



VERY SPECIAL NIGHT WITH DR MICHAEL ELSTEIN

Best-selling author of 'You have the power' and anti-ageing expert
Special guest: Marilyn Whall Australia's best medium

Where: La Diosa
When: Thursday 17th at 7pm
How much: \$25
Only 25 seats available so please give us a call to reserve the spot: 8065 7643

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ETERNAL HEALTH
With Dr. Michael Elstein
Preventing and treating migraines with natural alternatives

[READ MORE next page >>>](#)

"Nobel Prize-Worthy Discovery May Safeguard Your Heart and Blood Vessels*"

*It's a simple little amino acid, but it does a big job in keeping your blood freely moving throughout your body by keeping your blood vessels dilated and flexible.**

Yet hardly anyone knows about this amazing discovery.

Do you?

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VERY SPECIAL NIGHT WITH DR MICHAEL ELSTEIN

Best-selling author of 'You have the power' and anti-ageing expert

Special guest: Marilyn Whall
Australia's best medium

- Is your doctor a good doctor, can you trust him/her?
- Why do you still feel tired, anxious or depressed?
- Do we have an epidemic of undetected thyroid problems or depleted adrenals ?
- Has your doctor ever performed a cortisol test, candida test, reverse T3 etc?
- Has your doctor ever prescribed vitamins and minerals or some stress remedies such as massage or meditation before medication or in conjunction with medication?

On popular demand we have invited Dr Michael Elstein to visit our clinic again and to give us clarity about some very burning questions!

If you suffering from either fatigue, anxiety or depression or all of these, this could be connected with dysfunctional adrenals or thyroid hormone deficiency and it might have a lot to do with the pillars of health, fundamental to your wellbeing, not serving you. Come and hear Dr Michael Elstein, best-selling author of 'You have the power,' and anti-ageing expert unravel this complex puzzle. If you would like to find out more about doctor Michael please visit his site: www.eternalhealth.org

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ETERNAL HEALTH

With Dr. Michael Elstein



Preventing and treating migraines with natural alternatives

Migraines remain a debilitating condition affecting over 300 million all over the globe with a 70% proclivity for women. This has spurred a massive drug industry with a range of pharmaceuticals, not without their side effects, designed for treatment and prevention.

Even Botox has muscled in on the act.

Recent research indicates that, over a six week period, the following regimen was found to be highly effective in a cohort comprised of 30 participants (males 11 and females 19) aged between 25-45 years:

- a. Zinc sulfate 75 mg daily in drinking water 1 hour after morning meal for 6 weeks.
- b. One capsule of vitamin B-complex daily for 10 days from the start of treatment.
- c. One capsule of vitamin-A or -E

daily for 10 days from the start of treatment.

After 6 weeks of this treatment almost all the patients reported to be free from migraine. This group underwent ongoing surveillance for the next three years with only two women reporting the occasional mild headache.

The authors of this study posit that hormone imbalances including raised levels of oestrogen in the face of cortisol, thyroid hormone, melatonin and progesterone deficiencies, together with excess levels of the minerals copper and iron might be implicated. They also claim that high levels of copper and iron would increase free radical levels, which would be antagonized by zinc. What they don't have an explanation for is why vitamins A or E and B would be effective.

My take on this is that vitamins A and E are antioxidants which reduce free radical stress, if this is involved.

The reason for vitamin B being a game changer is the connection between elevated levels of homocysteine, a substance normally recycled by B vitamins and utilized beneficially, becoming harmful and setting off whatever it is contributes to migraines, like once again free radical excess.

Further research suggests that the herbs feverfew and butterbur as well as riboflavin, coenzyme Q10, and magnesium might help with migraine prevention, while melatonin looks promising for cluster headaches.

A lot of these benefits appear to rotate around neutralizing free radicals. Research isn't clear about the wisdom of measuring the above mentioned hormones and attempting to realign them if imbalances are uncovered.

Dr Elstein's latest book 'You Have The Power' now available as an e-Book!

Go to www.eternalhealth.org to order

ARE YOU SICK AND TIRED OF FEELING SICK AND TIRED?



