



## CANNABIS: DEMON DRUG OR MEDICAL MARVEL?

YOUR KNIGHT IN SERRAPEPTASE  
ARMOUR: PROTECTING THE BRAIN  
FROM MEMORY LOSS

THIS WEEK IN THE CLINIC: OUR ONLINE  
PATIENT PORTAL

DOING MORE HARM THAN GOOD?  
THE DANGERS OF OVER-CONSUMING  
CALCIUM SUPPLEMENTS

VITAMIN C, A LIFESAVER

STICKS AND STONES: AVOID  
OSTEOPOROSIS MEDICATIONS FOR THE  
SAKE OF YOUR BONES

SELENIUM FOR SURVIVAL

DON'T SUFFER THROUGH THAT WINTER  
COUGH

CLAIRE'S COUSCOUS AND  
POMEGRANATE SALAD

HOW TO BRING CHEER TO CHRISTMAS NO MATTER WHAT YOUR CIRCUMSTANCE



# Dissolve Plaque in Arteries



“I have found **serrapeptase** to be an extraordinary substance for safely removing fibrous blockages from coronary arteries, particularly the carotid arteries found in the neck, which supplies blood brain. For our health purposes, **Serrapeptase** dissolves only dead tissues such as the old fibrous layers that clog the lining of our arteries and dangerously restrict the flow of blood and oxygen to the brain. Because of this, **Serrapeptase** is extremely useful in keeping arterial deposits from building up again after angioplasty or coronary bypass surgery has been performed”

*DR H A Nieper, Inventor of Serrapeptase*

## Prevent High Blood Pressure, Heart Attack and Stroke

**S**errapeptase is a natural enzyme produced inside bacteria living in silkworms. After completing its transformation, the silkworm dissolves its cocoon with the help of serrapeptase and escapes as a butterfly.

Serrapeptase dissolves the dead tissue around the butterfly but leaves it completely unharmed.

Enteric Coated Tablets, 80000IU  
Dose:1tablet 3 times daily  
Bottle of 90 tablets - €15

**Call 0034  
966189074**  
visit [www.medb.es](http://www.medb.es)



# Editorial

Compliments of the season everyone. We wish you all a very happy holiday and prosperous coming New Year!

Welcome to the November- December edition of the magazine. I am very sorry we have missed the November edition of the magazine. This is clearly a fault of mine as I have been intensely busy working on our proprietary patient portal and medical records system. Our subscribers will be compensated with two extra magazines sent to them at the expiration of their yearly subscription.

Over the past months, we have been working on our proprietary patient and partner portal and medical records system. It will allow us to expand the clinic to other parts of the world, and to be able to offer our patients more with regards instantaneous online communication, as well as providing valuable healthcare information to our patients. When the patient portal is ready early January, every MedB clinic patient will be able to log into their portal to access general health care information or to request their scan reports to be sent to them.

The portal will provide regularly updated, current and useful healthcare information. Through the platform, patients will be able to download Apps and information, such as diet sheets, to help them make good healthcare choices. But most importantly, it will provide a platform for instantaneous communication with a range of MedB health professionals including doctors, nurses and other healthcare providers. You will be able to email, chat or video chat with these professionals.

In this month's edition, we have explored the scientific literature surrounding how cannabis works in the human body and how it has been shown to be effective for healing many chronic diseases. We have also covered a range of other health topics including the benefits of coconut oil and why you should avoid medications used to treat osteoporosis and blood thinners that are mainly recommended to heart patients. We also have articles from our contributors, Claire, Barbara and Tiamara.

Enjoy the read and the season and see you next year!



Dr Machi Mannu (MBBS)

## CREATE HEALTHY HABITS, NOT RESTRICTIONS

**4-6**

CANNABIS: DEMON DRUG OR MEDICAL MARVEL?

