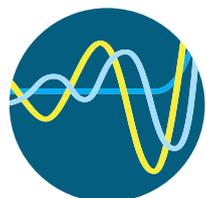


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DR H A Nieper, Head Dept of Medicine, Paracelcus Klink, Germany; inventor of serrapeptase

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Dr Nieper a German oncologist and medical doctor discovered and studied the cardiovascular and blood cleansing properties of serrapeptase, and found it very effective for cleaning out the blood vessels and organs where fibrous tissue has accumulated.

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Editorial

This week's issue examines the medical scandal that is the PSA test. The PSA (Prostate Specific Antigen) test is a blood test commonly used to determine the health of the prostate. But according to the discoverer of the PSA Dr Ablin, using the PSA as a prostate screen is no more accurate than a coin toss.

The PSA test is extremely inaccurate, and to make matters worse, it leads to many unnecessary prostate biopsies.

Prostate biopsies are very painful and typically cause infection of the prostate and bladder and even erectile dysfunction.

We discuss what to do with a PSA test and most importantly how you can keep the prostate healthy and prevent prostate diseases.

In addition to the main article on the prostate, there are other interesting topics on nutrition, psychology and common illnesses. The next issue will look at the simple steps you can start to take to prevent and treat diseases.

Please send your questions, queries or comments to mag@medb.es.

Until next time, have a fabulous summer holiday!

Dr Machi Mannu (MBBS)



WHAT'S INSIDE

As I've been trying to make clear for many years now, P.S.A. testing can't detect prostate cancer and, more important, it can't distinguish between the two types of prostate cancer — the one that will kill you and the one that won't.

Dr Richard Ablin (Discoverer of the PSA)

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Prostate Health: Why the prostate blood test is a hoax



In their lifetime, 10 in a hundred men will contract prostate cancer, but less than 3 in a hundred will die from the disease. Even then experts believe these numbers will be much lower without excessive interference by healthcare professionals.

Prostate cancer is one of the slowest growing cancers and in most untreated cases, it never leaves the confines of the prostate gland. Many urologists and health experts are now of the opinion that prostate problems are over diagnosed and over treated, and this tampering with the prostate is behind the higher incidence of prostate disorders seen today.

The most basic test for prostate cancer checks the level of Prostate Specific Antigen (PSA) in the blood. And high levels of PSA is said to indicate the possibility of prostate cancer. However, the discoverer of the PSA, Dr Richard Ablin, has gone public on many occasions announcing that he never designed the PSA test as a screen for prostate cancer or any other prostate disease.

According to Dr Ablin, the PSA test can only be reliably used to monitor the progress of patients already suffering prostate cancer. In his published book, 'The Great Prostate Hoax'. He discussed how the pharmaceutical industry hijacked his discovery and turned it into a screen for prostate cancer.

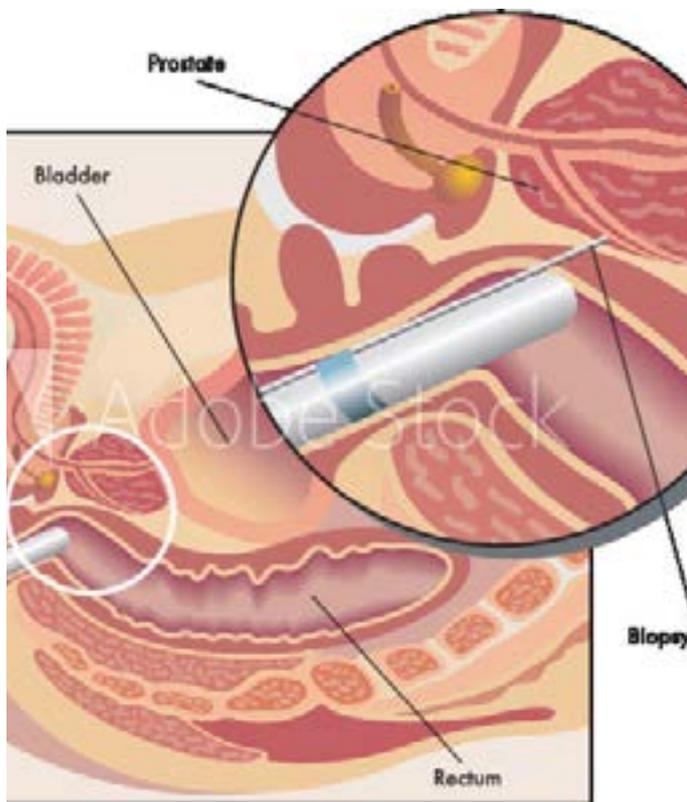
The PSA test for prostate cancer screen has an accuracy of 4%, which means that out of 100 men with prostate cancer; the PSA test will only correctly identify 4. The remaining 96 will be missed or incorrectly identified. The PSA test has the same level of accuracy as a digital rectal examination for prostate cancer.