JOIN US FOR A VERY SPECIAL EVENING WITH
Dr Michael Elstein

- Is your doctor a good doctor, can you trust him/her?
- Why do you still feel tired, anxious or depressed?
- Has your doctor ever performed a Cortisol test, Candida test, Reverse T3, ect?
- Has your doctor ever prescribed vitamins and minerals or some stress remedies, such as massage or meditation before medication or in conjunction with medication?

With Special Guest Speaker
MARILYN WHALL (Medium)

ONLY 25 SEATS AVAILABLE - PRE-BOOKING ESSENTIAL.

\$25 PER TICKET

Thursday 16th October 7:00pm

La Diosa | Shop 4/139 Military Road Neutral Bay 2089 | (02) 8065 7643 | la.diosa@optusnet.com.au

" NOBEL PRIZE-WORTHY DISCOVERY MAY SAFEGUARD YOUR HEART AND BLOOD VESSELS * "

*It's a simple little amino acid, but it does a big job in keeping your blood freely moving throughout your body by keeping your blood vessels dilated and flexible. * Yet hardly anyone knows about this amazing discovery. Do you?*



Since 1901, a Nobel Prize in Physiology or Medicine has been awarded every year (with few exceptions) to brilliant men and women around the world.

Over the years, Nobel Prizes for medical achievements have been awarded for extraordinary discoveries from...

- Insulin (1923) to ...
- Vitamin K identification (1943) to...
- Penicillin (1945) to...
- Heart catheterization (1956) to...
- Magnetic Resonance Imagery (MRI) technology (2003)...

...Just to name a very few...

One of most significant, yet little understood discoveries ever awarded by the Nobel Assembly (Swedish awarding body), occurred in 1998.

The 1998 Nobel Prize in Medicine recognized a 3-man research team for their identification of "nitric oxide as a signaling molecule in the cardiovascular system."

Doesn't sound real significant... but I assure you it was.

To put into perspective the importance of the 1998 Nobel Prize in Medicine, we need to first take a closer look...

At the Heart of YOUR Matter
"For optimal health, the vital components of your cardiovascular system need to work together efficiently... your: heart, blood, arteries, veins, and capillaries."

By far, one of the most important systems in your entire body is your cardiovascular system.

Every year, millions of people around the world experience less-than-optimal cardiovascular health... and this is by no means restricted just to the male population.

According to the American Heart Association (AHA), many people across all age groups experience less-than-optimal cardiovascular health.

It pretty much goes without saying how important it is to keep your entire cardiovascular system working as efficiently as possible.

What happens if your blood flows less-than-optimally?

Well, it may keep your heart and other organs from functioning at their best.

But what helps keep blood flowing optimally... what keeps your blood vessels relaxed and elastic to best support your system?

Some of the answers to this directly correlate to the 1998 Nobel Prize in Medicine... and to an essential amino acid involved in multiple areas of human physiology and metabolism.

Nitric oxide ...

- Enhances your blood flow when produced by blood vessel cells*
- Helps support healthy blood pressure levels that are already within the normal range*



- Is used as a signal molecule in your brain and immune system*

Coming up, I'll get into more on what happens to this vital nitric oxide signaling process as you age... and the essential amino acid needed to produce it that you could be falling short in.

But first, let's take a short trip back in time to learn how Alfred Nobel may have played an unknown role in this amazing discovery.

What Happens to Your Blood Vessels as You Age?

As your efficiency to produce nitric oxide slows down with normal aging, your body could use some help to support optimal blood flow.

At this point, you should start to see the importance of the nitric oxide discovery.

But, what happens to nitric oxide production as you get older?

Quite simply, just like other bodily functions, nitric oxide signaling efficiency declines as a normal part of aging.

Remember, your endothelial cells produce nitric oxide to help your vessels stay relaxed and open for blood flow.

As your efficiency to produce nitric oxide slows down, your body could use some help to support optimal blood flow.*

Knowing how nitric oxide works and its effects on your blood vessel efficiency is critically important information for your health and science.

Certainly, the nitric oxide discovery could potentially play a significant role in helping provide this support.

