



Are plastics increasing the risk of breast and ovarian cancer?

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The dangers of suntan lotions

Food Recipe: Macaroni with courgette

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Editorial

Happy Summer!

Plastics have completely changed the way we live. While some of us are aware of the nuisance that plastics cause to the environment and how difficult it is to dispose of them, many are not aware of the real danger that plastics pose to our health. The components of plastics have been shown to cause chronic diseases, especially breast cancer and ovarian cancer. In this edition, we will learn how plastics contribute to breast cancer and the shocking results of some recent scientific studies.

Next edition will be our 25th edition. It's a huge personal achievement for me to have kept this magazine going for so long. As some of you are aware, I write, edit and design the magazines myself. Over the last few months, this has become increasingly difficult to continue - especially with the growing demands from the clinic. To ease the load, I am hiring an editor and a designer. The obvious consequence of outsourcing these components of the magazine is that I must now pay for these services, which has added to the overall cost of producing the magazine.

It is with a heavy heart that I must announce that I will have to stop the free delivery of the magazine after the next edition. The magazine will still be available for free on our website. Whilst I looked at every possible alternative, this is the only way to ensure that the magazine remains a quality read.

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Until the next issue, have a brilliant summer holiday.

Dr Machi Mannu (mbbs)

The best preparation for tomorrow is doing your best today.

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Are Plastics increasing the risk of breast and ovarian cancer?

Plastics contain chemical compounds that have been found to cause breast and ovarian cancer. These chemical compounds include BPA (Bisphenol A), BPS (Bisphenol S), dioxin, and phthalates. Studies show that these compounds are responsible for the rising incidence of breast and ovarian cancer, as well as many other chronic diseases.

These toxic compounds such as BPA and BPS are called xenoestrogens because they have a similar chemical structure to oestrogens. When inside the body, they function in a similar way to oestrogen by stimulating oestrogen receptors. Excessive stimulation of oestrogen receptors creates an impression of very high oestrogen levels in the body which then triggers the growth of cancer cells.

Some cancers of the breast and ovaries are described as oestrogen sensitive cancers, and their growth is promoted by high levels of oestrogen in the body. This is the reason why a number of chemotherapy drugs for treating cancer of the breast and of the ovaries are oestrogen antagonists and block its production.

When chemicals in plastics mimic the properties of oestrogen, they trick the body into believing that oestrogen levels are high and this promotes the growth of cancer cells in the breasts and ovaries.

The breast and ovaries naturally have high levels of oestrogens. These stimulate the growth and development of the breast. Oestrogens, as well as the other female hormone called progesterone, are crucial for the maturity and maintenance of the breasts and ovaries.

Oestrogens play a crucial role in female fertility during a woman's childbearing years. Oestrogens help to release the egg and will ensure the successful maturation of the embryo after fertilisation. Oestrogens also prepare the uterus and the female body for childbirth and breastfeeding.

Even after menopause, oestrogens continue to play a crucial role in maintaining normal hormone levels—an essential part of regulating a woman's emotions and state of well-being. Oestrogens also have a protective effect against heart and bone diseases. While the breast and ovaries decrease the amount of oestrogens they produce post menopause, the fat cells and adrenal glands will continue to produce healthy and

controlled levels of oestrogen.

Uncontrolled levels of oestrogen are a danger to a woman's health and will support the uncontrolled growth of breast and ovarian cells. This can lead to cancer of the breast and ovaries.

Excessive levels of oestrogen production, especially after menopause, occurs in diseases of the ovaries and breast including those that cause abnormal secretion of oestrogens such as endometriosis. When endometriosis is not treated or managed sufficiently, the resulting outcome could be cancers of the breast, ovaries, the uterus, and other organs. Thanks to numerous scientific studies, we now know that in addition to diseases of the breast the compounds in plastics cause afflictions such as endometriosis, as well as increasing the risk of developing breast and ovarian cancers.

One of the commonest ingredients in plastics is called BPA. BPA has been added to plastics since the 1950s when it was discovered that adding it to plastic increases the strength and resilience of plastics.

