



The Coeliac Candida Connection

Why gluten free does not always help with coeliac disease

Helicobacter Pylori

The bacteria responsible for stomach ulcers

What your cough is saying

How stomach problems cause depression

Kefir: An amazing source of probiotics

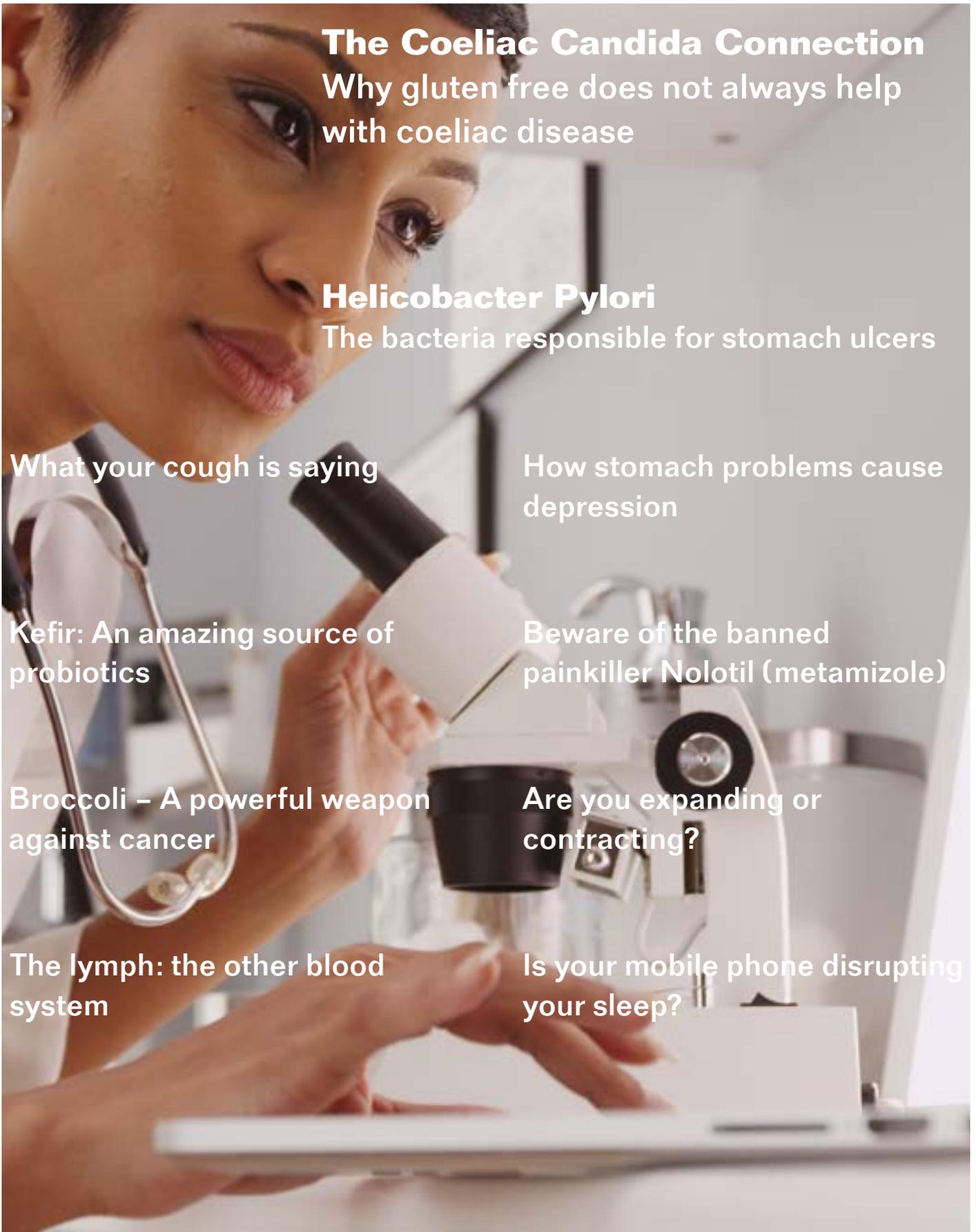
Beware of the banned painkiller Nolotil (metamizole)

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Editorial

Hello and welcome to another packed edition of MedB Health magazine. This month's theme is the digestive system. Many people who are sensitive to gluten wonder why they still suffer from symptoms even after eliminating gluten from their diet. Research can now explain this frustrating phenomenon. Scientists have found that the fungus candida has building blocks of amino acids (proteins) that are very similar to the proteins found in gluten. This tricks the body into thinking that candida is gluten, leading to similar symptoms. We look at the link between coeliac disease and candida infection.

