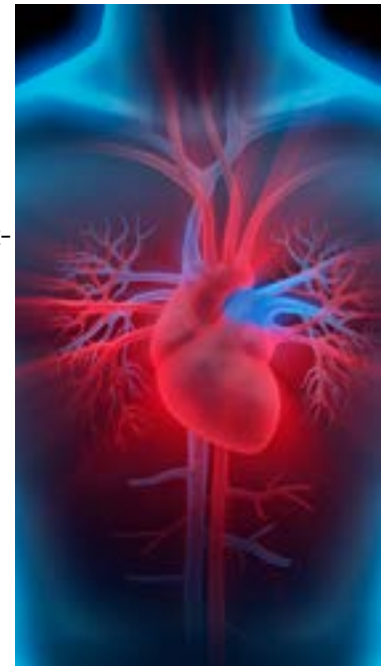


PAINKILLERS AND HEART DISEASE

A growing number of clinical studies point to painkillers as a major contributor to heart disease. One published study from the University of Bern Switzerland followed over 100,000 people with arthritis and found that the anti-inflammatory drugs rofecoxib and lumiracoxib increased the risk of heart attacks by 50%. The investigators found that those who took ibuprofen or diclofenac regularly had a fourfold risk of dying from a stroke or heart attack.

In another study published in the Sept 2016 edition of the British Medical Journal, scientists analysed data from almost 10 million patients on NSAIDs (Non-steroidal anti-inflammatory drugs) in 4 European countries—UK, Germany, Italy and Holland. They found that those who received treatment 14 days previously were 19% more likely to be admitted for heart failure. The study also found that the risk of heart failure increased with common painkillers including diclofenac, ibuprofen, indomethacin, naproxen and piroxicam.

Another recent study from Denmark published in March 2017 in the European Heart Journal found that non-steroidal anti-inflammatory drugs increased the risk of heart attacks in patients who had suffered a previous heart attack. The researchers studied the effects of Diclofenac, Naproxen, ibuprofen and other NSAIDs and compared the use of the drugs 30 days before a heart attack and 30 days after a heart attack. They found that NSAIDs increased the risk of heart attacks by over 30%. Diclofenac produced a higher risk. ■



HOW ANTIBIOTICS WORK

Antibiotics destroy bacteria through some key processes. Antibiotics such as penicillin work by destroying the walls of bacteria, killing them in the process. Rifamycin used mainly to treat tuberculosis prevents the reproduction of bacteria and stops them from spreading.

Antibiotics like tetracycline prevent the synthesis of proteins that are essential for the survival of the bacteria and kills them off in the process. Ciprofloxacin and similar antibiotics block an enzyme called DNA gyrase which prevents the reproduction and spread of bacteria. However, by blocking this important enzyme, ciprofloxacin results in severe damage to the nervous system.

The resulting effect is that 91% of patients taking ciprofloxacin have nervous system complaints including memory loss, panic, psychosis and 73% suffer problems related to the musculoskeletal symptoms including tendon rupture, tendonitis, joint pain and swelling.

Colloidal Silver is an effective natural antibiotic with no side effects and capable of destroying viruses, bacteria, fungus and parasite, unlike prescription antibiotics that are only effective against bacteria. ■



ALLERGIES: CAUSES AND PREVENTION

With Spring comes the blossoming of flowers and the release of pollen grains into the air. For some people, the spring and summer seasons bring a lot of misery caused by allergies from pollens. Those with an allergy have a hypersensitivity to pollen grains and other foreign substances that cause intense inflammation when inhaled. When the airway is inflamed, special cells called mast cells that line the breathing tubes produce histamine which promotes the release of fluids into the sinuses and airways causing headaches, rhinitis, congestion and breathing difficulties.

Allergies occur because of a dysfunctional immune system. The immune system protects the body against infections as well as allergies. Factors that lower the immune system such as antibiotic therapy may increase the incidence of allergies. As the immune system improves and repairs itself, the allergies will decrease.

Excessive histamine also results in inflammation and irritation of the skin which results in all sorts of skin problems.

Antihistamine drugs are best avoided and should be reserved for very severe allergy attacks. Studies show that long-term use of antihistamine results in damage to the brain and nerves and increases the risk of Alzheimer's and Parkinson's.