**7**

THIS WEEK IN THE CLINIC: OUR ONLINE PATIENT PORTAL

**9**

YOUR KNIGHT IN SERRAPEPTASE ARMOUR: PROTECTING THE BRAIN FROM MEMORY LOSS

**11**

DOING MORE HARM THAN GOOD? THE DANGERS OF OVER-CONSUMING CALCIUM SUPPLEMENTS

**12**

STICKS AND STONES: AVOID OSTEOPOROSIS MEDICATIONS FOR THE SAKE OF YOUR BONES

**14**

SELENIUM FOR SURVIVAL

**16**

DON'T SUFFER THROUGH THAT WINTER COUGH

**18**

HOW TO BRING CHEER TO CHRISTMAS NO MATTER WHAT YOUR CIRCUMSTANCE

# CANNABIS: DEMON DRUG OR MEDICAL MARVEL?

**O**ver the last 10 years, we have observed towns, cities and countries all over the world legalising either the recreational use of marijuana or the medical use of marijuana. This sudden acceptance of marijuana has come as a great shock, particularly for those in their late 60s and 70s who were in their youth in the late 1960s when marijuana was banned and demonised as a highly addictive and psychotic drug with a potential for serious bodily and mental damage.

Marijuana, also known as cannabis, was targeted and banned in the 60s—even in the face of mounting scientific evidence showing its numerous medicinal benefits. Today, with the huge data of scientific science in support of the medicinal properties and health benefits of cannabis, it is become unreasonable and unrealistic to continue with the false

propaganda about cannabis. Thus, we have to remove the stigma surrounding cannabis and expose the truth. This is all the more important when considered in light of the failure of pharmaceutical companies to come up with alternative drugs for managing pain, depression, motion sickness, weight loss, appetite stimulation, cognitive decline, sadness and grief. Cannabis has been shown to be effective in all of these scenarios, but the social stigma attached to the plant may be regarded as the last genuine frontier for drug research.

In the last 100 years, research has shown that medical cannabis is effective in the treatment of nausea, vomiting, muscle spasm and spasticity, neuropathic pain, joint pain, premenstrual syndrome, depression, bipolar, alcohol abuse, epilepsy, many types of cancer, asthma, multiple sclerosis, inflammatory bowel disease, fibromyalgia, migraine, spinal cord injury, chemotherapy side effects and the side effects of medications. As a clinician, I have spoken to people who treat many chronic diseases, such as cancer, with cannabis oil. There is no doubt in my mind that cannabis and its by-products offer a variety of healing and therapeutic agents to maintain optimal health.

It comes as a surprise to most people when they realise that the human body has a receptor or pathway called the endocannabinoid. What this means is that the body has a built-in system to accept and process cannabis. This came as a shock to the scientists who made the discovery in 1993. Normally the human body has pathways for chemicals that are naturally produced in the body. For example, the body has an ►

**Today, with the huge data of scientific science in support of the medicinal properties and health benefits of cannabis, it is become unreasonable and unrealistic to continue with the false propaganda about cannabis**



**The body has a built-in system to accept and process cannabis**

► opioid pathway because it can produce many different types of opioid that help the body handle pain. The body also has a serotonin pathway to handle the brain's natural 'feel good' chemical which helps improve our mood.

The endocannabinoid pathway is present in the human body although the body does not organically produce any cannabis chemical. The presence of this pathway is an indication that the body is able to process cannabis and underscores the natural place of cannabis as a maintainer of optimal health.

The endocannabinoid system is in the brain, nerves, liver and the immune system. It is in the part of the brain called the cerebellum which controls movement. The endocannabinoid system is composed of two main receptors called CB1 and CB2. The receptors of the endocannabinoid system are like a lock and key system. When cannabis is ingested, it is processed and then binds to these receptors. The cannabis molecule then activates the receptors that will then trigger responses in the endocannabinoid pathway to elicit a variety of beneficial health reactions. While the CB1 receptors are found mainly in the nervous system, the CB2 receptors are found in the immune system.