Today BPA is found in all kinds of plastics including food containers, household plastic items, feminine hygiene products, thermal print receipts, as well as used for the lining of food cans and paper food containers. BPA enters the body because some of it, especially those used in the lining of food containers, breaks down and mixes with foods that are then ingested.

WHAT THE STUDIES SAY

A study published in the environmental health



magazine in 2012 found that women who worked in the plastics and food canning industry had a 5-fold increase in developing premenopausal breast cancer.

Another study published in the journal JAMA in 2011 showed that participants that ate canned soup for 5 days had Urine levels of BPA over 1200% higher than those that consumed fresh soup.

A study published in the 'Environmental Health Perspective Journal' found that BPA levels decreased by 66% following 3 days of avoiding packaged foods.

BPA has been extensively studied and shown to mimic the structure and function of oestrogens. Being of a similar shape to oestrogens, it can bind to oestrogen receptors and produce the same effect as real oestrogen hormones, while escaping proper regulation in the body.

BPA therefore interferes with all the beneficial roles of oestrogen—including the maintenance, repair and growth of cells, reproduction, energy production etc. Since these xenoestrogens (false oestrogens) are not real, the body is unable to regulate their activities and this leads to cancer and diseases.

Many animal studies have repeatedly confirmed that even low exposure to BPA will result in breast cancer. Even more disturbing are the studies showing that increased levels of oestrogens, whether natural or from plastics, in mothers will increase the risk of breast cancer in their daughters. This was shown as far back as in 1997 by published studies in the Journal of the National Cancer Institute.

In 2001, the AMA (American Medical Association) labelled BPA an 'endocrine disruptor'.

In 2014 Scientists from the University of Texas, Arlington showed how BPA promotes breast cancer with the help of a gene called RNA HOTAIR. When BPA activates the HOTAIR gene, it suppresses the genes that would naturally assist the body to destroy or slow down the growth of cancer cells.

Many other studies that have analysed breast tissue infected with cancer has found extremely high levels of BPA and other plastic toxins in these breast tissues.

BPA also affects many aspects of fertility. One study found that men with higher levels of BPA in their body were 3-4 times more likely to have low sperm concentration and sperm count.

BPA has also been linked to many other diseases including diabetes, asthma, thyroid dysfunction, liver disease and polycystic ovary disease.

ALTERNATIVES ARE JUST AS WORRYING

Today manufacturers have acknowledged the dangers of BPA, and produced an alternative BPS (Bisphenol S) which is claimed to be safer. Nevertheless, many studies confirm that BPS causes the same damage as BPA.

A recent study presented this year showed that BPS increases the aggressiveness of breast cancer through its behaviour as an endocrine-disrupting chemical. According to the principal investigator of the study, Dr Sumi Dinda from the Oakland University school of health science, "Despite hopes for a safer alternative to BPA, studies have shown BPS to exhibit similar oestrogen-mimicking behaviour to BPA." He and his colleagues studied the effect of BPS and the BRCA1 gene that is observed in inherited cancer and found that BPS heightened the expression of the breast cancer gene, which increases the risk of developing cancer.

Phthalates and Dioxin are also other chemicals commonly added to plastics. These compounds are known 'hormone disruptors' and are also suspected to contribute to breast and ovarian cancer.

HOW YOU CAN PROTECT YOURSELF

Heat worsens the risk of ingesting plastics. According to Dr Patel, the founder of Comprehensive Blood and Cancer Centre, "Heat can release cancer-causing toxins which leak from plastic into water and even food. The two chemicals that pose the greatest risk are dioxin and BPA."

Avoid drinking from plastic bottles, especially from plastic bottle that have been warmed up by the sun or been in the car.

Most especially avoid microwaving plastics. This melts the plastics and increases their concentration in food and water.

Replace your plastic food containers with glass and ceramics

Avoid packaged foods when possible. BPA plastic lines both cans and paper containers.

Thermal print receipts are produced from BPA plastics and should be avoided whenever possible

Detoxing the body with reliable agents, such as Pectasol will help remove the toxins from plastics that are already in the body.

