



# Golden

INTEGRATIVE MEDICINE AND LASER CLINIC

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## Welcome

Welcome to the Summer edition of our newsletter after an unusually cold winter where many of us experienced recurrent infections and longed for the warmth of the sun.

We explore the link between Ageing, Skin health and Intestinal health. The science of the Power of Probiotics and the specificity of choice of probiotic is very new information.

I share with you the latest discovery of a genetically controlled enzyme which causes skin ageing and a brilliant scientific discovery to counteract it plus the introduction of a very exciting home care device which will revolutionise the treatment of cellulite, facial rejuvenation and hair rejuvenation for men and women. It also has the additional application for relief of musculoskeletal pain at home and I have seen 100% success so far with early trials on patients with pain from different origins. It also improves lymphatic drainage and circulation in the areas to which it is applied.

Ninja has his regular appearance and his "brother", Josh is a guest writer for the article on cellulite as he assisted me with my research for this newsletter by sitting on my laptop!

I wish you all Glowing health, Harmonious intestines, Beautiful skin and a Healthy Summer.

In love and in health,

*Dr Marilyn Golden*



## THE POWER AND PERSONALITY PROFILE OF PROBIOTICS :

Probiotics are PRO- LIFE. They each have a distinctive character and specific function. Their purpose is positive and they are here to serve us and to become our internal companions throughout life.

Did you know that we have more bacteria in our gut than human cells in our bodies? We carry a 2kg load of bacteria in our intestines = there HAS to be a reason!

Our gut has been designed as a tube which can be thought of as a main highway to the rest of the body. From the outside world, we process food, toxins, bacteria, chemicals, antigens, supplements and medication through specialised cells in the intestinal wall. 70% of our immune system lies alongside the gut wall, known as the GALT or Gut Associated Lymphoid Tissue. T cells, B cells and macrophages constitute our Armed Guard to prevent infection and allergy.

Our normal intestinal garden or flora is disrupted by antibiotics, alcohol, the contraceptive pill, steroids and a nutrient deficient, processed, high - sugar diet. Undesirable bacteria and yeasts proliferate and cause dysbiosis (imbalanced microflora). Psychological stress and ageing also alter the bacterial balance. This can predispose to allergy, infection, auto-immunity, alteration in bowel action, toxicity and even cancer.

Did you know that the BAD bacteria wage war against the GOOD bacteria at night during sleep when our immune systems switch on to combat toxic bacterial by - products that have accumulated.

### A QUOTE FROM THE GRANDFATHER OF PROBIOTICS:

**Elie Metchnikoff: 101 years after his death**

**Elie Metchnikoff** discovered phagocytosis through studying starfish and he shared the Nobel Prize with Paul Erlich in 1908 for his contribution to the understanding of the immune response.

He believed that longevity in Bulgarian Peasants was associated with the consumption of lactobacilli in soured milk. He suggested that toxic bacteria in the large intestine caused illness and ageing and that replacement with healthy lactobacilli would reverse this. In 1907, he published his book "**The Prolongation of Life**" from which I quote:

**"The dependence of the intestinal microbes on the food makes it possible to adopt measures to modify the flora in our bodies and to replace the harmful microbes by useful microbes."**

101 years later, the science and development of probiotics has revealed their benefit in respiratory infections, allergies, diarrhoea, urogenital health, heart disease and longevity.

# WHAT DO PROBIOTICS DO FOR US?

1. They help us digest our food by producing enzymes for us. Lactobacillus helps produce lactase which helps digest lactose.
2. They kill off the bad bacteria by producing antibiotic – like substances.
3. They synthesise B vitamins and vitamin K
4. Lactobacilli may assist in lowering serum cholesterol
5. They regulate the immune system and can improve immunity to infection and prevent allergic reactions such as asthma and eczema
6. They treat diarrhoea of infectious origin
7. Probiotics benefit irritable bowel syndrome and reduce inflammation in Inflammatory Bowel Disease
8. They detoxify carcinogens and bile salts.
9. They treat bacterial vaginal infections
10. Saccharomyces boulardi treats candidiasis.
11. Skin conditions such as acne and rosacea and psoriasis benefit from probiotic prescription – the SKIN/GUT connection

## INTRODUCING SOME PERSONALITIES OF THE PROBIOTIC FAMILY:

Each probiotic has a specific purpose and needs to be taken in sufficient quantities ( billions ) to have an effect. No, - yoghurt and milk- based cultured drinks are **NOT** sufficient or **SPECIFIC** enough to have the desired effect. We need a variety of strains with far greater concentration than those drinks supply. We need to have bacteria within our bowel “garden” that are impervious to gastric acid, are able to implant, are able to fulfil a SPECIFIC function and they **MUST** be capable of replication in humans.

