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## **The Electric Human Body**

**Leg swelling and water retention**

**How safe is aspirin?**

**Excessive night-time urination in men**

**Taking care with sun tanning**

**Parasitic worms in the gut is common**

**Why wheat is bad for you**

**Taming the monkey mind**

**6 minerals and vitamins that boost immunity**

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*DR H A Nieper, Inventor of Serrapeptase*

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# Editorial

In this edition, we look at the body's electricity. It will come as a surprise to a lot of people that the body generates measurable electric current, and a number of chronic illnesses have been linked to a malfunction of the body's electricity. The brain, heart and muscles can only function because of the electrical current they generate. An abnormality of the body's electricity is increasingly recognised as the underlying cause of many chronic diseases. We will also explore how electricity is generated in the body and how we can preserve this electricity and prevent disease. In addition to this examination of electricity, there are other interesting articles on anatomy, pharmacology and nutrition.

In 'Today in the clinic', Clare has highlighted the role of worms in abdominal diseases and how we can prevent and cure that problem. And, as usual, Barbara has a healthy and easy food recipe for you to try out at home.

If you are interested in Subscribing to the magazine, please visit [medbmag.com](http://medbmag.com) and subscribe for a month for 2.50 euros or 20 Euros for a year. We are offering the first 100 subscribers a discount of 10% till the end of the year. Until next time, enjoy the read.



**Dr Machi Mannu (MBBS)**

Your body hears  
everything your mind says

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# The Electric Human Body

The human body generates electricity and relies on this electricity as the underlying current that maintains the many functions it must perform to remain alive. Our bodies are made up of over 100 billion cells that work together to maintain the human organism. A cell in the body functions like a battery and generates minute electrical currents. These underpin the activities of every cell and allows them to communicate with each other to maintain the bodily processes.

Electricity is generated when there is a difference in the voltage (potential difference) between two points resulting in the flow of electric current. Voltage is similar to the difference in water pressure between two points. This leads to the flow of water from the higher point. In the human body, rather than water, charged minerals are responsible for creating the voltage.

**To stay healthy, our cells must maintain a negative voltage. This voltage has the value between -20 and -25 millivolts. The voltage inside the cells is kept negative relative to the voltage outside cells. This difference is what maintains the flow of oxygen and nutrients from the outside of cells to the inside.**

When this negative voltage starts to decline and become positive, the cells are unable to maintain the flow of oxygen and nutrients which are crucial to maintain cells and prevent disease.

When the cells are injured, the negative voltage inside cells has to increase to -50 millivolts to allow more nutrients and materials to enter cells for repairs. If the cells are unable to generate a higher negative voltage, they are unable to absorb nutrients and oxygen for repairs and disease sets in.

The electricity produced in our cells is the underlying current that initiates and regulates many of the automatic processes that occur in the human

body. The entire body is under the control of the signals from the brain and nervous system. These signals are transmitted as electricity. Human locomotion is only possible because of the electricity generated in the muscles.

Our heart is another organ that crucially relies on the body's electricity to function normally. The beating of the heart is an electrical activity. When the heart beats, it pumps blood into the chambers of the heart and then to the rest of the body. All of these activities are controlled by electrical impulses generated by a tiny node inside the heart.

**Many diseases related to the nerves, muscles and heart are caused by dysfunctions of the body's electrical system. From chronic nerve pain, to muscle weakness and even irregular heartbeat, these problems—and many others—will all benefit from correcting the electrical imbalances in the body.**

Unfortunately, conventional medicine is yet to acknowledge the importance of the subtle electricity of the body and to utilize it for therapy. Conventional medicine does not understand and recognize that the body generates its own electricity. A number of medical diagnostic technologies rely on measuring the



electrical activities of organs to diagnose an illness. The Electrocardiogram (ECG), a common medical test, measures the electrical activities of the heart to diagnose a number of diseases. The electroencephalogram (EEG) is also a similar diagnostic technology that can measure the electrical activity of the brain to diagnose a number of conditions related to depression, insomnia, memory loss and brain diseases. Electromyography's also measure the electrical activity of muscles to detect abnormality.