How Alcohol can lead to weight gain

Alcohol contains high amounts of calories, contrary to common belief, and these calories are converted to fats which can contribute to weight gain. Alcohol in many ways causes hormonal imbalances, resulting in increased levels of hormones that contribute to weight gain. Furthermore, alcohol can overwhelm the body's detoxification system—this is the process by which the body rids itself of waste. While the body struggles to break down and remove alcohol from the body, it fails to remove everyday environmental toxins, such as lead and mercury, which then accumulate in fat cells. This can lead to inflammation and, eventually, weight gain.

Alcohol is a carbohydrate, similar to sugar. It is broken down in the liver and eventually converted into fat. Alcoholic drinks may contain very little sugar. Nevertheless, alcohol is converted into calories, and for this reason, even spirits and brandy can contain fairly sizable amounts of calories. A glass of wine contains about 110 calories, about the same as a shot of brandy or a glass of beer.

Alcohol distorts the normal functioning of the hormonal system. Alcohol will increase the levels of cortisone in the body. Cortisone is a steroid hormone that is produced in the adrenal glands. A cortisone imbalance in the body produces a variety of physiological effects. For example, cortisone increases the breakdown of muscles in the body, which results in muscle weakness.

The fat produced from abnormally high levels of cortisone is typically stored in the midriff and is the cause of 'Beer gut'.

Alcohol also interferes with the breakdown of the hormone testosterone by increasing its conversion to oestrogens. Oestrogens promote weight gain. High levels of oestrogens from alcohol is responsible for gynecomastia—otherwise known as 'Man Boobs'.



Alcohol's most harmful effects are felt by the liver. This is because alcohol is processed by the liver to remove the toxin formaldehyde. When the liver is no longer able to effectively eliminate formaldehyde, it accumulates in the liver and causes disease.

Alcohol can therefore be harmful a person's health on the outside, because of its promotion of weight gain, as well as their health on the inside. However, it is also an enjoyable substance that can be hard to completely eliminate from one's diet. To mitigate the negative impact of alcohol on the body, a number of steps can be taken.

It is useful to drink as much water when drinking alcohol; as a guide, about the same quantity of water as alcohol. An easy way to do this is by having a glass of water next to the alcoholic beverage on the table. Water is crucial ingredient for eliminating toxins from the body. In addition to this, eating a good meal before drinking will slow the absorption of alcohol into the bloodstream thus giving your body more time to process it. Finally, herbs such as milk thistle stimulate the liver to function better.

Great health starts with the foods we eat

In our clinic, we place an enormous importance on a patient's diet and nutrition—It is undeniable that food is the key to our survival. Quite simply, we need the nutrients in foods to build, maintain and repair our tissues and organs.

Human beings are organic forms of life which mean that we need nutrients to survive. These nutrients come in the form of glucose, amino acids, fatty acids, minerals and vitamins. It logically follows that if we do not receive adequate amounts of nutrients, the human body will lack the raw materials needed to sustain itself. This ultimately leads to degeneration and disease. Therefore, it should, be self-evident that adequate nutrition is the first step in resolving health problems. Unfortunately, and to the detriment of human society, modern medicine does not place enough emphasis on diet.

The individual understands that food is key to his survival, but what may not be clear is what constitutes healthy food. Ideally food fit and ideal for human consumption should be in its natural state without containing foreign and unnatural chemicals. It, follows that processed foods—which are what most people consider to be food—are technically not foods that are capable of sustaining life in the long run.

The same applies to microwaved foods that have undergone severe nutrient distortion from the bombardment of microwaves.

Many people we come across in the clinic consume mostly processed frozen foods that go directly into the microwave and transformed into 'Gourmet food'. The impact of such a diet over the years is detrimental to the body. Processing foods destroy many nutrients. Microwaves will also strip foods of nutrients and convert nutrients into cancer-causing compounds.



Irrespective of what hospitals promote or believe in, your nutrition is an essential part of your health care and should be taken seriously.

Claire Dockerty

Understanding E-numbers in processed foods

E-numbers are the chemicals and compounds that are added to food by manufacturers. In the European Union, E-numbers are derived from an approved and regulated list. The 'E' stands for 'Europe'. The problem is that a lot of these compounds are foreign chemicals and many studies have shown that they harm the body.