## **Cannabis contains 2 active ingredients- Cannabidiol (CBD) and Tetrahydrocannabinol(THC)**

In addition to activating these receptors, Cannabis also activates some receptors found in the membrane or covering of cells, these are called G-protein membrane receptors. Furthermore, cannabis has inhibitory effects on a range of enzymes generated in the body. The most crucial of these enzymes are:

Fatty Acid Amide Hydrolase (FAAH)

N-acyl Ethanolamine Acid Amidase (NAAA)

Mono acylglycerol Lipase (MGL)

Cannabis can be ingested in a variety of ways. The best known is through smoking and inhalation. However, cannabis can also be ingested or consumed through food. The legality of cannabis differs from one country to another. In Spain, possession is legal as long as it can be shown to be for personal use and not for commercial purposes. Users are allowed to plant up to three cannabis plants in their homes as

long as they are not violating the laws of their community and their actions are not a nuisance to their neighbours. Even then it is still within the jurisdiction of the police to determine what is considered appropriate for personal use. It is important to find out how the laws in your area affect the consumption and use of cannabis if you are considering the medicinal use of cannabis.

Cannabis contains 2 active ingredients-  
Cannabidiol (CBD) and Tetra hydrocannabinol (THC).

The effect of cannabis on the body will depend on the varying effects of these two chemicals in the body. THC is generally responsible for the psychotic effect or the mind effect of cannabis. CBD is what gives the relaxing effect of the drug. However, both chemicals are responsible for the healing effect of the drug. There is an argument regarding CBD being solely responsible for the healing effect of the drug. This is not true. There is still a lot of research that needs to go into cannabis, however, based on the current literature both compounds are required to bring on the full healing effect of the drug.



## CANNABIS AND PAIN MANAGEMENT

Cannabis has been known as a most powerful and effective pain management and therapy agent. For a long time, it was believed that cannabis was such effective agent because of its psychoactive effect. However, recent scientific research has documented the exact process by which cannabis ameliorates pain. The studies show that cannabis modulates the CB1 and 2 receptors which in turn inhibits pain.

## CANNABIS AND GLAUCOMA

Cannabis has been known anecdotally as an effective treatment for glaucoma. This condition occurs when the eye pressure or intraocular pressure starts to increase causing severe discomfort, pain and even blindness. Cannabis has been shown to ameliorate glaucoma by activation of CB1 receptors which in turn reduces intraocular pressure.

## CANNABIS AND DEGENERATIVE BRAIN AND NERVE DISEASES

Studies show that some brain diseases such as Huntington's chorea is associated with decreased activation and expression of CB1 and 2 receptors in the brain. Cannabis stimulates these receptors and is known to help alleviate some of the symptoms associated with such conditions.

## CANNABIS AND EPILEPSY

Epileptics benefit immensely from cannabis. There are even cases of intractable epilepsy, where children suffer from over 100 seizures daily, being completely cured by cannabis. It is still not fully understood why cannabis is so successful in managing this condition.

## CANNABIS AND STRESS OR ANXIETY

Cannabis's ability to relax users is perhaps its most famous benefit. It is regarded as the ultimate chill tonic. Cannabis has been used to relax the body and mind for millennia. Most people who take cannabis recreationally take it for this reason. There are different mechanisms by which cannabis achieves this effect.

Stress relief from cannabis has been observed when the FAAH enzyme is inhibited. Studies show that cannabis is also able to relax the body by modulating the CB receptors.

## CANNABIS AND CANCER

One of the strongest benefits of cannabis is its cancer fighting properties. For many years cancer has been known to activate apoptosis (cell death) which is important for suppressing cancer cells and preventing cancer.

Cannabis is completely safe to the human body. Many people suffering from the conditions outlined above can use it to successfully manage their health, especially those who are suffering from chronic pain.