We have also looked at the link between digestive problems and depression. The gut is often called the second stomach. We feel emotions in our stomach, and unsurprisingly, science now shows that chronic digestive problems will ultimately lead to depression.

In addition to this, we have Clare's report on the dangers of the drug metamizole (Nolotil) which is banned in most of Europe but still prescribed in many countries, including Spain. Our regular guest writer Tiamara is back with an article on Finding Freedom, as well as the fantastic recipes from the equally fantastic Barbara.

You can now subscribe to our magazine at medbmag.com. A yearly subscription to receive the monthly magazine will only cost you 18 Euros with the code MEDBMAG, which is only applicable until the end of October.

Until the next edition, See you.



Dr Machi Mannu (MBBS)

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THAT'S HARD WORK

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Are you expanding or contracting?

THE COELIAC CANDIDA CONNECTION: WHY GLUTEN FREE DOES NOT ALWAYS HELP WITH COELIAC DISEASE

Coeliac disease is a disease of the gut caused by sensitivity to a component of gluten called gliadin. Gluten is made of two distinct components—glutenin and gliadin. It is the gliadin component that people react to when they have gluten sensitivity. Gliadin, however, has three distinct types, all of which can cause the hypersensitivity seen in coeliac disease. **The relevance of the different forms of gliadin become important when it is realised that the test for coeliac disease only screens for only one type of gliadin – the alpha gliadin.** Thus, even when the test for coeliac disease is negative, it still does not guarantee the absence of the problem.

The hypersensitivity to gluten observed in coeliac disease occurs when the body produces auto-antibodies that attack the intestines. Antibodies are proteins produced inside the body to neutralize chemicals recognised as foreign by the body's immune system. Usually these antibodies are produced to attack foreign bodies, but if a person suffers from coeliac disease these antibodies also attack the organs of the body.

The reason that some people develop sensitivity to gluten that results in coeliac disease can be attributed to genetic differences that result in hypersensitivity of the immune system. Gluten is a protein. The immune system is particularly sensitive to proteins that enter the body mainly because the it may incorporate these into its own tissues during the cell renewal process.

Scientists believe that those with coeliac disease have a sensitivity to a sequence of amino acids that are present in gluten. People with a hypersensitive immune system recognize these amino acids as foreign. And so, when these people consume gluten, the body produces antibodies to neutralize the gluten proteins. This reaction damages the small intestine, specifically the part of the intestines that is responsible for processing food called the intestinal villi. **The damage to the intestinal villi gives rise to the symptoms and problems that coeliac sufferers develop, such as abdominal cramps, bloating, abdominal pain, diarrhea, constipation, malabsorption, nutritional deficiencies, nausea, vomiting, tiredness and weight loss.**

As bad as these all sound, the problems arising from coeliac disease go beyond problems of the gut. The antibodies the body produces against gluten not only damages the intestines, but can also cause injury to other parts of the body,

including the joints, lungs and nervous system. This has been known to cause problems unrelated to digestion, such as joint pain, nerve pain, breathing difficulties etc.

Furthermore, coeliac disease puts stress on the body to constantly produce antibodies to fight against gluten. Humans are not machines capable of an infinite number of functions. The pressure to combat gluten puts a huge strain on the immune system by overworking it. This drains the immune system and weakens it, making the body more susceptible to infections. This is why those who have coeliac disease typically suffer from infections caused by an assortment of microbes.

An observation from MedB clinic is that people with a previous diagnosis of coeliac disease nearly always have a variety of microbes present in their body, including bacteria, fungi, parasites and even worms. They are also



susceptible to gut infections due to the damage caused to the gut by coeliac disease. In addition, the hyperactivity of the immune system in coeliac disease weakens the immune system resulting in increased risk of gut infections and more damage to the gut, creating a vicious cycle.

Scientists have discovered that candida infections can give rise to coeliac disease. Candida is a microbe, a fungus that can infect any organ in the body, especially the gut and the urinary organs. Most people have probably heard of candida before because it is a well-known cause of thrush. Thrush is an unpleasant condition that can result in painful cystitis and urinary tract infection.