How to Avoid L-arginine Deficiencies

As I mentioned above, L-arginine is an amino acid functioning as a building block of proteins.

Your body produces L-arginine and it plays a significant role in multiple areas of your physiology and metabolism because it...*

- Significantly affects your cardiovascular system... in particular, your blood vessel vitality*
- Plays a critical role in maintaining the natural, healthy functions of your vascular

endothelium (vessel lining)*

- Promotes blood vessel relaxation and flexibility from the nitric oxide created by your vascular endothelium*

Without enough L-arginine, your endothelial cells may not create enough nitric oxide to promote optimal blood flow and cardiovascular health.* And as far as your immune system, not having enough L-arginine could desensitize important white cell components called neutrophils... vital in a healthy immune system response.*

What could cause L-arginine deficiencies in your system?

You...

- Might not consume and digest enough protein
- Could require more L-arginine in your system due to inherited genetics
- May be prone to lower levels of antioxidants and excessive free radicals

Making sure you get enough protein in your system and eating the right natural foods to increase antioxidant nutrients can help.

But like most everything else, as a normal part of aging, your bodily functions just seem to slow down and become less efficient.

Since L-arginine is available as a supplement today, the answer seems quite simple on how to enhance your body supply... but unfortunately it is not.

How You Can Avoid Synthetic L-arginine Formulas

As important as the sustained release formula was for my recommendation of L-Arginine, I also made sure the manufacturer used good manufacturing processes for pure natural production of L-arginine as well.

L-Arginine is unique because the chosen manufacturer...

- Uses only natural, pure powdered ingredients in the L-arginine formula
- Avoids artificial fillers and additives
- Never uses fatty acid excipients to help process flow avoids ingredients that I believe are risky such as magnesium stearate and steric acid
- Delivers a hypoallergenic formula great care taken in process and formulation to minimize potential



Available at La Diosa

allergens*

- Blends in unique patented ingredient for sustained-release of L-arginine nutrient no need to frequently take doses during the day to maintain optimal levels in your system*

This provides further evidence why I strongly recommend L-Arginine as your source of L-arginine with the added benefit of sustained-release.

And here's a summary of the...

8 Reasons This Formula Is at the Top of My List

Let me quickly summarize your potential benefits from L-Arginine*...

- Helps blood vessels relax to promote optimal blood flow in your body*
- Aids in helping to maintain healthy blood pressure levels that are already within the normal range*
- Promotes healthy breathing*
- Provides vital support for your immune system*
- Helps support skin health*
- Enhances your exercise tolerance*
- Supports healthy kidney function*
- Promotes your overall cardiovascular system vitality*

These powerful benefits should leave you little doubt about the potential boost and protection to your cardiovascular system and overall health.

And when you add the fact I carefully selected a high-quality formula produced by a very reputable and health-conscious manufacturer... L-Arginine is an extraordinary winning combination.

<http://www.youtube.com/watch?v=CoSJYZC3KT4>

Oral Care Available at La Diosa

- Breath Spray.....\$11.90
- Natural Dental Floss.....\$10.85
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- Mercola Natural Mouthwash..\$27.30



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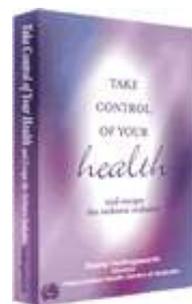


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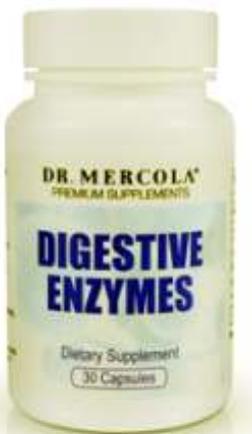
Mosman Art Gallery Cnr Art Gallery Way & Myahgah Rd Mosman

10/10/13, 6.30-7.30pm, BOOKINGS ESSENTIAL

Book online <http://www.trybooking.com/DNEL>

Hurry seats limited! Cost: \$35 per head

6 for 6.30pm start, Glass of champagne on arrival!



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La Diosa is devoted to offering clients a professional and friendly service featuring the latest techniques and products in natural health, beauty and wellbeing.



Welcome to La Diosa