## How to Maintain Your Body's Electricity

Disease can occur when the body fails to generate sufficient electricity, but disease may also lead to the failure of the body's electricity. A key factor in maintaining a healthy body electricity is to ensure that the cell membrane—the protecting wrapping around our cells—is constructed with the correct materials.

Every cell in the body is protected by a membrane, which is predominantly made of fat. This membrane is called a phospholipid membrane. This means it is composed of lipids or fats and phosphates. The cell membrane comprises of two layers of this phospholipid sandwiched together. Running through the sandwiched layers are gateways or channels that regulate the flow of substances into cells.

These, in turn, generate electricity. The double layered cell membrane is composed of healthy saturated fats, including cholesterol. Contrary to widely popular belief, cholesterol is a key nutrient for maintaining a healthy body.

**When bad fats and oils are ingested, such as those from vegetable oils and artificial trans-fats, the body will use these to produce the membrane around cells. This produces a poor quality membrane that is unable to maintain the normal electricity of cells.** When cells cannot maintain their normal negative potential of -25 mV, they are unable to draw in materials needed for repair and cannot pump out waste product. Eventually this leads to disease.

Good fats are a crucial part of the human body. Over 40% of our diet must come from good fat to keep the cells healthy. Good fats are saturated fats from meat, butter, coconut oil, avocado. And bad fats are mainly found in vegetable oils such as from canola, sunflower, corn and safflower.

Maintaining an alkaline PH is another way to ensure that the body's electricity is properly maintained. The PH refers to the level of acidity or alkalinity of the body. A neutral PH is assigned the value of 7.



Values below 7 is acidic and above 7 is alkaline. The normal PH of the body is alkaline and is an average between 7.35 and 7.45. This PH corresponds with the average voltage of our cells which is between -20 and -25 mV. **When the body becomes more acidic and the PH starts to drop below 7, the negative voltage of the body starts to decrease. In other words, the body's electricity becomes reduced and this leads to chronic diseases.**

The main causes of an acidic PH of the body is food. Processed foods such as vegetable oils, white flours, and sugars all contribute to an acidic body. Also, chemicals in the form of medications or environmental chemicals will contribute to acidity in the body and reduce body electricity. Fresh vegetables and foods are alkaline and contribute to an alkaline body, which maintains the body's electricity.

**Walking barefoot is a great way to discharge some of the exchange positive charge in the body into the earth. Walking barefoot in nature has been known for thousands of years as a natural way to heal the body.**

Today there are technologies that heal the body by correcting imbalances in the electric circuitry of the body. The most advanced and cutting-edge of such technologies is called Cosmodic. The ideal health-care for treating and preventing diseases must consider all aspects of the body. The body is a physical body, but it is also an electrical and electromagnetic entity.

The physical body requires nutrients in the form of minerals and vitamins, polypeptides, hormones, neurotransmitters and a host of other chemicals that are produced from the foods we consume. The electromagnetic body represents the natural frequency of the cells, and these frequencies change when the body is exposed to external elements such as toxins, viruses, and strong electromagnetic influences. The electric body is the underlying current that keeps the entire body going. Correcting the physical, electromagnetic and electrical dysfunctions in the body will give it the best chance to heal itself and recover from diseases.

# HOW SAFE IS ASPIRIN?

**A**spirin has a number of uses in conventional medicine. It is used to reduce fever and for treating pain, especially those related to the nerves such as toothache. Aspirin is also commonly used to treat inflammation, especially arthritis.

In conditions such as fever, and for some inflammatory conditions, such as toothache, where aspirin is prescribed for short-term usage, it can be a very beneficial and useful agent. However, in most cases, aspirin is prescribed as a blood thinner. It is therefore prescribed more or less for life.