According to studies published in the Lancet Medical Journal, researchers compared the sequence of proteins in gluten to those in candida and found them to be a perfect match. The implication is that candida infection will cause

Scientists have discovered that candida infections can give rise to coeliac disease.

similar gut symptoms in those with coeliac disease. In other words, the immune system of coeliac sufferers cannot tell the candida apart from gluten and a candida infection will produce the same symptoms as would be seen with the consumption of gluten.

So how does candida do this? Candida sticks to the walls of the intestine where it triggers the same chemical and immunological reactions that occurs with wheat gluten. The implication is that even when gluten is completely eliminated from the diet, the presence of candida will continue to trigger the symptoms of gluten sensitivity. To make matters worse, candida infection is a common occurrence in coeliac sufferers due to their weakened immune systems. This is probably the reason why many people with coeliac disease find that eliminating gluten from their diet does not eradicate their symptoms. Turning to the other side of the coin, an even more disturbing phenomenon has been observed. Candida infection can give rise to gluten

sensitivity and coeliac disease even after the infection has been treated. This is because the proteins in candida will sensitize the body causing a hypersensitivity to the proteins in candida that are also found in wheat gluten.

With this knowledge in mind, there are a number of steps that sufferers of coeliac disease can take to prevent the growth of opportunistic microbes in their gut. Likewise, those who can currently tolerate gluten and who want to prevent the potential onset of coeliac disease should take heed of this advice. One of the simplest ways of preventing the growth of candida is by consuming beneficial bacteria or probiotics. The best source of probiotics is goat's yogurt made with kefir. Kefir is a culture added to milk to produce yogurt and it is an excellent source of probiotics. In fact, it is one of the most powerful natural sources of probiotics. Other good sources of probiotics include fermented vegetables, such as sauerkraut. Incorporating these foods into your diet is a delicious and natural way to guard against candida.

Candida infection cannot be eliminated with most prescription antibiotics as those are only effective against bacteria—candida is a fungus. However, it can be destroyed by the natural antibiotic colloidal silver. Unlike prescription medication, colloidal silver does not destroy any of the beneficial probiotics that will protect the body against candida infection.

People suffering from coeliac disease should understand that their persistent problem, even with eliminating gluten, could be due to candida infection. Therefore, in addition to maintaining a diet that is free from gluten, they should ensure they are free of infections. ■



Helicobacter pylori – the bacteria responsible for stomach ulcers

Helicobacter pylori is the bacteria that is mostly responsible for ulcers of the stomach and intestines. It also causes minor stomach upsets, such as acid reflux, cramps, and bloating. It is found in the stomach of more than half of the world's population, and surprisingly it was only discovered in 1982. **Only 1 out of 4 people who harbor the bacteria will eventually develop serious abdominal problems, such as stomach ulcers.** However, for those unlucky ones, stomach ulcers and other chronic problems caused by the bacteria can be debilitating.

'Ulcer' is the term used to describe the wound in the lining of the stomach and intestine caused by bacteria. To defend itself against bacteria, such as helicobacter pylori, the stomach secretes a powerful acid known as hydrochloric acid. This acid is strong enough to destroy many harmful microbes, but helicobacter pylori escapes by secreting a protein that neutralizes the acid, allowing it to burrow deep into the stomach where the acidity is low enough for it to survive. As the burrowing continues, the wound grows bigger and acid from the stomach may seep into this wound. This is what causes the pain and discomfort that sufferers of ulcers experience.

Even when it is not causing ulcers, helicobacter pylori encourage diseases of the gut in a number of ways. The enzymes and chemicals it produces alters the natural environment of the stomach to the detriment of beneficial probiotics. The loss of probiotics encourages the growth of harmful microbes which can then go on to cause severe abdominal problems including malabsorption, persistent gastroenteritis, as well as exacerbate existing diseases, such as coeliac and crohn's.

Diagnostic scans from MedB's clinic show that most people with helicobacter pylori will also have other microbes present, including different strains of candida, E. coli, Entamoeba, as well as worms.

The aim of managing diseases caused by helicobacter pylori is to destroy the harmful bacteria. Conventional medical therapy treats the bug with antibiotics, often combined with a stomach protector and stomach liner. While the antibiotics may destroy the helicobacter pylori, it may not be sufficient to destroy other microbes such as candida. Colloidal silver is a broad-spectrum antibiotic that battles against bacteria and fungi and is a more effective therapy for treating infections of the abdominal organs than antibiotics.