The E-number system use blocks of specific number series to assign different food additives. For example, the numbers E100s contain all the various colouring compounds used in the food processing industry.

Preservatives are in the E-200 series, while antioxidants are the E300s. Although E-numbers predominantly denote foreign and synthesised compounds, a few of the numbers refer to natural compounds.

Whilst E-100 stands for the natural yellow dye Curcumin, which comes from turmeric. E-102 stands for Tartrazine, a chemical yellow dye associated with a range of health problems including irregular heartbeats, blurred vision, skin rash and restricted breathing.

Many of the E-numbers are known to cause a variety of health problems. Some of the most notorious E-numbers include the yellow dye E-102, otherwise called tartrazine. Another is the toxic colouring dye E-133, a brilliant blue dye that has been linked to allergic reactions. E- 226 or Calcium Sulphite is a preservative added to many processed foods., Studies have associated it with breathing difficulties and anaphylactic shock. E-249, Potassium Nitrate, is a preservative that interferes with oxygen saturation in the lungs and contributes to breathing difficulties.

The list of E-numbers is fairly extensive, and the best way to avoid them is to completely avoid foods that have E-numbers listed on their label, especially if you do not know what the numbers stand for. foods without E-numbers tend to be stored in oils, such as olive oil, and are healthier options. Frozen natural foods tend not to contain E-numbers and may also be healthier alternatives.



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How to protect your body against mosquitoes

Mosquitos have plagued humanity for millions of years. Apart from causing intense discomfort from their bites, mosquitoes are carriers of harmful microbes that cause disease. Mosquitos feed on plant nectar and juices, but the female mosquito requires human blood for its eggs to reach maturity.

Mosquitos are attracted to a variety of odours emanating from the human body. Mosquitos are particularly attracted to certain chemicals in human sweat. These chemicals are what make some people more vulnerable to mosquito bites. Foot odour is also attractive to mosquitos. It then follows that improving personal hygiene will help to prevent mosquito bites by making the body less attractive to the bugs. This can be done by: showering frequently, especially after physical exertion that has left the body sweaty; washing feet as often as required, because this is an area of the body which is prone to perspiration; and by keeping shoes clean and regularly changing socks.

Mosquitos are most active in the late evenings and night, they are repelled by light. Wearing light coloured clothing in the evening and covering the arms and legs will help prevent mosquito bites. Chemical compounds are available to repel mosquitos; however, such chemicals are best avoided in favour of more natural alternatives. Many chemical compounds have not been tested for human safety and will most likely cause damage to the organs. A number of natural plants and oils are known to be effective mosquito repellents. Marigold plants, which can be kept in the house, are an effective repellent. Other effective substances include: cinnamon leaf oil, vanilla oil, lemon, and eucalyptus.

Taking Vitamin B1 tablet also discourages mosquito from biting because of the smell of the skin. Vitamin B1 is water soluble, which makes it impossible to overdose because it will naturally pass through the body's water system. Small quantities of quinine is also an effective way to discourage mosquitos. Quinine can be found in tonic water, a delicious and refreshing drink that is commonly available.

If bitten however one of the most effective treatments is to apply pure Aloe Vera to the bite. This will help the pain and irritation to subside within a couple of minutes.

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Diagnostic scans that can predict diseases even before symptoms occur

The old saying goes: ‘prevention is better than cure’, and this is never truer than it is for our health. Identifying the risk of disease before it strikes allows for the better prevention of that affliction. It is always easier to prevent disease and preserve the body than to treat it.

The science behind the diagnosis of disease has advanced to an extent where information in the form of frequencies can be measured and analysed to tell the state of all aspects of a person’s health. Over a hundred years ago, scientists observed that every living cell in the body emanates electromagnetic frequencies that can be measured, and that these frequencies change when an organ becomes diseased. Even more fascinating is that these frequencies will change to indicate disease long before symptoms occur in the body.