There are three main diseases of the prostate gland: Prostate inflammation (Prostatitis), Prostate Enlargement (Benign Prostate Hypertrophy) and Prostate Cancer (Prostate adenocarcinoma). All three diseases of the prostate will result in high PSA levels.

Moreover, other external factors can also increase PSA levels such as anti-inflammatory drugs and other medications. Even riding a bicycle, a day before the blood test can increase PSA values.

PSA blood tests generate high numbers of false positive readings, which is when PSA test is positive, although there is nothing wrong with the prostate gland. The problem is that a false positive PSA test still warrants the need for further investigation with a prostate biopsy to rule out the possibility of cancer. Prostate biopsies carry a high level of risk and pain.

The process of a prostate biopsy involves the insertion of a needle through the rectum into the prostate gland, to pinch out a dozen pieces of prostate tissue required to test for cancer. Prostate biopsies have a high risk of prostate infections which can lead to more serious complications including urinary incontinence



and kidney failure. Many men continue to suffer from urinary infections many months after a biopsy.

But the main danger from prostate biopsies is the risk of spreading an already existing and well-contained cancer. The prostate gland has a thick protective capsule around it, which confines the prostate gland, and is the reason why prostate cancers are slow-growing and rarely spreads to other parts of the body. There is a reason to believe that puncturing holes in this thick capsule to pull out prostate tissue for a biopsy, may increase the spread of an already contained prostate cancer.

The conventional treatment for prostate cancer involves the use of chemotherapy, radiotherapy and surgery. These treatments cause serious complications including cancer, kidney disease, urinary incontinence and many others. Studies now show that some prostate cancer considered to be life threatening and malignant maybe harmless and benign and a reclassification of the scale for prostate cancer will reduce diagnosis and prevent unnecessary radical therapies.

The Prostate Gland:

The prostate gland is the size of a walnut, and it is situated just below the base of the bladder. The bladder is the sac that holds urine, and it continues as the urethra, the tube that carries urine out of the body. This urethra runs through the middle of the prostate. For this reason, diseases of the pros-

tate gland will compress the urethra and hinder the flow of urine. The function of the prostate gland is to produce most of the fluid that bulks up semen which only contains 1% sperm.

The main diseases of the prostate – prostate inflammation, enlargement and cancer, will produce similar symptoms including painful and frequent urination, straining to pass urine, and feeling of not emptying the bladder properly. Very frequently, prostate cancer will not produce any symptoms.

Prostatitis: Prostatitis is the medical term for inflammation of the prostate gland, and the commonest cause is harmful bacteria, viruses or fungi such as E. coli, Candida and Cytomegalovirus.

Probiotics – beneficial bacteria mainly found in the intestines, also help prevent infections in the prostate gland. Low levels of probiotics in the intestine will encourage infections of the gut as well as those of the pelvic organs such as the prostate and urinary bladder.

Prostatitis can occur all through a man's life, but it tends to be more common in the 30s and 40s. Usually, the only symptoms will be a slight fever, burning sensation during urination and passing water frequently and in many cases, these symptoms will resolve in a few days without problems. More serious symptoms such as passing blood, and pain between the scrotum and back passage, will indicate a severe infection that requires treatment with antibiotics. Those with recurrent prostatitis should consider taking probiotic supplements.

Prostate Enlargement (Benign Prostate Hypertrophy): The prostate gland grows all throughout the life of a man. In a man's 20s the prostate gland weighs about 20 grammes, but by the age of 70, it will weigh around 100 grammes.

The first brief growth spurt usually starts around the 30s and the second spurt of growth starts around the mid-50s and usually results in problems. An enlarged prostate will constrict the urinary tube (urethra) that runs through it, to cause urinary problems such as difficulty passing water, pain during urination, poor urine flow.

Some studies identify the cause of an enlarged prostate to be high levels of the active male sex hormone called dihydrotestosterone, a hormone that becomes raised with increasing age. Drugs used to treat prostate enlargement work by blocking the conversion of testosterone to dihydrotestosterone. Other prescribed drugs will relax the muscles of the

prostate to ease urine flow.