Air filters are essential for people with allergies. We spend more of our time in our homes than anywhere else and reducing pollen contamination with air filters make a huge difference to the quality of life of people with allergies. Air filters usually have an ioniser which helps settle unfiltered particles to the ground. Good Air filters range in price from 50–150 Euros and are light and easy to move from room to room.

Honey and bee products such as propolis and royal jelly produced by local bees help sensitise the body to local pollens and reduce the occurrence of allergies.

MSM—Methylsulfonylmethane is a naturally occurring mineral that is useful for stabilising the airways and nasal membrane and preventing allergies. ■

THE ROLE OF PLACEBOS IN HEALTHCARE

A placebo is a name of a prescribed medication that has no physiological or pharmacological effect on the body but seems to produce healing benefits. Clinical studies have confirmed that placebos work in healthcare.

The idea is that a doctor gives a patient a blank pill such as a sugar pill and informs the patient that the pill will help with the ailment, and in half the time or more, the pill will help alleviate symptoms.

Placebos go beyond managing medical problems and have even been found to be useful in surgeries. In a ground-breaking experiment published in the New England Journal of Medicine, Dr J Moseley who performed routine knee washout in his patients had his doubts regarding the effectiveness of the procedure and decided to carry out a scientific study.



He split 180 patients into two groups and while one group had the actual knee-washout done, the second group had no surgeries but instead were played a video of a knee-washout surgery. The patients were assessed for pain and healing over a 24-month period, and after the period, **Dr Moseley found no difference between those that had the surgery and those that believed the did.**

There is evidence suggesting that many prescription drugs work purely through the placebo effect, and many drugs are enhanced through the placebo effect. Clinical studies show that the belief that a drug will relieve a symptom increases the potency of the medication. Just as a positive suggestion has a positive effect on the body, by the same token, a negative idea will also produce a negative and damaging effect on the body; **a phenomenon called the nocebo effect, so believing that you have a disease may create the disease!** ■

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COLLOIDAL SILVER kills more harmful microbes than any prescription antibiotic. While prescription antibiotics will destroy only a few strains of bacteria, scientific studies have confirmed that Colloidal Silver kills over 650 harmful pathogens including MRSA, Streptococcus, Candida, Herpes and Hepatitis viruses.

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

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

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

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Your Shopping Basket of the Month

Foods that Help Reduce Blood pressure

Berries are packed full of different types of antioxidants. A study published in the American Journal of Clinical Nutrition and involving over 80 000 women showed that consuming about a cup of berries each week reduces the risk of developing high blood pressure, heart disease and stroke. Anthocyanin, the chemical that gives berries their bright red and blue colours is a powerful antioxidant helping to reduce inflammation. Berries also contain another powerful antioxidant called Polyphenol that helps keep arteries open.

Oats contain unique antioxidants called Avenanthramides, which protect LDL fats in arteries from damage thereby reducing the risk of cardiovascular diseases. In one study conducted at Tufts University Massachusetts, researchers exposed human arterial wall cells to the antioxidant from Oats–Avenanthramides and found that the significantly suppressed plaque that causes hardening of the arteries.

Brazil nuts are an excellent source of B-complex vitamins–thiamine, riboflavin, folate, pyridoxine as well as many nutrients and minerals: iron, zinc, potassium, calcium, manganese. Brazil nuts are also one of the best sources of the powerful antioxidant and mineral–Selenium.

Dark Chocolate is one of the richest sources of antioxidants that combat inflammation and prevent disease. The ORAC (Oxygen Radical Absorbance Capacity) score of food is a measure of the antioxidant strength of that food and chocolates have one of the highest ORAC scores. Dark Chocolate is packed full of the potent antioxidants Polyphenols and Flavanols. Flavanols stimulate the endothelium of arteries to produce Nitrogen Oxide (NO), a chemical that helps reduce arteries.

One published study followed 470 men over a 15-year period and found that chocolate reduced the risk of cardiovascular disease by 50%. Chocolate is also a rich source of the minerals, iron, magnesium, copper, phosphorus, manganese. ■



RED CABBAGE SOUP

Size: Four people

Cooking Time: 40 minutes

- 1 tbsp olive oil.
- 1 garlic clove, crushed.
- 1 red onion, chopped.
- 1 cm fresh ginger, peeled and grated.
- 350 g red cabbage, into pieces.
- 1 tsp coriander powder.
- 1 tsp cumin powder.
- Pinch of cinnamon powder.
- 750 ml stock (bouillon).
- Sour cream or yoghurt.
- 2 tbsp freshly chopped coriander.