Blood thinners are used to treat the hardening and narrowing of arteries. If left untreated, hardened arteries can cause high blood pressure, heart attacks and strokes. The reasoning behind using aspirin in such situations is that it helps to keep the blood as thin as possible, so that it is able to pass through the narrowing arteries. There are many things wrong with this approach.

For starters, as the blood becomes thinner, there is increased risk of internal bleeding. Many people on aspirin notice that they bruise more easily than they did when they began taking the medicine, a pointer to the risk of internal bleeding.

Aspirins are well known to increase the risk of stomach and intestinal bleeding. **One study, published in JAMA in 2012, found that taking aspirin increases the risk of bleeding into the brain and guts. Another study, published in the Digestion magazine in 2009, found that 80% of people studied using aspirin developed injury to the small bowel.**

One of the biggest problems with aspirin use is that it increases the risk of brain haemorrhage. This can lead to a person suffering a stroke. In other words, aspirin use will cause the diseases that it is prescribed to prevent. One published study found that regular aspirin use before the occurrence of a brain haemorrhage is an independent predictor for death.

**What is even worse is that there is no evidence that aspirin even helps manage the heart diseases for which it is usually prescribed. A study published in the New England Journal of Medicine in 2005, found that the use of aspirin did not reduce the risk of heart attacks or cardiovascular disease (Paul M Ridker et al).**

Most heart diseases occur from the hardening and narrowing of arteries caused by plaque deposits, and this plaque can be dissolved with the help of a naturally occurring enzyme called serrapeptase. The sad truth about using aspirin to treat hardening of the arteries is that aspirin does not treat hardening of the arteries, which continues unabated until the arteries become completely occluded and requires the insertion of a stent or widening of the arteries or even worse—heart bypass surgery. Serrapeptase can help dissolve the plaque or keep it at bay.

Aspirin should never be taking for prevention of heart disease or other complications arising from hardening of the arteries. The only possible use of aspirin in a heart health context should be after heart bypass surgery to prevent the clots that can develop from the mechanical stents.



## PARASITIC WORMS IN THE GUT IS COMMON

It usually comes as a shock to some people when they are told after a full body diagnostic scan that they have worms in their stomach, gut, gallbladder or liver. Worm infestation is common and becoming even more widespread.

Not long ago, worms were unheard of in the temperate and colder regions of the world, but today worm infestation is a growing problem. In southern European countries, such as in Spain, worm infestation is a common phenomenon. And from our estimates, every other person we see for a scan has worms.

These worms are usually contracted by cross contamination, which is when microbes are unintentionally transmitted from one person to another mainly due to poor hygiene. Worms are typically passed out of the body through stool. When people fail to wash their hands, properly especially while handling food, these worms can spread.

Some common worms include ascaris, round worms, and pin worms. These worms can exist in the body without causing symptoms, but they can cause serious problems including abdominal cramps, bloatedness, abdominal pain, indigestion, weight loss, diarrhoea and constipation.

The good news is that worms are easily treated. Although we advocate natural therapies for maintaining your health, in this instance we recommend a chemical drug. The drug is called Lomper (mebendazole) and has been used for over 60 years for treatment without a history of adverse reactions. The dose is usually two tablets every 12 hours for 36 hours. In severe cases of worm infestation, it may be wise to repeat the therapy after two weeks.



As with any illness, prevention is better than cure. Be careful about where you eat and make sure that restaurants and their staff look clean. Wash your hands frequently, especially after using the toilet and before eating. Instil this advice in your children, as they will often be the persons responsible for bringing worms into a household, which can lead to everybody contracting the pests.

**Claire Dockerty** (*MedB Clinic*)

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## WEIGHT GAIN CAUSED BY EATING TOO MUCH PROTEIN

Most people concerned about weight gain look only at carbohydrates and fats as the culprits. Contrary to popular belief, proteins can also lead to weight gain. At our clinic, we carry out a Body Composition Analysis to determine a person's nutrient levels, including their muscle mass and the carbs and protein levels in the body. In more cases than one, we see weight gain caused by high muscle mass and high levels of protein in the body.