Recent studies, however, show that blocking the active male hormone leads to a compensatory rise in the levels of the female sex hormone, oestrogens. Oestrogens also encourage the growth of the prostate, and will also cause hair loss, enlargement of the male breast, erectile dysfunction and slow feminization of the body.

A more effective treatment for an enlarged prostate is with the extracts of **Saw Palmetto**, a natural herb. Saw palmetto contains compounds that will reduce the levels of active testosterone without promoting high levels of oestrogens.

Prostate Cancer: Prostate Cancer is the dreaded disease of the prostate, but it is a relatively slow growing and slow spreading cancer. There is scientific evidence supporting the use of less invasive methods for treating and managing prostate cancer. The extract from the herb *Pygeum Africanum* shrinks an enlarged prostate and halts the spread of prostate cancer. Other studies show that Pectasol (Modified Citrus Pectin), a well-known detox agent, controls prostate inflammation by binding to a protein called Galectin-3 that promotes cancer.

Inflammation is the origin of prostate diseases, and a healthy diet is important for protecting the prostate gland. **Zinc** is a key nutrient for the prostate gland, and the prostate contains more zinc than any other organ in the body. Many people with prostate diseases whether inflammation, enlargement or cancer, have very low levels of zinc. Studies show that zinc helps reduce the

size of the prostate. Nuts and seafood are good sources of zinc.

Tomatoes Contain lycopene, another nutrient that is known to prevent prostate diseases. Omega 3 fatty acids are equally important for maintaining the health of the prostate. Plant-based omega-3 oils are preferable to Fish oil omega-3 which has been shown to contribute to prostate inflammation.

MSM (Methyl Sulfonyl Methane) is also a key nutrient for maintaining the structure of the prostate. MSM is the raw material required to maintain healthy supporting structures of the body such as the thick membrane that surrounds the prostate gland.

The most common diseases of the prostate gland are prostate inflammation and enlargement. These conditions must be completely ruled out before a biopsy.

A high PSA reading is certainly not an indication for a biopsy, and should be repeated a couple of times and followed up with an ultrasound and other non-invasive scans before a biopsy is carried out. A rising PSA test may be of better accuracy than a one-off PSA test.



How important is salt in your diet?

Your body cannot survive without salt. To a great extent, salt played a key role in shaping human civilisation. In days gone by, before fridges, salt was the best natural preservative for meat, fish and many other foods. Salt was used to pay soldiers in Roman times. The word salary is rooted in the Spanish word for salt, sal. Salt is heavily used in food processing to enhance the taste and prolong the shelf life of processed foods.

The chemical name for salt is Sodium Chloride, and salt is the largest contributor of sodium to the body. Sodium is the most abundant mineral in the body and plays a role in many vital chemical reactions such as the transmission of signals through nerves and contraction of muscles. However, in more recent times, salt has been demonised especially as a contributor to hypertension and heart disease.

People suffering from high blood pressure are advised by their doctors to cut out salt from their diet. But how beneficial is this recommendation?

Recently The Institute of Medicine (IOM) – a well-known international organisation was commissioned to review all studies relating to the health effects of Sodium. Their 150-page report concluded that the current evidence linking salt to high blood pressure lacks validity.

On the contrary, the Institute found that **people who consumed very little salt suffered more health problems**. Too much salt like too much of any other mineral is detrimental to health, but not the amount used to flavour food. When it comes to salt, sea salt is certainly better than table salt because it contains many more minerals.



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MSM (Methyl Sulfonyl Methane) is the most vital nutrient required by the body to build and maintain strong and healthy joints and bones. MSM occurs naturally in the body, and is used to make collagen- an important component of our bones, joints, skin and hair. More so than calcium your body needs MSM to build bones, joints, skin and hair. For this reason MSM has been called the 'beauty mineral'

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Do You Need More than food to stay healthy today?

The food we eat today is not what it used to be. Nutrient levels of foods have been falling steadily for the past 50 years.

Studies from the University of Texas, comparing nutrient levels of 43 different fruits and Vegetables from 1950 to 1999 showed a significant decline of up to 50% in the concentration of protein, calcium, iron, phosphorus and Vitamins B 12.

A similar study of 20 British vegetables from 1930 to 1980 found declines of up to 22% for some nutrients. Another study concluded that fresh oranges in a supermarket had no Vitamin C. A meal of Potatoes in the 1970s provided the body with enough daily vitamin A, but today Potatoes no longer contain vitamin A. Nutrient levels of animal foods have also declined significantly over the last century.