***It is important to know that RAT and PIG derived strains are available – please avoid these at all costs – they are called Bifidolactis and bifidoanimalis.***

In our clinic, the probiotics we use are the following strains which have been scientifically researched and standardised:

***Lactobacillus Plantarum*** – specific for IBS and Inflammatory bowel disease of autoimmune origin.

***L. Rhamnosus*** – Stimulates the immune response in patients who have frequent infections

***Lactobacillus Rhamnosus GG*** – a cousin of ***L.Rhamnosus*** which is specific for treating allergy and eczema

***Saccharomyces Boulardi*** – a yeast that expels fungi and parasites and treats diarrhoea, increasing membrane immunity

***L. Acidophillus*** – produces lactic acid and antibiotic – like substances , treats vaginal infections.

## WHAT DO THEY LIKE TO EAT?

***PREbiotics*** are the substrate or food that the ***PRObiotics*** need to ferment in order to proliferate and to perform the functions mentioned above. They love fruits and vegetables and nondigestible carbohydrates help fermentation. Inulin from plants like dandelion help the absorption of calcium and magnesium. Colostrum and larch tree carbohydrate support the growth and metabolism of probiotics.

When you have your breakfast, why not feed your probiotic family at the same time? They will thank you and will perform their myriads of functions happily for you!



**FRUIT AND VEGETABLES OF A WIDE VARIETY**

## TESTIMONIAL: FIONA WHITFORD:

Fiona’s full testimonial can be read at the clinic. She is a wonderful example of a person dedicated to recovery, who will do what it takes to get well and who loves to help others achieve the same goals.

“I have had Crohn’s disease and Hashimoto’s disease for 13 years. Over the last 2 years I have spiralled downwards, probably due to stress. This led to me going onto large doses of prednisone. After seeing Marilyn and radically changing my diet and taking the new range of tablets, I have noticed a huge change. I am no longer on the prednisone. After a month, I woke one morning and had no pain! I now have the energy to exercise on a daily basis which I haven’t been able to do for ages. I have a quality to my life which is well worth the radical change in diet by a long shot!”

# UNLOCKING THE SECRETS OF AGEING:

## HOW DOES SKIN AGE?

**External causes of ageing** – exposure to the sun, pollution, the wind and the cold, even air conditioning. Sun damage from previous exposure can take years to show its effects – manifesting as wrinkling, leathery skin texture, large pores, pigmentation, skin cancers. Previous skin inflammation such as acne and psoriasis ( and their treatments) can cause premature skin ageing.

## Internal causes of Skin

**Ageing** – genetics ( see below the discovery of the arNOX enzyme,) alcohol, smoking, medication, dehydration, illness, poor diet, coffee, tea, dairy products.**FREE RADICAL DAMAGE** is the final pathway to skin damage and all ageing.

## WHAT IS A FREE RADICAL?

– An extra electron produced in the body through metabolism, toxicity, inflammation, medication, ionising radiation,etc, which donates itself to other molecules in cell membranes and in the mitochondria to cause DNA damage and cell membrane damage and tissue destruction.



Eye lines before using Galvanic Spa and corrective skin care, 2005



Eye lines in 2008 after using daily nutritional and corrective skin care since 2005 and Galvanic Spa 1 month

## A NEW DISCOVERY - HOT OFF THE ANTI-AGEING PRESS!!!

We all have an enzyme called arNOX which creates free radical damage in the epidermis ( outer skin layer). The expression of this enzyme's function is controlled

by our genes. From the age of 40, this enzyme becomes more active because it needs to produce more metabolic energy as the skin's mitochondria age. It generates free radicals at the cell's surface, destroying collagen and elastin, independently of the external environment. Anti – oxidants, which have until now been our only weapon in mopping up the damage, are insufficient to stop this process. **An exciting discovery from Purdue University- is a blend of patented ingredients known as AGELOC, proven to inhibit the arNOX enzyme, to stop skin ageing at its source. Age-related NADH oxidase, or arNOX, is the internal free radical generator that increases in activity as you age. In a clinical study conducted with Stanford University, clinical graders concluded that study participants with higher levels of arNOX appeared an average of seven years older, while participants with lower levels of arNOX appeared an average of seven years younger.**

## THE GALVANIC SPA

This hand-held device uses safe galvanic current to ionise specific products into the deeper layers of the skin. The gels contain AGELOC to inhibit ArNOX and delay ageing. The body gels treat cellulite, the scalp serum rejuvenates hair and the muscle cream assists the treatment of muscle pain. **For WHOLESALE purchase and weekly demonstrations on skin and health care, contact us at the clinic.**

## WHAT CAN WE DO INTERNALLY

To assist this process? Eat a wide variety of fresh fruit and vegetables,eliminate dairy products and processed food.