Proteins are crucial for maintaining, repairing and regenerating worn out parts of the body, especially the muscles. When people consume a diet that is rich in protein, the body will use what it needs and convert the excess to muscles which build up in the body. In addition to this, excess carbohydrates are converted to sugars and stored as fat which also leads to weight gain.

Many people believe they need to consume proteins every day to keep the body healthy. To some extent this is true, but it is also important to examine the sources of dietary protein. Meat and fish are popular amongst people who are trying to boost their protein intake. These foods are often over-consumed in the misguided belief that they are so good for the body that one does not need to exercise portion control. There is currently a so called 'healthy eating trend' that advocates such over-consumption.

Let's debunk the myth that meat and fish are the only sources of protein and can be eaten in whatever quantities a person desires. Weight loss will always come down to a calculation of energy input versus energy output.

Let's also put to bed the notion that meat and fish are the only sources of protein worth talking about. Lots of plants contain protein, including fruits and vegetables. Even grains, such as rice, contain this nutrient. Those interested in losing weight ought to focus on plant based sources of protein and cut down on their meat and fish intake. Ideally, a dieter should aim to eat meat or fish only every other day, rather than every day of the week.

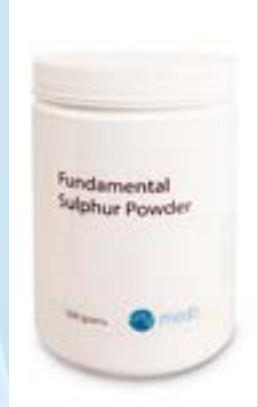
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# Why Wheat is Bad for You



**G**rains include wheat, barley, corn, rice, millet and sorghum. They have been a staple food of many cultures for millennia, however, they are not particularly healthy. While these foods have served, and continue to serve humanity, the problem today is that they are being genetically modified.

**Here are five reasons why you should avoid this grain if you want to maintain good health.**

**1. Wheat contains gluten:** While many people understand that gluten is found in wheat, what they do not know is that gluten is a name for different types of proteins. The main components of gluten are gliadin and glutenin. Gliadin is what people are sensitive to and it is what will be tested for when checking for gluten sensitivity. However, it is important to release that the gluten sensitivity test only checks for Alpha gliadin, which is one of the main four types of gliadins in wheat. There are numerous other proteins in wheat that cause abdominal problems including bloating, abdominal pain, cramps, irritable bowel, coeliac etc.

**2. WGA (Wheat Germ Agglutinin):** Researchers have found that a particularly toxic form of protein called WGA in wheat. This is even worse than gluten! WGA is known as a lectin. Lectins are chemicals that plants use to defend themselves against infections. The Lectin in wheat, called WGA, is one of the most toxic forms of this lectin. Every human being develops an adverse reaction to WGA, but it will cause more severe problems in some people than in others. There is no test for WGA sensitivity in wheat. WGA and other lectins have been linked to many chronic diseases including coeliac, diabetes, asthma, chronic fatigue syndrome, fibromyalgia, high blood pressure, obesity, schizophrenia, Alzheimer's, hormonal imbalances, and many other diseases.

**3. Wheat is grown with more chemicals than any other plant:** Studies show that nearly 90% of all wheat consumed is grown with the herbicide called Roundup. Roundup mainly contains a chemical

called glyphosate, and recently, WHO listed glyphosate as a likely cancer causing compound. Glyphosate is known to destroy beneficial bacteria in the gut, which opens the body to all sorts of chronic illnesses. It has also been directly linked to autoimmune diseases. This type of disease describes a situation whereby the body starts to attack itself.

**4. Less nutrients in wheat:** Studies comparing the wheat of today to wheat grown seventy years ago shows that there is a fraction of the existing nutrients. One study showed a reduction of up to 30% in zinc, copper, iron and magnesium when compared to wheat from the 1960s.