Heat oil in a saucepan and fry the garlic, onion and ginger for about three mins. Add the cabbage, coriander powder, cumin and cinnamon powder and fry briefly. Pour in the stock and cook for about 30 mins. Puree the soup with a hand blender and season with salt and pepper. Scoop a spoonful of sour cream or yoghurt into the soup and sprinkle with fresh coriander. ■



From Barbara Hagen

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NHS HEALTH CAMPAIGN ENCOURAGING PATIENTS TO WEAR NORMAL CLOTHES TO RECOVER FASTER

A new campaign by the NHS is encouraging patients to change out of their hospital gowns as soon as they can move around. The initiative which was started by nurses in Nottingham aims to encourage patients to adopt their regular daily routine in hospital so that they can gain the confidence they need to return home.

The program aims to encourage patients to start moving around as soon as they can to reduce the complications that result from a lengthy hospital stay such as pressure sores and infections.

Clinical studies suggest that a ten-day hospital admission for elderly people may equate to ten years of muscle ageing; the more reason why early mobility in patients should be encouraged. ■



TRAVEL TO VILLAJOYOSA FOR SPANISH CHOCOLATE!

Villajoyosa is one of the seaside towns in Costa Blanca. Villajoyosa is popular for its colourful seaside houses that used to be the abode of fishermen many years ago but now converted into genteel holiday homes. But Villajoyosa is also famous for its chocolates. Legend has it that the ships from South America bearing cocoa pods first docked in Villajoyosa, which made the area popular for chocolate production.

A memorable experience from Villajoyosa is the sweet smell of chocolate that pervades the air most mornings as if someone was brewing hot chocolate next to you.



Chocolate in its raw state is one of the best sources of antioxidants. Antioxidants are compounds that fight inflammation and inflammation is the underlying cause of all diseases. Studies show that chocolate protects the heart, arteries and brain against oxidative stress and inflammation caused by toxic free radicals.

The antioxidant in chocolate mop up these toxic free radicals and prevents chronic diseases. When next you're in Villajoyosa, visit the chocolate factories and get some natural and healthy chocolate. ■

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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.

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Five Steps to Maintaining Self-esteem and Confidence in retirement

Retiring to the South of Spain can mean a wave of euphoria at escaping the cold of the UK and embracing a life of sunshine, sundowners and socialising. However, over time the thrill of the lazy life in the sun can lose its shine.

You may have been a person of influence, a hard-working breadwinner, or mother of the family home. Now it's just you and your beloved. In a life with little validation for your knowledge, wisdom, hard work and inner beauty you can start to feel less than worthwhile.

And this can lead to feelings of:

Depression

Irritability with your partner

Inadequacy

Lethargy

Negativity

Boredom

HOW TO GROW OLDER WITH CONFIDENCE

1. Create a new self-image
2. Keep your mind active
3. Find ways to contribute
4. Self-talk
5. Choose your company carefully

Create a new self-image

Decide to be young at heart, mind and spirit. You are GROWING older, claim the 'growing' part. Keep committed to being better every day.

Keep your mind active

Become a reader, it opens worlds, keeps you current, dances with your soul and fills your time with enriching adventures, exercising your brain and keeping your thinking capacity fresh.

Find ways to contribute

Maybe you have green fingers and could show someone else how to grow their food or flowers, perhaps you have excellent grammar and could proofread for a writer (this magazine is proofread by two septuagenarians—hail to Philip and Violet!). It is easy to think that you are too old to contribute, or no longer have the energy to give, but you will be surprised how much joy you can bring to yourself and others when you maintain an attitude of contribution.



Self-Talk

Your brain has an amazing way of believing what you tell it. Observe, and you will discover that if you have any feeling of unworthiness, it means negative self-talk circulating in your subconscious. Notice what your mind tells you when you feel down, or things don't go your way, and your mind consciously implants the opposite message.

"Nobody needs me anymore" – "I am needed."

"I am over the hill" – "I am full of life."

"I am of no use anymore" – "I am competent and useful."

"I am not important" – "I am important."

Repeat the positive words, and over time the evidence of your new statements start to show up.

Choose your company carefully

As Buddha said, "You become what you meditate upon". Spending time around whingers, moaners, and people with small minds will eventually be who you become. Associate with others who are also engaging in growth-filled, giving lives. ■

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.



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



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