Experts cite the lack of soil nutrients as the main reason for the deficiency of nutrients in food today. Farmers will typically replenish three main minerals – Nitrogen, Phosphorus and Potassium—that support growing larger crops. And although vegetables and fruits are getting bigger in size, they lack dozens of other minerals that support the life of humans and other animals that depend on plants for nutrition. Unsurprising animal foods including milk and eggs also lack nutrients.

Processed foods, which are foods that are not in their natural state, are usually lacking in nutrients and include foods contain flour such as bread and pasta as well as sausages. Even when

processed foods have added vitamins and nutrients, they still lack many essential nutrients. We eat food to receive calories for energy and nutrients for maintaining and repairing the body. Inadequate amounts of nutrients will result in a body that is maintained and repaired with substitute minerals and materials, which increases the risk of developing a disease.

One of the most depleted nutrients in foods today is MSM (methyl sulphonyl methane) a nutrient required to build the supporting structures of the body—the joints, bones, skin, hair and nails. The deficiency of MSM in the diet today is the reason for the rising incidence of connective tissue diseases seen today, including arthritis, bone diseases, hernia, Dupuytren’s contracture, hernias, uterine prolapse and many others.

Selenium is another equally important mineral that is seriously deficient in most diets today. Selenium is a powerful protector of the body against cancer. Studies show a relationship between the areas of the world that are deficient in selenium and a high rate of cancer.

Supplements are therefore essential for improving our diet. However, supplements should never replace a healthy diet. Nutrient depleted fruits and vegetables of today will still contain many nutrients that are still undiscovered.

MitoQ

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HOW LONG HAS it been since you felt radiant, rested, and fully alive?

The chances are good that if you're over the age of about 35, it's been a while. Maybe it started as mild tiredness, and you wrote it off to stress or too much to do. But over time, you feel more and more sluggish.

Do you ever wonder if the vitality of your youth is gone forever?

If this sounds familiar – you're not alone, and you do not just imagine it, either!

Your body was made to produce a powerful source of fuel – Co-enzyme Q10 – for the energy producing engines in your body called mitochondria.

There's just one problem. Your body's ability to produce coenzyme Q10 (Co-Q10), starts to decrease as you age. In fact – at age 50, you produce half of the Co-Q10 you did in your 20s!

I don't know about you, but I don't need only half the energy I did back in my 20s!

And while it would be nice to feel more energetic – that's not even the worst symptom of not getting enough of this vital nutrient.

Co-Q10 affects things like your heart health and your brain. It has implications for cardiovascular disease, Parkinson's, Alzheimer's, and even cancer.

When your body decreases its Co-Q10 production, you're increasingly at risk for significant health issues that can seriously decrease your quality of life in your later years (and even risk your very life itself)!

You've probably seen supplements at your favorite drug store, but before you purchase one, there's something you should know.

If they weren't produced in the way described below, you're just throwing money away.

You See, Co-Q10 is a very special nutrient, and most

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This revolutionary supplement was produced by two pioneering researchers from Cambridge University, who found a way to deliver the Co-Q10 straight into your body's energy producing cells – the mitochondria – exactly where your body is ready to produce the energy you need to protect and revitalize your heart, brain, and all of the cells in your body.