Today, advanced diagnostic technologies can measure these electromagnetic readings, analyse them and produce an accurate reading of an individual’s state of health. In addition to measuring such electromagnetic frequencies, information in the form of impedance (resistance from the skin) can also be analysed, adding to the accuracy of the information collected. Such modern scans are called bio-frequency or bio-resonance scans.

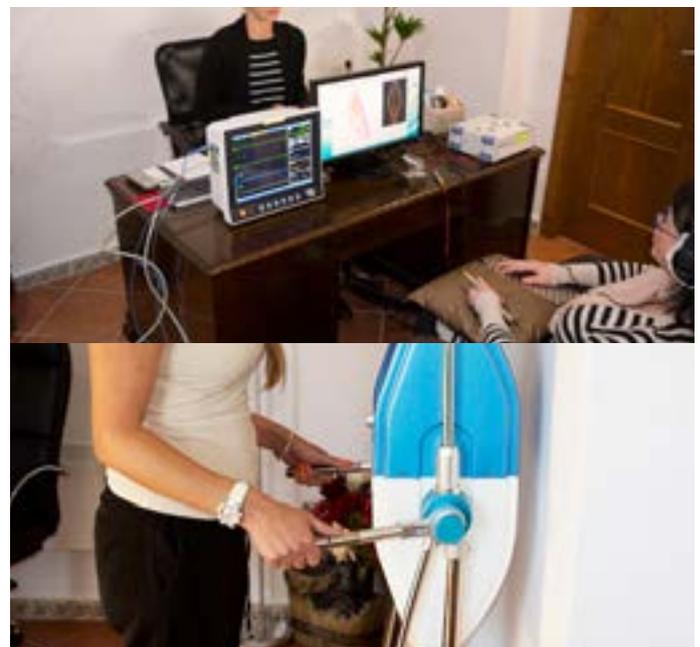
An advanced computer program will interpret the information gathered and produce detailed, current and accurate information on a person’s state of health. This will include the state of inflammation or degeneration of the organs and systems. A check for microbes–viruses, bacteria, fungus; toxins, food allergies, as well as the actual diseases occurring – can also be done.

An added benefit of bio resonance scans is that they are non-invasive. This means that the body is not exposed to any form of deadly radiation such as X-rays (produced by conventional X-ray and CT-scans). Bioresonance scans are typically completely computerised. This reduces the likelihood of human error colouring results, a problem

which underlies many of the other medical diagnosis including endoscopies and blood tests. Furthermore, advanced bioresonance scans will examine the whole body, rather than the part of the body with a presenting symptom. Other scans typically examine only the area of the body where a symptom is felt. In the human body, the site of pain is not always the source of the disease.

A unique feature of bioresonance scans is that they search the body for the cause of diseases. By targeting this, the body can be truly healed. This is different from treating the symptoms of disease, which only provides the patient with short term relief–until the disease becomes difficult to manage.

At MedB clinic, you can have a bioresonance scan with the most advanced bioresonance diagnostic technology–Sensitiv Imago. Please see the back cover for further information. Do not delay, call the clinic and book a scan to ensure the best for your health.





Should fluoride be added to drinking water?

Fluoride is described by chemists as one of the most reactive chemicals known to man. It is classified as a deadly poison by scientists. Although fluoride exists in nature and can be present in drinking water, it occurs in a natural form that is completely different from the fluoride added to drinking water. The idea to add fluoride to drinking water started in the 1940s and history shows that there was no scientific evidence to justify its addition to drinking water in the United States, where this phenomenon started.

The main reason given was that small amounts of fluoride prevented dental decay. Shockingly, however, the reverse is true. What is very well documented is that Fluoride in water causes the condition called Dental Fluorosis which results in staining and corrosion of the teeth.

Dental fluorosis results from the weakening of the enamel and a similar condition also occur with the bones to cause 'Skeletal fluorosis'. Not surprising, fluoride is known to cause arthritis or inflammation of the joints. The fluoride found naturally in water may have a slight benefit of protecting the teeth against cavities, however, the danger of adding fluoride in water far outweighs any risks.