Diet and lifestyle are equally important in controlling helicobacter pylori. Those who have previously had the infection can harbor the bacteria even though symptoms may be gone. The bacteria can reactivate with a poor diet or a stressful lifestyle. As soon as symptoms appear, sufferers ought to avoid coffee and alcohol. In addition to this, wheat is a known culprit for aggravating the bacteria. Avoiding it is known to improve symptoms and prevent recurrence.

Taken holistically, it can therefore be said that whilst helicobacter pylori bacteria have the potential to cause many unpleasant conditions of the stomach, management can be made easy with simple lifestyle adjustment. Luckily for sufferers, this advice accords with other healthy living advice and by sticking to it they may notice fringe benefits to other aspects of their wellbeing. ■



Beware of the banned painkiller Nolotil (metamizole)

When Jane complained to her doctor about chest pains she was told that the pain was due to spasms of the muscles in her chest and she was prescribed the pain killer Nolotil. The next day the pain got worse. She started having severe headaches and felt very sick. She continued taking the painkiller for a few more days, but she felt even worse. On top of these symptoms, she was now having sleepless nights and suffering severe anxiety.

Upon presenting herself to our clinic, we ran a diagnostic scan that found some concerning results. Jane's nerves and nervous system were showing signs of degeneration. Whether these were caused by or worsened by Nolotil is anyone's guess. We discovered that her chest pain was due to chest infection and she feels a lot better after commencing proper treatment.

Nolotil is a commonly prescribed pain killer and is a brand name of the drug metamizole. This is an anti-inflammatory drug that is mainly used to treat muscle, joint and nerve pain as well as headaches. The problem is that metamizole is known to cause severe damage to the nervous and immune system and predisposes people to problems related to these systems.

This is why Nolotil is banned in the UK, Ireland, US and several other countries. However, it is still pre-



scribed in Spain and is available over the counter. We do not advise people to take painkillers for pain because pain is a feedback signal that informs the body that there is something wrong. The best course of action is to treat the cause of the pain, not to simply mask it.

Nevertheless, painkillers are necessary in severe and unbearable pain. It is always better to start with the mild painkillers, such as paracetamol and ibuprofen, and seek

Claire Dockerty is a Nurse,
Midwife and a MedB
medical assistant

medical help if the pain persists. You should always ask what medication you have been prescribed and do a Google search to see what information you can find. If the drug is banned anywhere in the world, then it is a good idea to avoid taking it. ■

Broccoli – A powerful weapon against cancer

In 1992, Prof Paul Talalay of John Hopkins University discovered that broccoli as well as other cruciferous vegetables – kale, brussel sprouts, swiss chard and cauliflower – contain a compound called sulforaphane. Sulforaphane is one of the most powerful cancer destroying compounds known to man.

In 2004, scientists from the University of Illinois found that sulforaphane stopped the spread of cancer in human breast tissue cultures. Another study from the institute of food research in Norwich reported that sulforaphane encouraged cancer suppressing gene activity in colon cancer cells resulting in blocking the growth of cancer cells in the colon. Many other studies have shown that sulforaphane is capable of protecting the body against cancer of the colon, ovaries and breast. Scientists reckon that we need to eat about two pounds of cooked broccoli every week to gain its protection against cancer.

Luckily there is an easier and even better way of getting sulforaphane from broccoli without eating so much of it. **Research done by Prof. Ian Rowland showed that only about 100 grams of broccoli sprouts mixed with the sprouts of alfalfa and clover consumed every two weeks is needed to do the same job as two pounds of cooked broccoli.**

This is because broccoli sprouts have the highest concentration of sulforaphane—about 73 mgs for every half cup of broccoli sprouts, which is as much as in 11 pounds of cooked broccoli.

Sprouting vegetables is a lot easier than most people think. All you need is a sprouting tray, which is cheap and available in many shops, and broccoli seeds. The seeds take a few days to sprout. Then they are ready to be consumed and enjoyed. ■



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How stomach problems cause depression

When Sam came to MedB clinic, he was in a bad way. He was suffering severe anxiety and was depressed and weepy. After going to his doctor complaining of stomach upset and slight anxiety, he was prescribed an antidepressant. He felt worse after a week, so he returned to his doctor who prescribed more antidepressants—these made his symptoms even worse. Upon presenting himself to MedB, Sam was at his wit's end and was desperate for some help.