## THIS WEEK IN THE CLINIC: OUR ONLINE PATIENT PORTAL

We are completely changing the way we share information with our patients next year by building a proprietary platform and Patient Portal. This will make it possible for everyone we see in the clinic to access a variety and range of information through their very own portal. We believe that information and communication is key to effective healthcare. The more information we can provide to you about your diet, your environment and information from the last scans you carried out, the better able you are to look after your health. This is the primary purpose of the portal, as well providing a place to find effective and instantaneous information.

After the first scan you have with MedB, we will send you information to activate your portal. These details will remain the same for any future log ins. From here you can see your basic health information and you can request more detailed health information to be sent to you. The primary function of the patient portal is as a communication tool. From Your Portal, you will be able to send messages, chat, voice chat, or video chat with a MedB health care professional. Many problems can be easily solved over an online platform. What's more, it will save patients the time, money and effort it takes to come into the clinic. The clinic will also have more time to handle complex issues that will need attending in the clinic.



The chat function will be active for those who have had a scan within the year. However, the patient portal will still be active and functional even when the communication aspect of it is no longer functional. We are looking to introduce free tools and services and programs that will help members improve their health.

*Claire Dockerty is a Nurse, Midwife and MedB Medical Assistant*

### VITAMIN C, A LIFESAVER

There is a story on Youtube – “Vitamin C- The miracle swine flu cure” – that tells the story of the lifesaving benefits of vitamin c. In New Zealand, a farmer was dying in hospital. He was admitted in a comatose state and was found to have developed septicaemia. After 2 weeks in hospital, he was not responding to any treatments and the doctors were talking about switching off his life support machine. One of his sons had read a lot about vitamin c and mentioned to the doctors his father might need it. He was ignored, naturally, but he persisted and the doctors having no other choice decided to listen to the son. They injected the comatose man with high dose vitamin c. The next day the man work up.

The story showcases the immense importance of vitamin c in boosting the immune system and fighting infections. Infections put a huge strain on the body by producing deadly oxidation chemicals that contribute to inflammation. During severe infections, such as the septicaemia or blood infection that the New Zealander farmer suffered from, massive amounts of oxidative chemicals and endotoxins pour into the body. These chemicals cause intense acute inflammation of the organs especially the arteries resulting in a drop-in blood pressure, massive shock and further damage to the organs. Vitamin c is a powerful antioxidant with the capacity to mop-up and neutralize huge amounts of toxins before they cause to the organs.

The body requires a huge dose of vitamin c when healthy to maintain the immune system and prevent inflammation. However, in disease the required amounts of vitamin c increase even more. Scientists cannot agree on the daily amount required for optimal health. What is agreed upon is that the body requires vitamin c in grams, not milligrams. Thus, it requires several grams of daily.



# Painkiller Anti-inflammatory Bone Regeneration Mineral

## For Treating and Managing

- Joint Pain
- Osteoarthritis
- Rheumatoid Arthritis
- Back Pain
- Collapsing Discs
- Joint Replacement Pain
- Sciatica
- Neck Pain
- Bursitis
- Tennis Elbow
- Carpal Tunnel Syndrome

The cause of most joint pain today is the lack of MSM (Methyl Sulphonyl Methane) in the body. MSM is the primary raw material for producing Collagen in the body.

Collagen is the supporting protein found in the **joints, bones, ligaments, tendons, muscles, skin and hair.**



# MSM Fundamental Sulphur Powder Eases and Eliminates Aches and Pain

MSM Powder is preferable to Tablets or Capsules that contain insufficient amounts - about 1 gram of MSM each. The body however may require up to 30 grams of MSM every day.

MedB Fundamental Sulphur Powder contains 100% natural MSM produced from organically grown corn. The dose depends on the nature and intensity of the complaint and is usually 1-2 teaspoons in the morning, afternoon and evening after food.