**5. Fibre in wheat is not healthy:** Wheat is promoted as a good source of fibre and conventional medicine advises patients to eat wholemeal wheat to provide themselves with sufficient fibre. Contrary to this advice is that wheat contains one of the worst forms of fibre in nature called Amylopectin. Unlike other fibres that help to maintain the bulk of food and allows for easy passage of digesting food through the bowels, Amylopectin begins digestion in the mouth. Enzymes in saliva start digesting wheat and dissolving it even before it arrives at the stomach and intestine which makes it a poor fibre. It is also harmful to your teeth and increases the likelihood of cavities. Worse still, wheat is a huge contributor to weight gain because of its effect on blood sugar levels. Studies have shown that two slices of bread will increase blood sugar more than six teaspoons of white sugar, which makes wheat cause more weight gain than sugar.

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# 6 MINERALS AND VITAMINS THAT BOOST IMMUNITY

## Vitamin B6

Vitamin B6 is important for producing antibodies. These are stand-by immune proteins that neutralise harmful microbes. The richest sources of B6 are pistachios, avocado, turkey meat, sesame seeds, blackstrap molasses and tuna.

## Vitamin C

Vitamin C is a powerful antioxidant. It neutralizes free radicals that cause damage to cells. Studies show that Vitamin C concentrates in immune cells and helps neutralize free radicals. Without this intervention, free radicals can cause damage by shortening the immune cells' lifespans and preventing them from protecting the body against infections, allergies and cancer cells.

## Vitamin D

Like Vitamin C, Vitamin D is critical for the immune system. Studies show that white blood cells store Vitamin D and then use it to destroy bacteria, such as tuberculosis bacteria. Studies show that T cells, which are the body's primary defence cells, have the capacity to destroy a range of harmful viruses. T cells are activated by Vitamin D and require it to remain healthy and perform their function.

Vitamin D is also known to regulate cell growth and stop the spread of abnormal cancer cells. Studies show that women with low levels of Vitamin D are five times more likely to suffer from cancer than women with normal blood vitamin D levels.

The best source of Vitamin D is sunlight, and only about 15–20 minutes of summer sun is required to receive the necessary daily dose of Vitamin D. Its importance was officially recognised in the United Kingdom recently, when the government officially recommended that the public take a supplement during the winter months.



## Vitamin E

Studies show that when Vitamin E is deficient, all the parameters that register immune function trends downwards. Vitamin E is particularly useful for promoting the maturation of T lymphocytes which are a type of white cells that help the body fight infections and cancer cells. Vitamin E is crucial in elderly people because immune cells that regulate cellular immunity, such as T lymphocytes, decrease in old age. Good dietary sources of Vitamin E are: almonds, spinach, avocado, sweet potatoes, palm oil and butternut squash.



## Zinc

Zinc is crucial for many aspects of the immune system. It is vital for the development of the innate immune system. This is the fast-acting immune system that kicks in within a few minutes of an infection and helps the production of immune cells such as leucocytes, basophils, eosinophils.

Zinc is key for the maturity of Macrophages. These are large cells that consume bad pathogens. Zinc is also important for the production of chemicals called cytokines, which also play a key role in improving immune system.

Dietary sources include: pumpkin seeds, sunflower seeds, chickpeas, and garlic.

## Selenium

Selenium is a powerful antioxidant and enhances the function of Vitamin E. As an antioxidant, selenium neutralises the harmful toxins that damage the immune system. Selenium is also key for the activation, proliferation and maturation of the immune system. Dietary sources include: brazil nuts, salmon, cod, and turkey.



# Leg Swelling and Water retention

Swollen legs, especially swollen ankles, caused by water retention is a common problem that is regularly seen amongst the older population. The ankles and legs can become swollen for a number of reasons that are related to the malfunctioning of organs or systems in the body. Water retention can occur anywhere in the body, the face, the arms and legs, the abdomen etc.