Drink a green energy smoothie daily. Include a handful of raw nuts and seeds daily to provide a variety of minerals, essential fatty acids and plant protein, particularly sunflower seeds, sesame seeds, pumpkin seeds, flax seeds, walnuts, almonds, macadamia nuts and brazil nuts. Drink pure water. **Take a high potency probiotic every day. Take a food -form antioxidant ( such as Juice Plus which has independent peer reviewed research proving bioavailability).** ( Recent studies on cancer and synthetic antioxidants are disturbing.)Drink Green tea as Green tea polyphenols have been shown in studies to increase skin elastin content. Ensure that your iron and Vitamin D levels are normal. Meditation raises Growth Hormone and DHEA levels.

## WHAT IS THE LINK BETWEEN THE SKIN AND THE GUT?

In Traditional Chinese Medical teaching, the skin is the 3<sup>rd</sup> Lung. It breathes through pores, it protects against environmental pathogens and it reflects the internal state of the body. The Lung organ is paired with the Large Intestine which is its associated organ.

We find in clinical practice that skin conditions particularly acne, eczema and rosacea and cellulite worsen with bowel complaints such as constipation, bloating, infection etc and they improve when the gut condition is successfully treated.

If you care for your Gut, you care for your Skin and Lungs. To support the goal of a long and healthy life,ensure your daily intake of a food- based antioxidant and a specific probiotic tailored to your individual needs.

*A Note from Ninja and guest "writer" Josh*



My "brother" Josh is making an appearance in this newsletter, as I am too embarrassed to expose my cellulite following this extremely cold winter which exacerbated my innate moggy laziness. I did notice that even though Josh is a very slim Siamese cat, he does have a flabby tummy and that made me look at the research on cellulite to see whether it is limited to fatties and I found that thin people can have cellulite too. 85 % of women have cellulite, but men have it too.

So, what is cellulite? It is the dimpling of the skin of the body, legs, arms and buttocks that occurs after puberty.

The latest scientific theory is that cellulite is an inflammatory condition, exacerbated by hormones. ( Stress hormones, oestrogen, insulin, oral contraceptives and HRT.)

A high fat diet, excess salt, too little fibre, inactivity, alcohol and smoking aggravate cellulite.

Cellulite is formed in stages –

### **(THE CELLULITE CYCLE)-**

Firstly fat metabolism is disturbed and fat cells become fatter, they then squeeze together and this disrupts the capillary microcirculation which causes a breakdown in the skin's elastin/collagen support structure and the fat cells rupture. Fluid and toxin retention increases.

Cellulite worsens with age because the process of collagen destruction continues and it looks worse in menopausal women because their connective tissue tends to be more lax. Fat is a safe place for the body to store toxins. Any fat loss programme should be supported by a detoxification programme.

A patented extract of Hibiscus, Honey and Echinacea in Dermal Effects cream has been scientifically shown to cause fat breakdown ( lipolysis) by stimulating beta receptors on the fat cells. It also firms the skin and connective tissue.

### **CHOCOLATE IS EFFECTIVE IN TREATING CELLULITE!**

The Galvanic Spa) is applied to the skin over a gel containing an extract of THEOBROMA CACAO – (COCOA) which contains lipolytic enzymes, proteolytic enzymes and xanthines which have vasodilator properties and stimulate fat breakdown and Chrysanthemum to improve circulation, reduce inflammation and fluid retention, promote tissue drainage and elimination of toxins.

These are my personal photos which were taken on a mobile phone before and after 4 weeks of commencing treatment with the Galvanic Spa and the Body Gel and Dermal effects Cream on most days of the week, using the Galvanic Spa once a day and the cream twice a day.

### **TESTIMONIALS :**

**GARETH NAAR - "I used the Galvanic Spa and Flex cream on my painful, injured toe and in under 10 minutes the pain was relieved."**

**HEATHER WILSON-"I used the Galvanic Spa on my husband's, severely sun damaged skin and in a very short time following the treatment, it was hydrated and looked years younger."**



Inner thigh close - up before cellulite treatment with the Galvanic Spa , Body Gel and Dermal Effects cream once a day, most days of the week



Inner thigh close - up 4 weeks after treatment with the galvanic spa, Body Gel and Dermal Effects cream mostly daily treatments.



Lower abdomen before and after 4 weeks of treatment with Galvanic Spa, body gel and Dermal effects cream mostly daily

