

# Waters Integrative Health Center



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## Spring Brings New Things!

We are happy to finally get a newsletter out to you! The past year was full of learning and growing, which is always a good thing. We've highlighted some new approaches to health as well as some exciting happenings in the next few months.

HAPPY SPRING!

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:

How much you eat is as important as what you eat. Use salad plates instead of dinner plates and avoid taking seconds. Healthy and correct portion sizes are critical to long-term weight management.

## 4D Conference:

### Diseases, Disorders, Dysfunctions & Disabilities

Do you have a child or loved one who has been diagnosed with a behavior problem, a learning disability, an emotional disorder, a speech delay, a neurological dysfunction, a skin condition, a digestive disorder, or other related health conditions?

There is help! On Saturday and Sunday, May 8-9, 2010, there will be an informative conference here in the Wisconsin Dells featuring medical professionals from around the Country, including our own Dr. Waters, helping people learn about the causation of these medical issues as well as how we can prevent and/or intervene so these individuals can overcome our "health" care industry to live truly healthy lives.

On Saturday, conference doctors, research scientists and healthcare providers will explain what they believe to be the main causative factors in the chronic Diseases, Disorders, Dysfunctions and Disabilities that are now in epidemic numbers.

On Sunday, conference speakers will present information that will be helpful in preventing the 4D's as well as what can be done to help treat someone who is already affected.

There will be a large focus on autism, ADD/ADHD and other neurodevelopmental disorders.

We are excited to be a part of such a monumental conference!

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## Office Updates

### New Receptionist

We would like to welcome a new employee to our family! Her name is Karonna Arnold. She lives in Stoughton with her husband and two sons. She brings many years of customer service experience to our Clinic. She is learning very quickly and always has a smile. We are very happy to have her!

### Website

Our website is currently under construction. We hope to have it finished in the next few weeks. Our goal is to make it more informative and also more interactive for both our existing patients, as well as, new patients re-searching our Clinic. Stay tuned!

### Summer Vacation

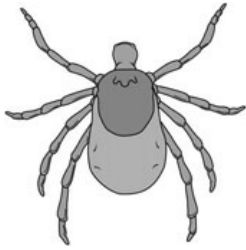
The clinic will be CLOSED beginning Monday, July 5<sup>th</sup> and will reopen on Wednesday, July 14<sup>th</sup>. Dr. Waters will be lecturing at the 2nd International Conference of Recent Advances in Health and Medical Sciences in the Republic of Cyprus, near Greece.

4D CONFERENCE  
Diseases, Disorders, Dysfunctions & Disabilities

Sat & Sun, May 8-9, 2010

Kalahari Resort and Convention Center  
Wisconsin Dells, Wisconsin

[www.4dconference.com](http://www.4dconference.com) or 608-985-8100 for more information on speakers, cost, schedule, & more!



Spring is here and with it we will see the appearance of deer ticks and the possibility of exposure to Lyme and other diseases they carry. Last year, I had the pleasure and privilege to spend a week studying with perhaps the most knowledgeable Lyme and associated diseases physician in the United States, Joseph Jemsek, M.D. ([www.jemsekspecialty.com](http://www.jemsekspecialty.com)) It appears to him and many other physicians that Lyme disease should be considered an epidemic in some areas, notably Wisconsin.

We must remember that Willy Burgdorfer, PhD only identified the spirochete that now bears his name (*Borellia burgdorferi*), as the causative agent of Lyme disease in 1982. The Infectious Disease Society and other orthodox organizations claim that Lyme disease can be diagnosed with a simple screening blood test and if it is negative, no treatment is needed. They also claim that “chronic Lyme Disease” is rare and even if diagnosed by a second blood test called a Western Blot, a 30 day course of intravenous antibiotics will effectively cure the disease. While working with Dr. Jemsek in South Carolina, I interviewed patients who suffered from multiple sclerosis, chronic fatigue syndrome/fibromyalgia, unusual neurological syndromes, rheumatoid arthritis and other undefined syndromes that turned out to have chronic Lyme infection as at least part of the cause of their symptoms. Most of them had consulted numerous specialists and were told that their symptoms

## Unexplained Symptoms - Could it be Lyme?

were either “all in your head” or represented a disease that could only be treated by often dangerous drugs. Standard treatments had either no benefit or unacceptable side effects. Fortunately, these patients and their families didn't give up on themselves and finally found Dr. Jemsek.