500-gram container-€35

☎ 966189074 🌐 [www.medb.es](http://www.medb.es)





## YOUR KNIGHT IN SERRAPEPTASE ARMOUR: PROTECTING THE BRAIN FROM MEMORY LOSS

Memory loss is one of the most common fears we see on our clients that are over 60. Their concerns are not without substance. Most people we see for the diagnostic scan have severe narrowing and hardening of the blood vessels in the brain. When the blood vessels in the brain are narrow, this restricts the flow of blood to the brain. Without adequate blood, brain functions suffer and we go into a decline. The brain is unable to repair itself without enough blood flow, and is also unable to produce the many dozens of chemicals that are necessary to maintain cognition and function.



Arteries become narrowed due to the accumulation of plaque on the flows of arteries, a condition caused by inflammation of the walls of the blood vessels. When the inner lining of the arteries become inflamed, clotting cells are attracted to the area to stop the inflammation. But as the inflammation continues unabated, the clotting cells start to accumulate in the injured area and this eventually leads to the build-up of plaque.

Serrapeptase is a natural enzyme that dissolves unwanted tissue in the body. It is made by the silkworm during its developmental stage and used to dissolve the adult moth out of the cocoon stage of its development. For over 50 years, serrapeptase has been used by healthcare providers all over the world to treat cardiovascular diseases. These include atherosclerosis, high blood pressure, intermittent claudication of the calf, memory loss, and other brain degenerative diseases. Serrapeptase has also been found particularly useful for dissolving the mucus that is a presenting problem for most chronic respiratory diseases such as asthma, COPD, bronchiectasis etc.

Studies show that serrapeptase dissolves unwanted tissue in the body without having any effect on the healthy tissue in the body. Our research at MedB shows that most people will notice a significant reduction in the narrowing of most arteries in their body within 3 months. However, we have also observed that some people seem to continue to have persistent albeit reduced narrowing of the arteries even after one year of therapy. The main contributing factor to the difference in the rate of formation of the plaque and it seems some people have a genetic predisposition to increasing formation of plaque.

The effective dose and strength of serrapeptase is 80,000 IU or 1 capsule in the morning, afternoon and evening. However, you can safely take 3 times the dose without any ill effects.



# What Can MitoQ Do for You?

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



## Energy, Heart Health and Healthy Ageing

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

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

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

A bottle of 60 caps, €55

**To Order Call**  
**0034 965071745**



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

Get it for €99



# DOING MORE HARM THAN GOOD? THE DANGERS OF OVER-CONSUMING CALCIUM SUPPLEMENTS



A study published in 2016 in the journal of the American Academy of Neurology found that older women with a history of stroke or white matter lesions in their brain had a high risk of developing dementia if they took calcium supplements. In addition to this, the study found an increased risk of myocardial infarction, strokes and heart disease in those who took calcium supplements.

Many years before the study was published, scientists started warning against calcium supplements because the idea goes against simple body physiology. Calcium needs magnesium before it is effectively absorbed and assimilated into the human body. Although calcium is a key component of the supporting matrix of our bones, without magnesium, the quality of this matrix depreciates and becomes prone to disease.

But what is even worse is that the body takes excess calcium in the body very serious. High levels of calcium increase the body's risk to heart diseases. Many studies associated higher intake of calcium through supplements with increased risks of myocardial infarction, strokes, and other cardiovascular diseases. To protect the body against the harmful effects of excessive calcium especially its acute effects on the heart, the body acts quickly with calcium, via the magnesium pump in our cells, calcium is shunted into the mitochondrial. Even here, calcium can only remain for a short while without wreaking havoc.

High levels of calcium have been suspected as a contributor to chronic fatigue syndrome. This is

not down to people over-indulging in calcium rich foods, but in their misguided use of calcium supplements. The shunting of excess calcium to the mitochondria is a suspected link with chronic fatigue problems too.

Even when calcium supplements are combined with magnesium, they are usually combined with the poorest forms of both chemicals. The most commonly available form of calcium supplements either prescribed or available as supplements is the most deplorable form of calcium called calcium carbonate. This form of calcium is exactly the same as blackboard chalk. Calcium citrate which is a step up is still a poor form of calcium supplements. The best absorbed forms of calcium are calcium orotate, calcium malate and calcium hydroxide.