The diagnostic scan at MedB discovered a number of active microbes—including *E. coli*, enterococcus, and helicobacter pylori bacteria. The scan also found that his nervous system was decompensated, which indicated that the organs of the nervous system were starting to degenerate. A therapy with colloidal silver was started for the gut infection and he cut down on the antidepressants. Within a few days his symptoms had dramatically improved.

Sam's story is not uncommon. The connection between stomach infections and anxiety or depression is well documented in the medical science literature, yet it is not acknowledged by conventional medical system. Instead, doctors continue to throw antidepressants at what is truly a problem with the stomach.

The stomach is often called the second brain because, apart from the brain, it contains the most nerve connections—some 100 million nerve cells. Scientists have discovered direct connections between the gut and the brain, and have been able to trace nerve cells migrating from the stomach into the brain. In fact, one of the most important brain chemicals, serotonin, is mostly made in the stomach; 80% of all the serotonin in the body is made in the stomach. Serotonin helps the body and mind to feel good. It therefore prevents against depression.



It follows then that stomach problems, such as infections, that affect the production of this chemical will lower a person's mood and promote depression. Many people will notice that their emotions are at their most vulnerable when they suffer from any form of persistent stomach and gut problem. Studies show that about 40-90% of people diagnosed with 'Irritable Bowel Syndrome' suffer from anxiety and depression.

Chronic abdominal problems also reduce the digestion and absorption of nutrients. This causes a deficiency in the brain chemicals that are essential for maintaining a balanced mood and preventing depression. The advice for people suffering from a low mood and stomach problems is therefore to have the stomach problem treated before turning to antidepressants. Such treatment can range from changing one's diet and lifestyle, to seeking medical treatment for a more serious problem. ■



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Non-invasive diagnostics are the future of healthcare

Medical diagnostics have advanced tremendously in the last twenty years. This development, however, has not yet become apparent in the public healthcare system where stretched funds have not been able to keep up with technological advancement. This is a problem because the art or science of modern medicine is largely based on medical diagnostics. Without an accurate diagnosis of a disease, it is unlikely that the condition will be treated.

The routine investigations carried out at the primary care level, such as blood tests and X-rays, are too rudimentary to provide any useful information on a person's state of health.

For example, blood tests measure the levels of proteins, enzymes and other chemicals in the blood. The issue with using blood tests is that the chemicals they look for only become measurable when diseases have progressed. Thus, at the early stages of a disease, a patient's blood test may not reveal anything untoward even though they are harbouring a serious condition.

Similarly, X-rays are stunted in their usefulness. X-rays are reliable for identifying fractures, but their application elsewhere is extremely limited. In addition to this, X-rays should be avoided as much as possible because they are known to trigger cancer. Of course, one should not be afraid to get an X-ray if their bones could be broken or fractured, or if the dentist needs to check the health of their teeth, but outside of these scenarios caution is advised.

If X-rays are bad, CT scans are even worse. CT scanners are X-ray machines that take thousands of X-ray images to produce a 3-dimensional picture of the body. CT scans expose the body to extremely toxic levels of radiation and are a known cause of several cancers. MRI's are relatively safe, but due to their high operational cost their use in public healthcare is limited.

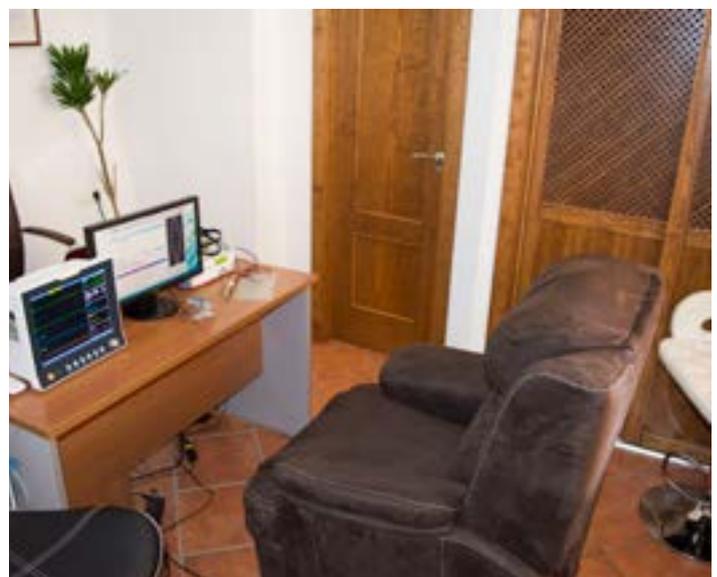
Since the 1980s, medical diagnostics have trended towards non-invasive and holistic technologies capable of a full examination of the body in one session, rather than multiple visits to several specialities. This is better for the patient because it removes the inconvenience of repeat visits to their healthcare specialist, as well as its ability to

provide a quicker report on the problem affecting the individual which then cuts down on treatment times.