The spirochete that causes Lyme looks virtually identical to the causative agent of syphilis under the microscope. Also, like syphilis it can cause acute symptoms which may pass, rashes that appear weeks to months after contraction of the disease from a tick bite and a tertiary stage when the disease settles in various organs and creates a chronic, debilitating multi-symptom illness.

It is fairly simple to diagnose and treat an obvious case of Lyme. The patient notices an arthropod bite which develops into an expansive, circular reddish/purplish rash (“erythema migrans”) and may get a fever, joint pain and a general sense of unwellness. The later includes fatigue, achiness, mental depression, confusion and even heart rhythm abnormalities. Prompt treatment with antibiotics at this stage can usually effect a cure. I have personally come down with such a syndrome twice after being in the woods and only found a tick on my body one of those times. In neither case did I get a typical rash. This may only be seen in 20-40% of acute Lyme cases. If a patient calls me and states they sustained a tick bite, I usually treat them rather than

risk a false negative blood test and the development of symptoms.

Failure to notice and treat a Lyme exposure may result in a smoldering, multi-symptom condition. Most common symptoms are fatigue, achiness in the muscles and connective tissue, joint pain with or without swelling, depression, disordered thinking, shooting pains, numbness in various parts of the body, skipped heartbeats, unusual rashes, etc.

A patient who goes to a doctor with multiple complaints and whose screening blood test is negative is usually not offered a more accurate Western Blot test (or the test is done by a lab that doesn't specialize in Lyme testing) and thus isn't diagnosed with Lyme disease.

We are seeing patients with diagnoses of M.S., Rheumatoid Arthritis or CFS/ Fibromyalgia who turn out to have chronic Lyme disease. The use of our nutritional approach to disease along with endocrine gland balancing, correction of digestion issues and the use of pulsed antibiotic therapy usually results in gradual amelioration of the patient's symptoms. It can take many months, but by using this integrative approach, we hope to achieve even faster positive results.

If you or someone you know has an unexplained syndrome after thorough evaluation by

neurologists, rheumatologists and other specialists, consider an evaluation for Lyme disease by our office. We use the most Lyme-literate laboratory in the U.S. to evaluate our patients, but laboratory testing alone is not the final arbiter of diagnosis. One must, as in all good medical practice, do a thorough history, physical and laboratory testing for contributing factors in all patients because co-existing adrenal, thyroid, digestive, toxicological and dietary problems are usually at the root of a person's inability to fend off Lyme or other infections.

If you want to learn more, I suggest you go to [www.ILADS.org](http://www.ILADS.org), the International Lyme and Associated Diseases Society's website. You could also watch the movie, “Under Our Skin,” a documentary on people that were left high and dry by the medical profession, some with near-fatal illnesses, but after evaluation and treatment for Lyme and co-existing medical issues, recovered their health.

Don't give up on yourself or a loved one – there is almost always help if not cure for the worst unexplained illnesses – and all too often it is undiagnosed Lyme disease. As Dr. Jemsek tells his patients with a laundry list of symptoms, “you either have 20 diseases or you have Lyme.”

We are seeing patients with diagnoses of M.S., Rheumatoid Arthritis or CFS/ Fibromyalgia who turn out to have chronic Lyme disease.