The commonest form of magnesium supplement is, unfortunately, the readily least absorbed. Magnesium oxide must be avoided. The best absorbed form of magnesium is called magnesium malate, or magnesium fumarate. If you must take a supplement then this is the one to look for.

# STICKS AND STONES: AVOID OSTEOPOROSIS MEDICATIONS FOR THE SAKE OF YOUR BONES

Drugs that are prescribed for preventing osteoporosis and one of the most prescribed medications to women over 60. These drugs belong to a class of drugs known as bisphosphonates. Found among this class are alendronates, risedronates, and ibandronates. These drugs are more commonly known as bonviva, fosmax, actonel, boniva and reclast. They all belong to the same family of bisphosphonates.

These drugs have been linked to some of the most chronic side effects including necrosis or melting of the jaw and bones, oesophageal cancer and chronic heart failure. Many other serious side effects are known, including kidney and liver destruction, fractures and bone degeneration. To fully understand how deadly and damaging bisphosphonates are to the bones and joints, it is important to understand the natural cycle of the joints and bones.

**Our bones undergo a cycle of renewal that involves the dissolution of old bone and formation of new bone tissues.** The osteoblasts and the special bone cells that produce new bone cells while osteoclasts dissolve old bone tissue. The dissolution of old bone tissue is crucial to get rid of the weak older bone and rebuild with newer bone.

The drugs that are prescribed to prevent osteoporosis halt the dissolution of old bone so the bone continues to produce bone tissue without shedding away the older bone tissue. So what you have is newer bone being built on old bone.

**While this may look good on X-rays, the reality is that the bones are overall much weaker.** Studies show that those on osteoporosis drugs are more prone to fractures.

What is most detrimental is how long these drugs take to be eliminated from the body. Most will take weeks to leave completely. And the most toxic of drugs will take many months before they are detoxed by the liver and filtered



out by the kidney. Bisphosphonates take up to 10 years before they are eliminated from the body. This means that their potential to cause diseases of the liver and kidney are much higher because these drugs take so long to leave the body.

The main cause of osteoporosis and bone disease is inflammation of the connective tissue or the absence of collagen. This problem can be easily corrected by increasing the supplementation of the body with MSM. MSM powder is a better way to take MSM so the body gets enough, than taking it in capsule form.

# Powerful Natural Antibiotic

## Treats and Heals

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

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

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

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

### Effective for Treating Gut Diseases

Stomach and Intestinal Ulcers  
Inflammatory Bowel Syndrome  
Crohn's Disease  
Diverticulitis  
Gastroenteritis  
Chronic Stomach Cramps  
Acid Reflux



MedB Silver Solution: €35  
MedB Silver Gel: €22  
Call 0034 966189074



## SELENIUM FOR SURVIVAL

Selenium is crucial for the development of the brain, thyroid and muscles in young people. It also prevents against oxidative stress in all organs of the body. Selenium is a very rare metal, just like gold or silver, and so is unevenly distributed in the world. Many places lack it completely.

Selenium is primarily a catalyst—a chemical that speeds up other chemical reactions. For this reason, it has been incorporated into living systems to assist in speeding up chemical reactions. Selenium is a major component of many enzyme systems in the body where it is known as selenoproteins. In the human body, it is a component of enzymes known as selenocysteines. These are crucial during breathing or aerobic respiration when the body produces many harmful chemicals such as hydrogen peroxide and other chemicals that can destroy tissues. These selenocysteine enzymes play an important role by neutralising oxidative chemicals produced during respiration.



The recommended daily allowance of selenium has changed over time as scientists discovered more types of selenoproteins than previously thought to exist. While the RDA (Recommended Daily Allowance) is now put at 50-75 micrograms daily for selenium, many still believe this figure is too small. The average human being excretes about 80 mcg of selenium daily. It makes sense that he or she needs twice this amount to maintain daily requirements. Many scientists propose between 100 – 200 mcg of selenium daily. Studies show that the body can tolerate up to 400 mcg of selenium daily without any adverse effects.