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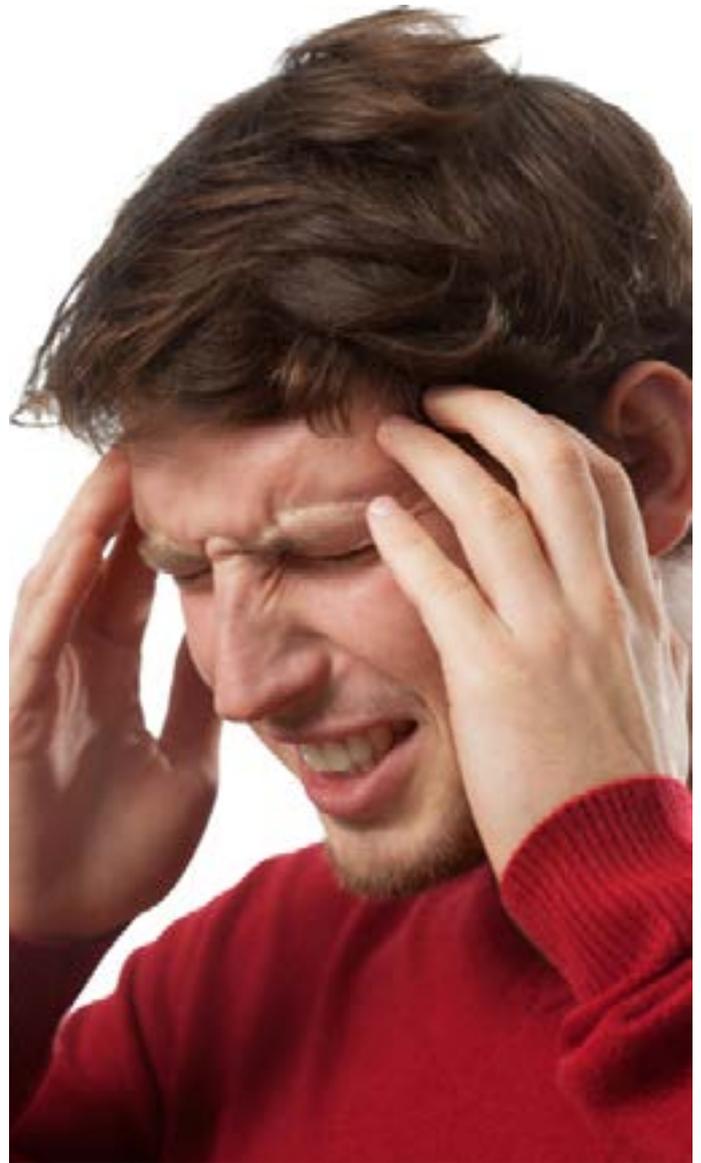
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I've had severe headaches and tiredness for the last year. I am concerned because I've never suffered headaches in the past. There's no pattern to the headaches, and they occur a few times a week. I also don't have as much energy as I used to. I take a water tablet for high blood pressure and another pill for prostate problems. My doctor carried out an MRI scan which didn't show any problems.



An MRI scan is a good place to start when investigating persistent headaches. However, MRI scans have a limit on the information they provide, and although they are fantastic for picking up growths in the body such as cancer, they are unable to reveal many other causes of diseases.

When headaches start suddenly as in your case, the most likely cause is a build-up of toxins in the body. Today more than ever before, we are exposed to a variety of toxic substances that overwhelm the body's detoxification system, resulting in a build-up of toxins such as mercury, aluminium, cadmium, lead, as well as mycotoxins, insecticides, pesticides and plastic compounds.

Toxins will promote inflammation of the veins and arteries of the brain, which in turn leads to headaches.

Medications are also a major source of toxins in the body. While some people have an efficient detoxification system that can quickly remove toxins from the body, others are not so lucky.

High blood pressure is a symptom of a disease and not a disease in itself. Most prescribed blood pressure medications are unnecessary and may even cause low blood pressure which is a common cause of tiredness. You should monitor your blood pressure to make sure it is not too low and if so, you need to visit your doctor to review or stop your medication.

Water tablets not only drain water from the body but also drain nutrients, and this can result in anaemia. Anaemia results in the inadequate supply of oxygen to the organs, and this can lead to tiredness.

From experience, detoxing the body is an effective treatment for headaches. Detoxing means eliminating toxins trapped deep inside the cells using special agents such as Modified Citrus Pectin (Pectasol).

When Kidney Problems Cause Back Pain



Most back pain occurs from problems with the backbone and the nerves running between the backbone. But in many cases, back pain is caused by diseases of the kidneys. The main function of the kidney is to filter waste from the body. The foods, drinks and drugs that we ingest generate toxic waste when metabolised in the liver, waste that must be filtered out by the kidneys.

Today the biggest threat to the kidneys come from prescription drugs. Prescription drugs typically contain foreign chemicals foreign to the body and overwhelm the detoxification and filtering systems of the liver and kidneys. Without effective removal, toxins accumulate in the kidneys causing inflammation of the kidney which can progress to more severe diseases and kidney failure.

When kidneys become inflamed, they swell up and stretch, causing pain from the kidneys and from organs around the kidneys that share the same nerve supply. The location of the kidneys, is to the

flank, just under the rib cages, at the same level of L1, the first lumbar vertebrae (the lower backbone). The kidneys share the same nervous supply as the lower back, and pain from the kidney transmits to the lower back. Sometimes the only sign of a kidney disease is lower back pain.

Painkillers are the most prescribed and the most consumed drugs, but they cause the most damage to the kidneys. Many studies show that people who take painkillers for a long time have a high risk of suffering from kidney disease.

