

Waters Integrative Health Center



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There is always something new to learn!

Dr. Waters attended two major medical meetings in October and devoted the majority of this newsletter to summarizing what he learned. He always comes back from these meetings refreshed and energized, ready to implement the latest in Integrative Medicine into his practice.

This newsletter will be sent out at least twice per year, with hopes of making it more frequent. You have received this newsletter because at some point in the past, you have seen Dr. Waters and/or Richard Moran. If you do not want to receive this newsletter, please let us know and we'll take you off the list. We are also open to suggestions. We hope you enjoy!

Healthy Tip:

Exercise is a NUTRIENT! It helps diabetes, heart disease, depression, obesity and more! Get your heart rate elevated at least 30 minutes every day and see how good you will feel.

Latest News on Cancer

I just returned from an international integrative cancer treatment meeting and learned, again, of how little progress has been made by "standard" cancer therapies (surgery, radiation and chemotherapy) since President Nixon declared the "War on Cancer" 38 years ago.

In fact, a University oncologist, Guy Faguet, M.D. in his book, "War on Cancer" stated, "little progress has been made towards the cure of most invasive cancers. In fact, in the last 20 years, only testicular cancer has been added to the short list of malignancies routinely cured by chemotherapy." This fact demands that cancer patients look outside the standard medical system for answers and the purpose of

the symposium was to address this vital issue. This was one of the most exciting and uplifting seminars I have ever attended.

The approaches used by professors, scientists and practitioners at the meeting ALL center on diet as the most important intervention. Many substances found in vegetables, fruits, berries, and various other plants have proven capacity to "turn off" certain genes that allow cancer cells to rapidly divide and spread in our bodies. Some specific natural substances discussed were the polyphenols in green tea, which have been shown by our own

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Recipe of the Month

Karen's Chicken Soup

1 5lb organic Chicken (whole or pieces)

4 carrots

4 celery stalks

3 parsnips

2 rutabagas

2 peppers (red, yellow or green)

1 large onion

3 cloves of garlic (pressed)

2tsp fresh ground pepper

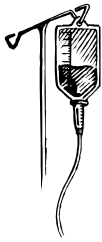
1TBSP each tarragon, oregano, lemon balm

Chicken Stock

Add Chicken to large soup pot full of hot water. Cook on stove at medium heat until it falls apart (about 1 hour), but you may want to boil at low heat much longer to get more nutrients out of bones and cartilage. In the meantime, cut veggies into edible pieces. Take chicken out when cooked, debone and break into small pieces and return to pot. Add veggies (you can adjust veggie amounts as you wish) and spices to taste. Simmer until all veggies are done.

12 servings





Professor Husan Mukhtar at the University of Wisconsin to alter at least 10 chemical pathways in cancer cells that allow them to survive.

Quercetin, found in onions, garlic and many other plants inhibit cancer cells ability to gain glucose from starch and thus cuts off their main energy source. Quercetin, like many of the anti-cancer molecules found in plants, is not very well absorbed so in active cancer cases “liposomal droplets” containing the quercetin is far better absorbed. We have found an excellent source of this substance for use in our practice. Many other substances were discussed and scientific data presented to show effectiveness in cancer.

A huge myth perpetuated by the cancer industry was dismantled during the meeting—that “antioxidants” and other natural substances interfere with the effectiveness of radiation and chemotherapy. In all but a few very specific situations, this is simply false and, further, these products from nature appear to both ENHANCE standard therapies and PROTECT normal cells!

Bowel health, adequate sleep and exercise were all listed as hugely important in treating cancer patients.

Intravenous Vitamin C and alpha lipoic acid studies.

There is now solid, scientifically backed data showing that the intravenous infusions of ascorbic

acid (vitamin C) and an energy regulating molecule alpha lipoic acid cause death to cancer cells without leading to any harm of normal ones. This is the ultimate aim of chemotherapy, but yet none of the FDA approved chemotherapeutic agents on the market today have this property.

In particular, while called an “antioxidant”, high dose (sometimes as much as 1000 times the so-called RDA) vitamin C delivered intravenously, resulting in up to 200 times the blood levels achievable by oral vitamin C dosing, acts as a powerful oxidant. It results in the production of hydrogen peroxide. This substance is naturally made in the body and stored in

little packets known as peroxisomes for use in “executing” various germs, viral-laden cells that are a detriment to the body and other abnormal cells such as malignant ones. The fascinating explanation for the therapeutic efficacy of intravenous vitamin C therapy disallows their ability to neutralize the hydrogen peroxide and this reactive molecule then damages their DNA and energy producing units known as mitochondria leading to their demise. Normal cells, on the other hand, simply turn the peroxide into oxygen and water—the two most important substances on which life is based. What I have just told you is no longer a theory, it is fully documented by scientists at our National Institutes of Health.