Such modern technologies read electromagnetic frequencies from the brain and other parts of the body. A computer analysis of these frequencies can then determine the state of a person's health. It is comparable to an engineer using computers to download data from a car in a garage, which they can then use to figure out the cause of a problem.

Such modern technologies work because, **over 100 years ago, scientists have established that every cell, tissue and organ in the body has a unique frequency or identity. The same is true of diseases.** These measurable frequencies change when the body becomes diseased. What is even more interesting is that these frequencies change long before the symptoms of diseases set in. They can therefore serve as an early warning signal to the body.

There are many medical diagnostic technologies available, but by far the best is Sensitiv Imago. Sensitiv Imago measures and interprets frequencies from the brain and body to provide a detailed health report. The report from the scan includes information such as the possible diseases occurring, the presence of viruses, bacteria, fungi, parasites and contaminants. Also included is a detailed blood test, a food allergy test, and the impact of negative energy and food additives on the body. Sensitiv Imago is the most advanced diagnostic scan in use today in health centres. Sensitiv Imago is used for the full body diagnostic scan carried out at MedB clinic. ■



The lymph : The other blood system

The lymph system is a network of vessels that is similar to, and runs alongside, the blood system's vessels. The lymph system carries a fluid known as lymph in its vessels. Unlike the blood system, whose flow is maintained by the pumping action of the heart, the lymph system has no central pump.

The lymph system comprises of a network of lymph nodes, lymph vessels and lymph capillaries whose function is to collect excessive fluid from the heart, filter it and return it back. The lymph nodes are the junctions where lymph vessels meet and entwine. They play the important role of filtering and destroying bacteria from the body, as well as removing toxins.

Some organs are part of the lymph system because of the extensive network of lymph vessels that run through them. These include the tonsils, adenoids, thymus, spleen and bone marrow. These organs are also a part of the immune system because they produce immune cells and antibodies

that protect the body against infection. Thus, the lymph system plays a crucial role in maintaining a healthy immune system and preventing against disease.



Needless to say, the lymph system is the reason why the body is not bloated from excessive fluid constantly leaking into the tissues. To maintain its flow, the lymph system relies on the contraction of muscles and the pulsation of the arteries to continuously pump lymph throughout the body. Many chronic diseases arise from the stagnation of lymph when the system ceases to flow properly. Notably, obstruction of lymph leads to lymphedema, which is when parts of the body become swollen—especially the arms and legs, but also the abdomen and lungs. In most cases, the effects of blockages or sluggishness of the lymph system will be related to worsening of existing symptoms.

The lymph function can be improved by increasing physical activity. This again underlines the importance of daily exercise to a healthy lifestyle. Studies have shown that brisk walking for twenty minutes is sufficient to benefit the lymph system. This is because walking helps the muscles to function well, which in turn ensures that lymph flows properly throughout the body. In addition to exercise, manual drainage of the lymph system can be done by gently stroking the skin along the points of the lymph vessels and nodes. ■



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Kefir: An amazing Source of Probiotics

Kefir is a milk culture that has been used by the people of the Caucasus mountains around Russia for centuries. The origin of kefir is unknown, but the story is that kefir has been handed down to families for at least a millennium. It remains a regular feature of the Russian diet today.

Kefir contains around 30 different types of bacteria and fungi enclosed in a membrane called kefiran. Many of the beneficial bacteria or probiotic found in kefir is also found in the human gut, including the different species of Lactobacillus, Lactococcus, Bifidobacterium and many others. **These microbes are essential for strengthening our immune system by helping to destroy any deadly bacteria and fungi that enter the gut through the foods we eat.**



As if this protective value was not enough, the beneficial microbes in kefir also help with the proper digestion of food and the absorption of nutrients. Its probiotic content helps to restore the natural balance of bacteria in the gut, thus aiding proper digestion.