Toxins accumulating in the kidneys will also cause kidney problems such as kidney stones and cysts which add to the dysfunction of the kidneys.

Persistent back pain needs further investigations to rule out kidney disease, and not treated as ordinary back pain with painkillers. At the basic level, hospitals rule out kidney diseases by blood test checking for high levels of a protein called Creatinine Phosphokinase. However, this blood test is not specific for the kidneys and not very accurate. There are more specific investigations that can detect kidney diseases earlier.

A Proper detoxification therapy will remove toxins from the body and remove some of the strain on the kidneys. Detoxing the body refers to the use of agents to remove toxins from deep inside the cells, a different process from clearing out undigested food from the bowels. Water is essential for flushing toxins out of the body. The body requires at least 2 litres of water daily for the kidneys to work properly.

In many cases, detoxing the body is all that is required to treat the back pain.

Do You have a flatulence problem?



Flatulence is the medical term for what is colloquially known as farting – expelling gas from the back passages. There are differing cultural attitudes towards farting. While farting is considered highly offensive in some cultures such as the Berbers of Morocco, the Inuit Indians consider farting at the end of a meal a sign of appreciation.

Farting is a normal and useful bodily process, but when excessive, it may suggest an underlying health problem. Biologists believe that the average person farts for between 15 and 40 times daily! Disorders of the stomach and intestines such as food intolerances are a major cause of excessive farting. Lactose intolerance which is an intolerance to milk sugar is a common cause of flatulence. Other sugar intolerances such as fructose (Fruit sugar) intolerances will also cause excessive farting.

Fibres prevent constipation, but they can be difficult to digest and in many people will cause the production of intestinal gases which leads to farting. Foods such as broccoli contain compounds that produce a lot of gases during digestion. But stir-frying them will lead to fewer problems.

Probiotics are beneficial bacteria that help with food digestion, and their absence in the stomach and intestines leads to excessive farting. The way we eat food can also result in flatulence. When food is rushed rather than properly chewed, air easily enters the body and must leave through the back passages.

Certain food combinations are known to encourage flatulence. For example, combining foods rich in protein such as fish with high fat and high starch foods such as potatoes fried in butter, will encourage flatulence. Proteins combine better with non-starchy or mildly starchy carbs such as carrots and artichoke.

Increased flatulence is a telltale sign of gastric or intestinal ulcers for those with a history of such conditions. It is a sign to take all precautions to stop symptoms from worsening—stop all stimulants such as coffee, alcohol and spicy foods. Malt and mint tea relieves most cases of flatulence.

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Silver has been used for thousands of years as an antibiotic. Ancient cultures used silver pots to store water, with the knowledge that it will protect them against diseases. Silver dressings and products are currently used in specialist hospitals to speed-up the healing of wounds. The international Space station and the Russian Space station use colloidal silver to purify water. Most recently, silver has been recommended for use in surgical instruments and silver coated catheters, to prevent MRSA infections.

Colloidal Silver was recognised as a powerful antibiotic as soon as it was first discovered by Dr Silver in 1906, but it fell out of favour decades later, when antibiotics became available. And today, with the rise of antibiotic resistant microbes, colloidal silver is making a comeback as the preferred antibiotic of choice for a variety of infectious diseases.

Several scientific studies have demonstrated that colloidal silver is a powerful antibiotic.

In the 1980s, studies carried out at the Syracuse University and the UCLA School of medicine showed that colloidal silver was highly effective against bacteria, viruses, and fungal microbes, including those that had become resistant to antibiotics. Recently studies at the University of Texas suggested that colloidal silver may be effective against HIV-1 virus.

Colloidal silver has absolutely no side effects. The particles of silver in colloidal silver are extremely tiny, making it impossible for any form of toxicity to occur in the body. The cosmetic side effect of argyria (greying of the skin) is only seen when people consume silver salts and solutions that are not fit for human consumption.

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Anaemia is a common cause of dizziness



The commonest cause of dizziness is a lack of oxygen supply to the brain due to low levels of haemoglobin, the pigment that gives blood its red colour. Anaemia also results in poor oxygen supply to other parts of the body such as the muscles, however, when the brain is affected, it results in dizziness. Haemoglobin must be above normal levels to provide adequate amounts of oxygen to the body.

Anaemia is said to occur when haemoglobin falls below acceptable levels of 14 – 17 g/dl for men and below 12-15 g/dl for women. Nevertheless, these levels reflect the average, and many people outside these values may still have normal haemoglobin levels. Moreover, even when haemoglobin levels are within normal values, anaemia can still occur as there are other factors that determine oxygen supply to the cells such as the volume, size and shape of red blood cells.