## CLAIRE'S COUSCOUS AND POMEGRANATE SALAD

**200 g couscous**  
**150 g pomegranate seeds**  
**1 spring onion chopped**  
**1 small cucumber chopped**  
**Handful chopped coriander**  
**Lemon juice**  
**Olive oil**



Place the couscous in a bowl, pour over 200 ml boiling water, cover the bowl and leave it for 5 mins until the couscous has swelled up and no water is left. Stir it around with a fork to separate the grains. Let it cool down before adding the onion, pomegranate seeds, cucumber and the coriander. Season it with some lemon juice, olive oil, salt and pepper.



Barbara Hagen is our MedB Administrator

# Norway's All-Natural Anti-Ageing Formula

People suffering from many of the ailments of ageing will be thrilled to discover **Young Tissue Extract** a remarkable supplement made from fertilised 9-day old chicken embryos.

On day nine an incredible growth spurt happens in fertilised chicken eggs that make them triple in size due to the ultra-high concentrations of life giving minerals and compounds including all 22 essential amino acids, growth factors, polypeptides, vitamins, minerals and many other nutrients.

When humans take **YTE**, it **Regenerates the nervous system, Balances hormones for men and women, Increases stamina, Reduces physical and mental stress and Restores deep sleep.**

# YTE<sup>®</sup>

BRAIN POWER



€45 / 120 caps  
To Order Call  
0034 966189074  
[www.medb.es](http://www.medb.es)

## Super Nutrient Formula

**40** Vitamins and Minerals and **25** extracts of the best fruits and vegetables  
All Your Daily Nutrients for less than €2 a day

Today more than ever we need extra minerals, vitamins and other nutrients as foods from today contain fewer nutrients than they did in the past. Multi Award Winning **Ultrapreventive X** is specially formulated with the best-absorbed ingredients ensuring that you receive all the nutrients your body requires for optimal daily performance.



120 Tablets – €53.  
Call 0034966189074

# DON'T SUFFER THROUGH THAT WINTER COUGH

Winter coughs are a recurrent problem for many people. From the numerous diagnostic report that we carry out in our clinic, we have observed that most people with recurrent winter infections have a weak immune system. Our immune system protects the body against microbial infections and when it is weak, it is unable to perform this function appropriately. People with a poor immune response will be unable to appropriately defend the body against infections, such as winter coughs. Even then, we have observed people with fairly healthy immune systems that still succumb to coughs and colds every winter.

There are home remedies that are very effective for treating and managing winter coughs. The first step to take is to treat the underlying infection that is associated with winter coughs. **And the most**

**effective remedy for managing such infections is with the powerful natural antibiotic colloidal silver.**

A course of colloidal silver taken at the rate of 1 tablespoon three times daily for a month will destroy all existing viral, bacterial and even fungal infections. It is crucial to use a course of antibiotic at least once during the winter season and this way, the body is less likely to develop resistance against likely existing microbes.

**Ginger** is important for its immune boosting and anti-inflammatory properties. It is effective for treating mild cough and for boosting the immune system to prevent infections. Ginger can be crushed and brewed as ginger tea or mixed with honey and ingested. Lemon is also effective for mild cough, irritation of the throat and chestiness. The vitamin c in lemon is the active ingredient that conveys citrus fruits with their immune boosting and disease fighting capabilities. A tablespoon or two of lemon can be added to hot water and drank daily to enhance the immune system. Lemon can also be added to hot water, honey and cinnamon for an invigorating brew.

**Liquorice root** is well known for its expectorant and demulcent properties. It simultaneously relieves irritation of the throat and inflammation while loosening and thinning mucus to make it easier to clear mucus and decongest the airways. Its main constituent is glycyrrhizin, an anti-inflammatory agent and an immune booster.