The membrane of kefir, kefiran, has been studied by scientists and found to have powerful anti-cancer properties. Other independent studies have also shown that kefir is very effective against candida. Candida is a nasty fungus that is difficult to treat. It causes its own problems and is a contributor to many common bowel problems including 'Irritable bowel syndrome', gastroenteritis and Crohn's diseases.

Kefir culture is available in health shops. It is used to make kefir by adding it to milk and covering for about 24 hours. The cultures are reusable and will not deteriorate or go off if they are constantly in use. This is because kefir is a live culture – it is alive! As long as it has a food source it will thrive. It is preferable to use goat's milk to prepare kefir, as cow's milk is often toxic due to the antibiotics fed to the animals during the farming process.

The rising trend of healthy eating has led to readymade kefir being stocked in some supermarkets. Kefir has a tangy taste that is comparable to natural yogurt. With regular drinking, you will get used to it and even grow to like it!

Regular use of kefir is known to help with a range of abdominal problems including gastroenteritis, bloatedness, abdominal distension, and will also help to alleviate the symptoms of chronic abdominal problems such as Crohn's and coeliac disease. ■

Beetroot salad

3 stalks Celery
3 large beets–precooked
½ large red onion
2 or 3 sweet sour pickled gherkins
Capers–3 tbsp
200 ml crème fraîche or yogurt

Chop the beets, onion and gherkins, slice the celery. Add all in a bowl together with the capers and the crème fraiche or yoghurt season with some freshly ground pepper to taste. ■



Barbara Hagen is our
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Is your mobile phone disrupting your sleep?

An inability to fall asleep is a common complaint amongst the population, but what is causing this? The answer may be found in your pocket. Yes, I am talking about your mobile phone.

Mobile phones allow us to communicate with each other and, in more recent times, provide us with access to the internet. To carry out this function, mobile phones emit electromagnetic frequencies. These are invisible rays that carry the information transmitted.

When mobile phones were first introduced, they were only able to transmit the sound of voices. This simplistic function needed a lot less electromagnetic energy for transmission to happen. Today however, mobile phones are used not only for transmitting sound, but also for transmitting video signals. The electromagnetic energies required for such transmission is more powerful than it has ever been; the transmission network of mobile data has already advanced from 4G to 5G.

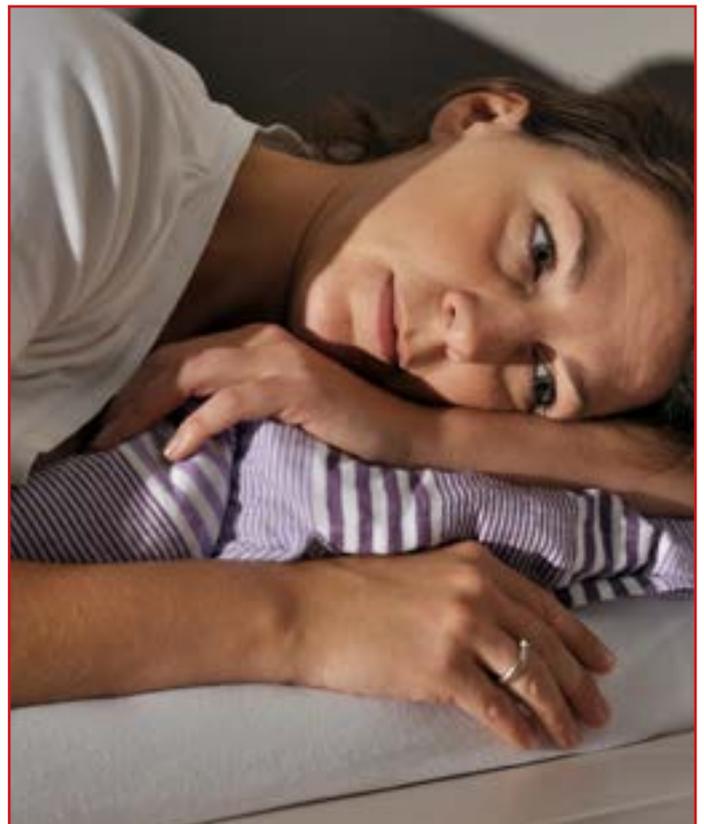
The electromagnetic energies that transmit data from mobile phones are powerful enough to disrupt the activities of the human cells. The radio waves used to transmit mobile phones belong to the same band of frequencies called electromagnetic frequencies. This includes X-rays and Gamma radiation. Many studies show that these radio frequencies are powerful enough to pass through human cells and cause disruption. The energy of these radio frequencies is always increasing in power because service providers are constantly trying to quicken the speed and capacity of data transmission. And while we had 4G yesterday, tomorrow, we will have 5G and this means more power of the frequencies.