The commonest cause of anaemia is the improper absorption of nutrients that help the body produce haemoglobin like iron, vitamin B12, Zinc, Copper and Manganese. The deficiency of either one of these can lead to anaemia. Diseases of the stomach and gut will affect nutrient absorption. People with long-standing diseases of the digestive system such as Crohn's, Coeliac's or Chronic Constipation will have problems digesting or absorbing nutrients.

Many medications will hinder the absorption of nutrients including acid suppressants such as omeprazole, as well as antibiotics and painkillers. Antibiotics also destroy beneficial bacteria, probiotics that help with food digestion and absorption and the production of vitamins. Some antibiotics like

nitrofurantoin and anti-inflammatory drugs cause anaemia by directly destroying the haemoglobin.

Anaemia puts a strain on the entire body, especially the cardiovascular system—the heart and blood vessels. Low haemoglobin means the concentration of oxygen in the blood is lower than normal, and the heart has to work twice as hard to supply oxygen to the rest of the body. The effect is an increased heart rate and blood pressure. With the heart struggling to meet up with demand, the rest of the organs will also be under strain. A consequence of the increased workload of the heart is tiredness. Extreme anaemia will cause breathing problems as the lungs also work harder to inhale air.

Inner ear disorders is a rare cause of dizziness, but many patients with anaemia are wrongfully diagnosed with this condition and treated with the prescription drug SERC, which has no effect on their condition.

The best treatment for anaemia is a comprehensive multivitamin and mineral formula. Iron and vitamin B12 are the most well-known nutrients for increasing haemoglobin levels, but other minerals are also important, including zinc, copper and manganese. It is important to remember that taking supplements is not a substitute for a healthy diet of daily fresh vegetables and fruits.

Repair Your Body With YTE



YTE IS THE extract of fertilized chicken eggs incubated for nine days and carefully extracted to preserve the unique blend of nutrients found nowhere else in nature.

Canadian Medical Doctor, Dr Davidson first discovered the healing powers of YTE in the 1930s. While studying chicken eggs, Dr Davidson found that on the 9th day of incubation, the eggs undergoes a tremendous growth spurt that triples the size of the embryo. He theorized that the chicken egg on day nine must contain concentrated forms of the most vital nutrients for maintaining life. And he was right.

Since the 1990s, several studies have confirmed that 9-day old chicken eggs contain nutrients that are the source of life. These nutrients include all 22 Amino Acids, Polypeptides, Oligopeptides, Neuropeptides, Growth factors, vitamins, minerals and a host of other nutrients.

But Above all, YTE contains FGF (Fibroblast Growth Factor) which initiates the regeneration and repair of damaged organs in the body.

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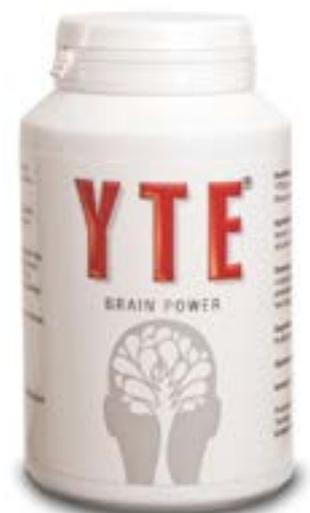
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Do not sleep with your mobile phone by your side?

A 2-year study from the National Toxicology Program USA showed that male rats exposed to radiofrequency (same frequency produced by mobile phones) were twice more likely than unexposed rats to develop a type of brain cancer called a glioma, and also more likely to develop a cancer of the heart called a schwannoma.

The radiation level used was the same as from a mobile phone. The scientists noticed that the likelihood of developing cancer increased as the radiation level increased. This study has cast serious doubt on other studies sponsored by mobile phone industries that showed no danger with mobile technologies.

Scientists have confirmed that mobile phone frequency known as radiofrequency heats the tissues of the body, in the same way, that microwaves heat food. The issue has always been if the heating is enough to cause brain diseases. Keep your mobile phone out of your sleeping room.



Know Your Minerals: Iron

Iron is an essential nutrient for making haemoglobin, the red pigment that transports oxygen around the body. Optimal iron levels are necessary to prevent anaemia. Nevertheless, other minerals play an equally important role in preventing anaemia such as zinc, copper and vitamin B12.