Water retention that only occurs in the summer months is commonly due to dehydration and the loss of minerals present in water. This type of retention can be easily corrected by keeping hydrated and making sure the mineral levels of the body are optimal.

**One of the commonest causes of water retention in the legs is joint disease and insufficiency of the veins.** Joint disease is an indication of connective tissue disorders. The connective tissue is the name for the fibres that support the body and help it maintain its framework. The joints, bone, muscles, tendons, skin and the supporting structures of our organs are made of collagen, the body's main connective tissue. Without adequate nutrients to maintain the structure, such as MSM, the connective tissue weakens. This causes inflammation of the joints, bone, tendons, ligaments etc. This resulting inflammation will lead to leakage of protein and water from the blood vessels into the surrounding tissues, which in turn will cause ankle and leg swelling.

Another common trigger for inflammation is the insufficiency of the valves in the veins. The veins return blood to the heart after it has flowed into organs to nourish them. Unlike the arteries, that rely on the pumping action of the heart to get around the body, veins rely mainly on the contraction of muscles to drive returning blood back from the legs into the heart. Veins have valves that regulate this flow. Sometimes these valves become weak and this leads to the pooling of blood in the veins and eventual leakage into surrounding tissues. This causes leg swelling.

Due to the fact that veins rely on the muscles to pump blood upwards to the heart, not exercising the legs enough or weight gain will cause or worsen leg swelling. Medications are also a common

culprit. A number of drugs are known to pool water in the legs. These include antidepressants, blood pressure medications, anti-inflammatories, hormonal drugs and diabetes medications.

Diseases of the organs are also a very common cause of leg swelling. **Disease of the heart, kidney and liver will all result in water retention in tissues, especially the legs.** The heart pumps oxygen rich blood to the tissues and organs. It also receives returning blood from the rest of the body. If the heart weakens and the flow is disrupted, it will lead to accumulation of blood in the veins which leaks into surrounding tissue and cause swelling of the organs. This type of swelling is first noticeable in the legs because they are furthest away from the heart. This is what is referred to as congestive heart failure. A common cause of congestive heart failure is the lack of Acetyl-L-Carnitine—a nutrient that is important to produce energy for the heart. Taking a supplement form of Acetyl-L-Carnitine will improve the heart's ability to burn fat in order to generate energy, which improves the performance of the heart.

**The kidneys are responsible for filtering the blood and must do so several times a day. The kidneys can struggle to perform this function, especially when the blood is overloaded with toxins, and this malfunction can start to cause water retention in the legs.**

Turning now to the liver. There are four stages of liver disease and once it has progressed into the later stages, water retention can occur. The liver produces proteins, such as albumin, that help keep water in the blood vessels. When the liver becomes diseased the production of these proteins is reduced. This can result in the leaking of fluid into the tissues.

If you are experiencing water retention, the most important thing to do is to find out the exact cause and to address the issue. Elevating the legs can be very helpful in relieving the pressure and discomfort. You should also avoid wearing tight shoes and clothing, such as tight jeans, that can cause leg swelling. Make sure you are eating a healthy diet to maintain adequate mineral and protein levels. The most important action to take, however, is to visit your doctor.

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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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# EXCESSIVE NIGHT-TIME URINATION (NOCTURIA) IN MEN

Waking up at night to pass water can be a problem in men, especially in older ones. Common causes of nocturia (night-time urination) are consuming caffeine or alcohol before bedtime. Caffeine can be found in coffee, some teas, and soda. Alcohol and caffeine cause diuresis, which means that they encourage the loss of water through excessive urination. Avoiding these substances at night time will to end the problem. Another culprit for nocturia is drinking a lot of fluid before bedtime. This could be water, jucie or tea. Again, merely cutting out the offending liquid will help the situation.