**Steam inhalation** is an age-old remedy which is truly effective for treating cough and congestion of the chest. Steam inhalation can be made even more powerful by adding eucalyptus oil to the steam and inhaling. Steam and eucalyptus dissolves mucus and loosens cough as well as clearing the airways.



## **NEWS: Mouthwash twice a day increases the risk of diabetes by 50%**

Studies from the Harvard School of Public health US have shown that using mouthwash several times daily increases the risk of contracting diabetes by a whopping 50%. According to the lead author of the study Prof Joshipura, mouthwash destroys harmful as well as beneficial bacteria that protect the body against diabetes and obesity.



## 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

info@chiropractoralgorfa.es

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

Did you also know that the leading cause of inflammation is **toxins**?

**Pectasol** eliminates toxins from the body

Studies confirm that many different toxins leave the body through the urine after taking Pectasol.

Pectasol also reduces levels of Galectin-3, a chemical in the body associated with breast and prostate diseases.

90 Capsule Bottle/Course – €64. 1-3 Courses required.

☎0034966189074



☎ **Alex - 626864867**

Taxi No.73, Torre Vieja

Airport and Less-abled Service

Alejo\_armero@hotmail.com



**Read the Magazine Online**

[www.medb.es](http://www.medb.es)

“When you have once seen the glow of happiness on the face of a beloved person, you know that a man can have no vocation but to awaken that light on the faces surrounding him. In the depth of winter, I finally learned that within me there lay an invincible summer.”

**Albert Camus**

## **HOW TO BRING CHEER TO CHRISTMAS NO MATTER WHAT YOUR CIRCUMSTANCE**

Christmas is the time of joy and merriment. It is when people gather with family and celebrate togetherness.

However, often, along with the festive moment can come unwanted experiences. For many it is a time of feelings of isolation or loneliness. Sometimes, even with family around dynamics can be such that you don't feel all merry and connected.

So how can you generate a Christmas that has happiness at its core, no matter what?

First, choose to have a happy Christmas. Tell yourself “I love Christmas.” Be sure to decorate. Create an atmosphere that is conducive to a special feeling. Lights are magical, baubles are in abundance at the chino shop so smother your tree with ornaments.

Buy special treats that you usually would not. Play Christmas music and watch Xmas movies to get you in the spirit. I love Frank Sinatra, Michael Buble and Mariah Carey Christmas albums. If you don't want to download them, just play them on Youtube.

If you are afraid of feeling lonely on the day, then plan. Ask someone over, plan to visit an old people's home or an orphanage. Don't leave it to fate or wait to be invited somewhere, hoping.

Decide to be the cheer on your own and other people's Christmas. It is a time of giving, so give your love to the world. Give a smile to strangers, send cards to your neighbours. Busy yourself with the art of giving. There may be other people in your neighbourhood who are feeling isolated.

Be the one to initiate connecting. You could fill some stockings for others who are on their own.

You might not want to share a meal with someone, but you may want to invite them over for a drink, a cup of coffee or a slice of Christmas cake. You are the creator of your universe, remember to take an active role, you are victim to no circumstance.

And be sure not to complain about a thing. Search for what makes you feel grateful. Call people who have gifted you with their time, or energy during the year and thank them and wish them a happy festive season. Embody the spirit of giving and loving and you will be the centre of your own loving world.

Merry Christmas and a Blessed New Year to you, may joy flow to and through you today and always.



**Tiamara Williams is a New Zealand writer, transformation coach and change maker. Her website is [www.tiamaraworld.com](http://www.tiamaraworld.com)**



# The Full Body Scan at MedB

## How the scan works

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

## What to Expect

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

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

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

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

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

## Benefits

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

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

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



# Whole Body Diagnostic Scan

Non-invasive, Computerised

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

€130, 10% discount for couples

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

Clinic - 1161 Punta Marina, Torrevieja