Although iron plays a critical role in the body; its levels are tightly controlled because too much iron in the body damages organs. MRI studies have shown high levels of iron in the brains of people suffering from Alzheimer's disease.

Iron is best absorbed in the presence of other minerals, and should be taken as a multivitamin, and not on its own. A common cause of iron deficiency today is medications prescribed to reduce stomach acid such as omeprazole. Iron needs the acid in the stomach for optimal absorption and drugs that suppress stomach acid will reduce absorption of iron and possibly cause anaemia.

The best food sources of iron are green leafy vegetables, dried fruits such as apricots, beans and red meat. Haemochromatosis is a rare and inherited condition caused by large amounts of iron accumulating in the organs.



Children now resistant to common antibiotics

Studies from the University of Bristol and Imperial College London, show an alarming rate of antibiotic resistance in children.

The study, involving 26 nations, many in Europe, found that half of the children sampled were resistant to ampicillin, a third to cotrimoxazole and about a quarter to trimethoprim.

Dr Costelloe, a co-leader of the study suggested that earlier use of antibiotics is a contributing factor. Other studies show that the high use of antibiotics in farm animals is also contributing to antibiotic resistance occurring today.

Over 80% of all antibiotics produced in the world today end up in farm animals.

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DMT: The Spirit Chemical in the Brain?

“I went to a bright light that was both blissful and euphoric.”

“More and more layers of my humanity started to peel off...”

“I saw white clouds with gods and angels.”

“There was no concept of time. I was terrified of being blasted out of my DNA into the universe”

“it was 1000 years of experience in 15 minutes.”

Dr Rick Strassman didn't quite know what to expect from participants taking part in his clinical trials. The trial was for a naturally occurring chemical in the body called DMT (Dimethyltryptamine). DMT was classified as a schedule one drug in the 1960s and banned – an absurdity when you consider that DMT occurs naturally in all living organisms.

DMT has been in use for centuries in some South American cultures that recognise it as a consciousness-expanding chemical and use it to cure emotional and psychological illnesses, drug and alcohol addiction, depression and also for seeking a deeper meaning and purpose to life. DMT is believed to paint a picture of one's existence in front of their eyes to reveal the consequences of their actions.

Although DMT occurs in the brain, it is destroyed very quickly in the liver when ingested through the mouth. Nevertheless, many centuries ago, the indigenous tribes of the Amazon discovered a way to ingest DMT orally by boiling the leaves of a plant containing DMT with the vine of another tree containing a chemical that blocks the liver enzymes that destroy DMT. The brew locally known as Ayahuasca prolongs the effect of DMT in the body. The discovery of Ayahuasca is incredible when you



consider that there are over 150,000 species of plants in the Amazon

The experiences described by participants in Dr Strassman's research included all paranormal experiences recorded in many cultures all over the world, including contact with aliens, time travel, speaking with gods, out of body travels and many others.

Scientists speculate on the role of DMT in the body. What is clear is that DMT produces experiences that are outside our reality. The source of DMT in the body is still unclear, but Dr Strassman believes the pineal gland produces DMT. Many spiritual mystics regard the pineal gland as the third eye.

Dr Strassman's research featured in a movie available on youtube titled 'DMT: the spirit molecule.'

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How the scan works

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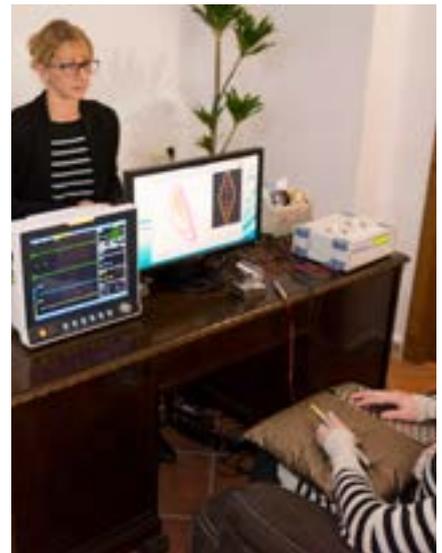
The only things you need to remove for the scan are any jewellery or metal/electronic objects.

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. We prefer that you go home with the report before you decide what to do. But we will point out that we only prescribe products based on many years of use and supported by extensive research.



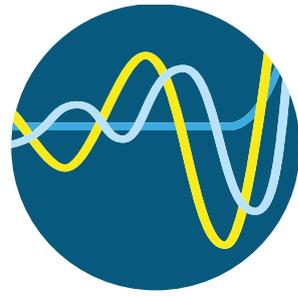
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