A well-known and very toxic effect of fluoride is its effect on the thyroid gland. A well-established scientific fact is that fluoride displaces iodine because they belong to the same family on the pe-

riodic table. The thyroid gland requires iodine to function effectively, and its displacement by fluoride results in chronic thyroid problems. People that are prone to thyroid diseases may be suffering chronic thyroid problems caused by fluoridated water.

Fluoride also causes chronic disease of the heart and the kidney. An alarming phenomenon noticed with fluoride is that it reduces IQ and mental processing. This has been observed in inner cities where crime rate and delinquencies continue to increase year in year out, and we wonder if mass fluoridation of water is responsible for these deepening social.

It is important to avoid fluoridated water and to campaign against having the water in your community fluoridated. In many countries, the decision to fluoridate water is now in the hands of towns and in recent years many towns have kicked against fluoridation of their water. If your home water supply does contain fluoride, you can act to protect your health now by purchasing a water filter; these can be an effect way of removing it from the water and making it safer to drink.

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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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THE DANGERS OF SUNTAN LOTIONS

Have you ever wondered how your suntan lotion is produced? Many people are unaware that most suntan lotions contain toxic chemical compounds as the active ingredient. These toxic chemicals include crude oil derivatives, such as oxybenzone and benzophenone. Oxybenzone and similar compounds disrupts the hormonal system and is a cause of low birth weight in pregnancy.

Other common toxic ingredients found in suntan lotions are chemicals derived from Vitamin A. These derivatives of vitamin A are very different from Vitamin A as we all know it, and are known to breakdown into toxic chemicals when exposed to sunlight.

Most suntan lotions will only block out UVB (Ultraviolet B) rays and will do nothing to protect the body against UVA rays. UVB rays will cause sunburns and damage the skin, but UVA rays pose more risk because they penetrate deeper into the skin and damage skin proteins. – Skin proteins are elastin and collagen. Harming them can cause skin disorders and accelerate skin aging.

The good news is that there are healthier and less toxic suntan lotions that contain chemicals that are safe for the skin. The better suntan lotions typically consist of zinc oxide, titanium dioxide, coconut oil, Shea butter and other natural and safe compounds that are effective sunscreen. These natural compounds protect the skin mainly by reflecting sun rays from the skin, and they are effective against UVA and UVB rays.

So, next time you're shopping for suntan lotions, make sure you take extra time to study the label and ensure that you pick up a safe product.



FOOD RECIPE: MACARONI WITH COURGETTE

For one person

1 courgette,

1 small onion, chopped

1 garlic, chopped

Cream or Vegetarian cream

+/- 100 ml red wine

Macaroni *of choose

* we used red lentil pasta



Clean and peel the courgette and slice it finely.

Fry the onion for a few minutes, then add the garlic, courgette, and the cream. Add the red wine at this stage too, but only bit by bit rather than all in one.

Let it simmer until tender.

Add some more wine to taste and some freshly ground pepper if you wish.

Cook your pasta in a pan of boiling water as usual.

Enjoy!



Barbara Hagen

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ANTIDEPRESSANT SHOWN TO ACCELERATE BONE LOSS

Scientists from the Washington University school of Medicine found that the commonly prescribed antidepressant Venlafaxine increases the loss of bone tissue. The researchers carried out blood tests before and 12 weeks after participants took Venlafaxine to measure blood markers showing bone protein damage. The tests found signs consistent with accelerated collagen degeneration and bone loss. Collagen is the supporting protein in the joints, bone, muscles, tendons and ligaments.



Travel and Food: Choosing Healthy Foods

For anyone passionate about staying healthy, the best place to start is with the diet. Quite simply, a healthy diet is the singular most important factor in preventing disease and maintaining health. Our body is a composite of all the nutrients we have received from conception until now. To function fully, the body requires a variety of nutrients which must come from a rich and varied food source. However, the foods we eat are not only a source of nutrients, but can also be a source of foreign toxins that can cause inflammation and disease.

The food we consume today is very different from the foods consumed 100 years ago. Food is now processed and is no longer in its natural state. Processed foods, by their very nature, contain a variety of chemical additives to enhance their appearance and flavour, as well as preservatives to extend their shelf life.