Nocturia can also be a sign of more serious conditions. It is a symptom of Type 2 diabetes, however, if a person is suffering from this the nocturia will be combined with other indicators of this disease, such as the increased urge to drink and weight loss. A simple sugar level check can be done in any pharmacy in Spain. This will rule out diabetes for those worried about nocturia.

When we rule out the commonest causes of night-time urination, the next likely cause is prostate disorders if the sufferer is a man. The 3 types of prostate diseases are prostate inflammation (prostatitis), prostate enlargement (benign prostate hypertrophy) and prostate cancer. All three of these problems can cause night-time urination. However, the most common cause in over 80% of cases is related to inflammation of the prostate.

The prostate gland in men undergoes a series of natural inflammatory processes starting from age 50. These inflammations come and go, and when they occur they can cause nocturia. Infections are the commonest causes of inflammation of the prostate, especially infections with viruses – herpes, papilloma and cytomegalovirus. The natural antibiotic Colloidal Silver is an effective agent for treating inflammation of the prostate.

If you or your partner are worried about nocturia, visit your doctor. They will be able to perform a physical prostate examination or may take some blood for hormonal analysis. Keeping tabs on prostate health is especially important for those who have a family history of prostate problems.

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## SERBIAN BEAN SOUP (4 PERSONS)

400g precooked white beans (jar)  
½ litre water with a bouillon cube  
2oz vegetables (carrots, leek, celery)  
250g onions  
250g potatoes cut into small pieces  
Small tin of concentrated tomato paste (Tomate doble concentrado Mercadona 170g)  
Provincial herbs  
Cayenne powder  
3 TBSP smoked paprika powder (Pimenton de Vera)  
Salt  
5 TBSP sour cream, vegetarian cream or coconut cream



Cut and clean the vegetables and potatoes. Cook them together in water until they are tender. Drain.

Chop the onions and fry them, then add the vegetables and potatoes. Prepare ½ litre hot water with a bouillon cube and add it, together with the beans, concentrated tomato paste, to the pan.

Add the provincial herbs and smoked paprika. Cook for 10/15 min. Finally, add the cream, salt and cayenne to taste. More smoked paprika may be added if you so wish.



**By Barbara Hagen**

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## TAKING CARE WITH SUN TANNING

To many of us, summer means sitting on a beach, relaxing with our family and catching a tan. Whilst the aesthetic attraction of a bronzed glow may be obvious, exposing ourselves to sunlight also brings a health benefit.

Sunshine is a good source of Vitamin D. This is a key ingredient for a properly functioning immune system. Studies have shown that many diseases, especially diseases related to the immune system (such as infections), occur less in the summer season. This probably explains why we are naturally drawn to tanned skin. On some primal level, we recognise that it is a sign of health.

For all its benefits, however, the sun can cause a lot of harm to the skin and organs. This will now be discussed before attention is turned to how you can protect yourself.

Avoid overexposure to the sun

Whenever you spend time in the sun, you should consider how much radiation is reaching the skin. There are a number of factors that influence the level of exposure your skin is subject to. The first is the length of time you spend in the sun. The second is the time of day. And the third is the cloud cover present.

The time of day is widely regarded as the most critical consideration because the strongest ultraviolet (UV) rays are produced between the hours of 10 am and 4 pm.

To understand why sunlight can be harmful, it is necessary to delve into what is present in it. The sun emits two electromagnetic energies—UV and infrared (IR) rays. These radiations are invisible, but they can cause irreparable damage to the skin. IR radiation is responsible for skin burning, however both IR and UV are known to cause skin damage, skin ageing and skin cancer.

Unfortunately, most sunscreen lotions do not sufficiently protect the skin from the different types of UV radiation. When choosing a sunscreen, pay attention to the SPF. This is the amount of protection the cream will offer your skin against UV rays. The higher the SPF, the more protection it will provide. However, people's tendency to not put on enough in the first place and to not reapply sunscreen regularly means that we rarely get the protection the bottle promises. Furthermore, there is no sunscreen on the market that offers 100% protection.