Alpha lipoic acid operates in a

similar fashion, creating another highly reactive oxygen free radical which cancer cells are also unable to neutralize, and thus succumb through similar mechanisms as in the case of vitamin C. As a bonus, alpha lipoic acid causes an increase in the oxidative metabolism that normal cells use to make large amounts of the ultimate energy molecule that keeps us alive and healthy moment by moment—ATP (adenosine triphosphate). This improves the health of all our normal cells including those involved in immunity, repair, detoxification, containment of foreign invaders (eg bacteria, cancer cells), gland function

and of course all of these processes lead to healing and well being. Why does the cancer industry (with support of the FDA and other government agencies) continue to devote vast amounts of money to the synthesis of patentable substances that are

enormously expensive and cause great damage to ALL cells in our bodies, not just the malignant ones, when these two naturally occurring substances, as well as dozens of others, can do at least as good a job for less money and without side effects or indeed, a general improvement in patients health and well-being?

High Dose Enzymes

Many other alternative cancer treatments were presented and discussed, but I will only

be able to discuss one more—high dose proteolytic enzymes. Dr. Ralph Moss gave us an overview of “non conventional” cancer treatments world-wide and a wonderful bibliography of scientific writings on the use of these enzymes dating back over one century, in cancer treatments. These enzymes (including proteases, trypsin, lipases, bromelain, chymotrypsin, etc.) act not only to help us digest food but also directly inhibit tumor growth and spread, potentiate the effects of our immune white blood cells, reduce the side effects of radiation therapy and help dispose of the “debris” generated by the death of cancer cells resulting from all other treatments. They may also “unmask” cancer cells, cell-surface antigens and thus make them again “visible” to the body’s native immune surveillance system.

It would require many pages to list all the natural strategies available in the fight against this dreaded disease. If you or a loved one are diagnosed with cancer, we advise you to seek advice from a practitioner experienced with these methodologies, whether you decide to undergo standard therapies or not. “Orthodox” oncologists and “integrative” practitioners like myself, should be working together for the amelioration or cure of all cancer cases.

Improving the body’s defense and detoxification mechanisms through diet and nutrients are absolutely necessary as the underpinning in all cancer treatments.

Cancer treatment is very complex. I can not guarantee a cure, however, I can offer many natural options that will do no harm.

Latest News on Cancer

“... little progress has been made towards the cure of most invasive cancers. In fact, in the last 20 years, only testicular cancer has been added to the short list of malignancies routinely cured by chemotherapy.”

Hypertension (high blood pressure)

This common condition is the cause of the use of massive quantities of drugs in our Nation, many of which have serious side-effects. One of the world experts on the use of lifestyle and nutrients to treat hypertension, Mark Houston, MD Professor of Medicine at Vanderbilt University, spoke at one of our meetings. There exists now solid, scientific proof (as if common sense were not enough!) that dietary changes, exercise, weight reduction, salt reduction and a variety of nutrients and herbs can successfully reduce blood pressure—in most cases, without drugs.

As a matter of fact, before I fill you in on the natural substances that can be used in place of drugs, I would like to present to you the story of 12 Australian Aboriginal men suffering from high blood pressure, obesity, diabetes and high levels of cholesterol and triglycerides who returned to their native way of life as hunter/gathers for seven weeks and were studied by Dr. K. O'Dea before and after their return to their ancestral lifestyles. The men lost an average of 18 pounds, their "diabetes" disappeared, their blood fats returned to normal and they no longer had high blood pressure! Naturally, besides getting rid of refined food products and ingesting whole plant and animal foods, they got plenty of exercise to accomplish their dietary changes.

Scientific work around the world indicates that hypertension is caused by dysfunction of the interior lining of the arteries known as the intima. When the intima is unhealthy, the tiny smooth muscles in the arteries contract inappropriately causing

blood pressure elevation. The malfunction of the arteries leading to hypertension is related to oxidative stress, the associated factors found in the Australian Aborigines study described above, heavy metal intoxication, hypercoaguability of the blood ("thickness"), kidney problems, psycho-social stresses and other factors.

Magnesium deficiency is a major underlying cause of high blood pressure and the simple acts of taking extra magnesium and potassium pills have been shown in controlled scientific studies to lower blood pressure significantly without the use of any other agents or drugs—naturally, a high plant food based diet is also a diet high in both of these elements.

I read a study in a German scientific Journal that I get which described a man with blood pressure of 170/110 and who refused to take drugs. He went on a program consisting of taking the amino acid L-arginine (which the body uses to make very important molecule known as nitric oxide that relaxes the arteries), extra magnesium, vitamin K and Folic Acid. After two months, his blood pressure dropped to 110/70!