Many of these chemicals are known to cause inflammation and promote disease. Even when foods are in their natural state, they can still be laden with harmful chemicals from pesticides, herbicides, preservatives and many other chemicals used during production.

To source the right type of food today, we need to understand as much as we can about the food we are eating. Not only do we have to ensure that the foods we consume are mostly natural, but we also need to know where the food is grown and how it is sourced. Fortunately, providing some of such detailed information is now mandatory for supermarkets and shops.

Whilst we are in control of the foods we buy, there really is no way of controlling or vetting the foods that we consume in restaurants. Nevertheless, there is a growing trend for restaurants to become more health conscious. Such awareness around food and nutrition reflects in all aspects of the activities of such restaurants, from the way food is presented to the ingredients and methods used for its cooking.

One of such restaurants I visited in New Zealand had this to say as their mission statement.

“ Lotus Heart is dedicated to conscious living, healthy eating and strives to create a tasty natural global cuisine. We use the freshest locally grown produce, organic where available and the best of natural ingredients, using only raw sugar, raw honey, whole milk, free-range eggs, organic salt and the healthiest oils. All restaurant lighting is environmentally friendly LEDs. ”

Needless to say, that the food was not only exquisitely delicious, but the service was also faultless, with incredible attention to detail. It was satisfying to have eaten in such a restaurant. And it was unbelievably affordable.

You can encourage such conscious restaurants by patronising them.



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How does Chiropractic work?

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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How to find out if you are emotionally toxic and what to do about it



Are you toxic on the inside? And I am not talking about your bowel.

As we go through life we can live through experiences that leave us hurt and disillusioned. Rather than process them in a healthy way, sometimes through no fault of our own we stash that hurt away and try to forget about it. This can often be because we do not know how to deal with our emotions. When we invert our feelings in this way, they do not merge with our well-being and neutralise. Instead, like bad apples in a fruit bowl, they rot in our emotional guts and let off toxins that seep into our lives.

THE EFFECT OF BEING EMOTIONALLY TOXIC

People you love get hurt by your words and actions even when you don't mean to hurt them.

You become ill.

You become tired (unresolved emotions rob us of energy)

You and your world become smaller as you get older, rather than more mellow and happy.

People don't want to be around you because it just isn't pleasant or worse, they 'endure' you and put up with the discomfort because they love you.

7 SIGNS YOU ARE EMOTIONALLY TOXIC

1. Are you sarcastic?
2. Cynical?
3. Passive aggressive?
4. Do you say things in an indirect way rather than being direct?
5. Are you defensive? Do you often feel like life is unfair to you?
6. Do you sulk instead of communicating effectively about what you need?
7. Do you hurt people around you with thoughtless words and actions, even when you don't mean to?

If any of the above resonate with your own behaviour, the chances are you are emotionally toxic and need a good clean out.

WHAT TO DO ABOUT IT

1. In order to clean up your emotional toxicity you first need to own up to the fact that you are toxic. It can be very difficult to admit this to yourself. You will begin to notice your own actions and comment on your thought processes. This will be unpleasant at first.. You will notice if you are sarcastic, or cynical, mean-spirited, or passive aggressive. These aren't flattering traits and recognising them in yourself will be uncomfortable. But take heart in the fact that you can change.
2. If you know you have animated your toxicity with people you love then apologise and tell them you will be turning over a new leaf.
3. Be kind to yourself. Affirm yourself and soothe yourself. Remind yourself daily, "I am loveable".
4. If you notice yourself being sarcastic or wanting to, then just stop and breathe. Say what you really mean.
5. If you are cynical, recognise that cynicism is simply marinated disappointment.
6. If you have a tendency to be passive aggressive, explore ways to be gently direct with what you want to say. This usually requires you to be vulnerable and honest.
7. If you have a tendency to be defensive, take time to listen before reacting. Thank whomever is offering you advice or feedback. Remind yourself that they are only trying to help you and that this is a sign that they care about you and think you are capable of doing better.
8. If you want to sulk, be brave and gently share what you really feel. Often this is a bad habit that can be solved by forcing yourself out of it.



Tiamara Williams is a transformational coach and change maker who lives globally. To discover more visit:
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.

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