In 2011, the WHO published a report reclassifying mobile radiation as a possible cause of cancer in the same bracket as chloroform, lead and DDT. In 2013 the Italian supreme court ruled that the cause of a business man's cancer is his use of the mobile phone six hours a day for

twelve years. To date there are 200 studies that link mobile phones to diseases such as brain tumours, cancers, chronic fatigue, insomnia, irritability, cardiovascular diseases anaemia etc.

Our world is too heavily reliant on technology to stop using mobile phones, but we can do a lot to reduce our exposure and therefore risk of contracting disease due to mobile phone radiation. One of the most important steps to take is to avoid sleeping with the phone next to your bed because this cause insomnia and headaches. The radiation from the phone will penetrate the brain and increase the risk of disease. It is likely that you will not want to be disturbed during the night, so why not leave your mobile phone in another room altogether.

Other steps that you can take include monitoring the amount of time you spend on your mobile phone. Try to cut down on unnecessary internet browsing – this type of mindless scrolling is just a bad habit. ■



Family Chiropractic Care Algorfa

Excellence in hands-on care for musculoskeletal pain at any age



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.

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

A Healthier Spine is a Healthier You.

We evaluate the entire spine. What happens in one area of your spine can influence other parts of your spine and/or body.

Come and experience the difference at Family Chiropractic Care.

Our greatest wealth is health.

Dr Dutey-Harispé D.C

Carretera Almoradi,

No 18 Bajo,

03169, Algorfa

☎965071898, 618337616

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Did you know that **inflammation** is the underlying cause of all **diseases**?

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Are you expanding or contracting?

Finding freedom of being in the third stage of life
What is it that humans seek in life? From food, sex, work, money, creativity and spirituality the human search is for one thing, happiness. Our very cells yearn for the feeling of freedom from fear which is the state of happiness.

As we age one of two things happen. We contract from life and love, meaning our fear increases, which in turn reduces our access to happiness. Or, our fear reduces and we experience a relaxation of being that opens us up to a freedom of being otherwise called happiness.

You may believe it is the experiences of life that is at the root of whether we expand or contract. However, it is our attitude to life that determines whether we build more fear or less. Holocaust survivors have been shown to be some of the happiest people on earth—despite having lost family, witnessed atrocities, suffered hunger and torture. They survived and their attitude or interpretation of life is what allows them to keep living in a state of happiness.

How can you tell if you are expanding or contracting?

If you are contracting then you:

Your language will contain words like never, always, can't, won't, should and shouldn't.

Will be generally judgemental and see what is wrong with others and the world.

Will have a negative or dull outlook.

Will have a tendency to complain, compare and criticize.

May feel a dull sense of low energy or depression.

Feel separate and un-nurtured by life.

Feel and refer to yourself as old.

Will have a tendency to breathe shallowly or even hold your breath.

By comparison, if you are expanding you will:

Feel soft and open

Joyous

Be non-judgmental

Tiamara Williams is a New Zealand writer, transformation coach and change maker. Her website is

www.tiamaraworld.com

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Go with the flow

Feel eager for life

Feel young

Be retired but not tired

Feel a sense of connection to everything and everyone

Breathe freely

Engage in the fullness of life

Have a feeling of love flowing through you

How to develop the freedom of being / happiness

1. Meditate daily – meditation opens you up to a connection with that which we all are.

2. Breathe consciously

3. Observe your mind and consciously counteract your negative tendencies.

For example: If you notice that you often think or speak in a negative way about things or people then speak only positive words. You may notice you are addicted to gossip, comparison, and criticism. The trick is to ban yourself from speaking it out loud. At some stage, you will notice that a positive outlook is your new default.

4. Give up blame forever! No one and no thing is responsible for how you feel. The day you 'get that' is the day that you become available to bushels of happiness. What is there to complain about, ever, if you always look for how you are responsible for your circumstances and take action to change it if you are not happy. ■



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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