At our meeting, Dr. Houston presented studies showing that substances that can easily be added to our diet including sardines, olive oil, omega 3 fatty acids found in cold water fish, fiber (psyllium oat bran, guar gum, etc.), garlic, and seaweed (especially wakame, the most popular edible seaweed in Japan), whey proteins and celery can all significantly lower blood pressure independently. Imagine if a person plugged all those nutritious items into their diet to-

gether!

There is also a large body of scientific evidence that simple supplements at the right doses can lower blood pressure. These include vitamin D, vitamin E (especially if it contains the gamma tocopherol isomer), vitamin B6 and our old friend vitamin D. In fact, the lower the levels of vitamin D in the blood, the higher the blood pressure. This wonderful hormone/vitamin acts directly on our genes to reduce the activity of salt and water retaining hormones made by the kidneys, reduces calcification of the arteries and decreases inflammation which is a major component of both high blood pressure and cancer.

Some of the less known nutritional supplements were also shown to reduce blood pressure without drugs including lycopene (a tomato pigment), coenzyme Q10, L-carnitine, alpha lipoic acid, pycnogenol, the amino acid Taurine, and some of you are going to LOVE to hear this, dark chocolate and cocoa! Obviously, the lowest sugar types of chocolate should be favored and you can sweeten your cocoa with stevia and use organic whole milk (raw if you can get it).

The beauty of all of this natural treatment for hypertension is that it has some great side effects—you'll feel more energy, have less aches, get fewer infections and vastly reduce your chance of getting most cancers.

Dr. Houston even listed natural alternatives to specific classes of drugs. Hawthorne berry extract, B6, Taurine, CoQ10, L-carnitine, fiber, calcium, magnesium and potassium all act as diuretics (water pills). Hawthorne berry also acts as a beta

blocker (like metoprolol).

Alpha Lipoic acid, B6, vitamin C, N-acetyl-cysteine, EPA/DHA, garlic and others (especially magnesium) are natural calcium channel blockers (Diltiazem and others).

The ACE inhibitors and angiotensin receptor blockers found in nature include garlic, sardine protein, pomegranate, EPA/DHA, zinc, potassium, gamma linolenic acid (primrose oil) and many others.

When one thinks about it, why should so many people need synthetic drugs to treat high blood pressure? Were we so ill-designed that we require a myriad of drugs?

Naturally, the life style changes including exercise, weight lifting, weight loss (which will happen automatically if you do all the other items), reduction of alcohol to only 1-2 drinks per day, total cessation of smoking and other tobacco products, and restricting caffeine to less than 100 grams per day (about a cup of coffee) will all add to the help given from diet and supplements.

If you or someone you know suffers from high blood pressure, come in and have an evaluation and get started on some basic, hypertension-directed supplements for the problem.

Reducing blood pressure greatly reduces the risk of strokes, heart attack, clogging of the vessels of the legs and kidney damage.

Finally, remember that many of the actions induced by EDTA chelation therapy also lead to blood pressure reduction and improvement in the general health. Chelation therapy "pulls out" the bad metals and "pushes in" the good (magnesium).

Waters Integrative Health Center

A Private Medical Membership Association



320 Race Street ~ PO Box 357
Wisconsin Dells WI 53965
1-800-200-7178

www.watershealthcenter.com

Now that Winter is Coming...

The cold wind is blowing and the snow is here—along with colds, flu and other infections. There are many things you and your family can do to prevent or reduce your chances of becoming ill. First of all remember from our last newsletter the vital importance of vitamin D in the production of natural antimicrobial agents known collectively as defensins. If you haven't had your 25-OH-Vitamin D level measured in the past 6 months, you should do so and then get on a dose of 2,000-10,000 units per day of Vitamin D₃, depending on your test results, until early next summer. It is probable that 2,000 units of D₃ per day is a minimum to protect against infections as well as cancer and other diseases.

Keep plenty of Vitamin C on hand and at the first sign of an infection, start taking 1,000mg hourly unless diarrhea develops. If it doesn't, double the dose. Of course, the fastest way to break the flu or a cold is

to come in the office for an IV Vitamin C infusion.

Other remedies you should have on hand are herb mixtures that contain Echinacea, Vitamin A and Zinc. You can call the office to ask about our recommendations.

Also, strong chicken broths containing large amounts of garlic and onions turn out to be very helpful and deserve their old-fashioned name of "Jewish Penicillin."

Keep cod liver oil on hand also and take a tablespoon per day. We have located an extremely nourishing fermented cod liver oil product that I use as a preventive and

increase if I think I might be coming down with something. Remember to keep your bowels moving too to rid your body of toxins. Mild herbal laxatives, citrate of magnesia or even an enema should be used if you aren't having at least 1 or 2 bowel movement daily.

And please, do not try to lower your temperature with drugs. We were given a fever mechanism for good reason—it helps kill germs! Stay hydrated and get under the covers and sweat after taking your supplements and a bowl of "Jewish Penicillin."

Happy Holidays