Rather than rely on sunscreen alone, there are some other steps that you can take to protect yourself from the sun. UV rays are strongest between the hours of 10 am and 4 pm. It is therefore important for those with sensitive skin to avoid the harsh sun during this time. For those who are looking to get a suntan, the most beneficial times for tanning are before 10 am and after 4 pm.

### **Use natural skin screen:**

Skin screen lotions are mostly made of synthetic chemicals, many of which are known to cause damage and increase the risk of skin cancer. These chemicals include oxybenzone, octisalate, and octocrylene and Vitamin A derivative Retinyl Palmitate. These chemicals protect the skin against UV rays by crossing the skin barrier and penetrating deep inside the skin tissues, where they are then absorbed into the blood stream and stored in organs.

It is well known that these chemicals cause havoc with the hormonal, immune and nervous system. Furthermore, according to studies done by the EWG (Environmental Working Group), of the 1400 types of screen lotion tested, only 5% met safety standards, and 40% would increase the risk of cancer. The safest forms of sunscreen contain natural minerals, such as Zinc and Titanium, that are not absorbed into the skin, but stay on the surface and protect by reflecting sunlight.

### **Beware of increased sensitivity if you take medications:**

Many drugs are known to increase sun sensitivity and people on such medications should avoid spending too much time in the sun. These medications include: antibiotics, such as doxycycline and ciprofloxacin; antihistamines; painkillers, like ibuprofen and naproxen; many blood pressure medications, including furosemide and Enalapril; and antipsychotic medications. If you are on any long-term medication, it is a good idea to ask your doctor how it will affect your sensitivity to the sun.

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# Taming the Monkey Mind

***Have you observed your mind lately?*** Take some time to watch the content of your mind over a few days and you will discover things you have not noticed before. Once you know these things you will have made the first step to taming your monkey mind.

Why would you bother to do that you may ask? Because mastering your mind is the key to happiness. Your mind is a meaning making machine. By default, without your active participation, it is like a cheeky monkey wreaking havoc in your otherwise peaceful existence.

Let me explain what I mean by 'a meaning making machine'. When life occurs, it is a simple experience. Our mind then interprets the event and makes meaning of it. If we have not trained our mind to think in an empowering way, most of the time it will make a meaning that is less than helpful.

In order to use your mind for the constructive creation of your life you need to observe it closely so you can understand what is undermining and unhelpful.

The mind is a natural traitor, trouble maker, and teaser. Left to its own devices, outside the realm of solving problems and creative and constructive thinking your mind is your own worst enemy. Once you know this you can take what your mind has to say 'about' matters with a pinch of salt.

Check what your naughty monkey mind is up to and catch it in the act. I assure you it is beating you up verbally on a regular basis in a very personal way. It is beating up everyone you care about too and telling you lies about life just

to scare the hell out of you. If you listen closely you will find it is dead boring to boot. Have you noticed how repetitive your thoughts are and really quite banal?

I am not talking about the moments when you are having a brainwave, or solving an issue or being conscious and constructive with your mind. But that is NOT the majority of the time. If anyone in your life could hear everything that you think they would no longer want to hang out with you.

## ***So what to do???***

Get observing. Watch the monkey for a while and I guarantee you will no longer be a fan.

Be honest with yourself about just how awful and unhelpful the monkey is both to you, your life and your ability to love.

Apply your mind to useful stuff. Creativity, problem solving, and directing the mind to useful tasks is a great way to tame the beast.

Develop your feeling being. This is where your liberation lies. Like happiness, love, bliss, ecstasy, God-communion. These things all lie in the realm of feeling.

Develop your intuition, your use of it, and trust in it. It is by far a better guide to life than that naughty monkey mind of yours. Deep down, we actually 'know' stuff on a level that is in our gut rather than our mind.

And learn to direct your mind to the things you really want to be, do and have in life. Be the boss of it, rather than letting the monkey wear the pants.

# 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)



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