## “Bad Digestion”—Good Germs, Bad Germs

As medical students we learned all about how our digestive system was designed to work. From eating nourishing food, chewing it thoroughly and the complex sequence of breaking down food in the highly acid environment in the stomach to further processing in the small bowel using enzymes secreted by the pancreas, bile from the liver/gallbladder system, and the actions of the bacteria living in the small bowel and colon. Needless to say, there are many steps in digestion that can malfunction.

In particular, a whole new “virtual organ” collectively known as the microbiota or microbiome, is emerging as a major force in the underpinning of health (or disease). Amazingly there are at least 100 times more bacterial cells in the more than 30 feet long tubular organ system known as our gut than there are in our entire body. Yes, if we used the total number of cell types present within the confines of our body as a judge of what species we are, we would be classified with the bacteria!

It is estimated that there are over 500 species of bacterial organisms residing in our gut. These creatures manufacture vitamins like biotin, vitamin K, B12 and many other essential molecules for us and our good health in return for the home we provide for them in our bowels. It has been known since the 1970's that the species and relative number of these germs has a large impact on our general health and even whether or not we get cancer.

When I was a medical student, I did a research project on the causes of cancer. Besides smoking and poor nutrition, I learned, by reviewing the work

of the late Ernst Wynder, M.D., that the types and number of bacterial species that could be cultured in the stool correlated significantly to whether a person would come down with colon cancer.

The research has developed to the point that it is now known that the germ populations in our large and small intestines contribute to our immunity, how well we burn calories, whether our gut lining is “leaky” and therefore fails to act as an exclusion barrier to undigested food components (think food allergies), pathogenic microbial toxins, environmental poisons and specific food-derived proteins such as gluten. The later, in genetically susceptible individuals and even in persons whose stomach acid and pancreatic enzyme secretion is impaired, can cause celiac disease and milder forms of gluten sensitivity. These in turn lead to a whole array of “autoimmune” diseases – a group of diseases resulting when the body's immune system (of which 80% resides in the intestinal mucosa) mistakenly directs an attack against the person's own tissues, hormones or other biologically important molecules. A total of about 75 of these autoimmune diseases have been named and it is now thought that possibly 1/4 of the American population suffers from one or more of these conditions. Digestive, microbiological and absorptive disorders form the basis of this group of diseases.

We can house a population of bacteria that lacks normal quantities of important friendly germs such as Lactobacilli or Bifidobacteria. Or we may have bacteria that represents an overgrowth of disease-causing organisms such as certain

yeasts, protozoans (parasites) or truly harmful bacteria such as some Klebsiella species, pathogenic strains of *E.coli* (as compared to friendly, helpful strains of *E.Coli* like the strain Nissl 1917 which has been used for the past 90 years in Germany to treat diarrhea and more recently irritable and inflammatory bowel disease) and *Helicobacter pylori* among many others.

One of our laboratories is able to give us a Comprehensive Stool and Digestive Analysis which reveals the relative populations of beneficial and harmful bacteria, the condition of the gastric and pancreatic/intestinal digestive machinery, the immunological health of the gut and the presence of parasites.

In addition, our lab can check for a defect in “Intestinal Permeability” or “Leaky Gut” which is associated with toxic and autoimmune states. This test is done by measuring the urinary excretion of lactulose and mannitol after a test dose of these substances. Defects in gut permeability need to be corrected with diet, microbiological balancing and rebuilding the intestinal barrier with specific nutritional supplements.

In cases where there may be serious reduction in hydrochloric acid secretion by the stomach, we order a Heidelberg Capsule Test. A small, disposable pH (acidity/alkalinity) measuring device is swallowed and transmits the pH measurement to a computerized device via an antenna wrapped around the abdomen.

So if you have been told that your digestive symptoms are caused by “Acid Reflux” or “Irritable Bowel Syndrome”

and that you need some acid-blocking drug, a pharmaceutical to quiet down your gut or a tranquilizer to relax your whole body and mind, since “it is all in your head” anyway – think again! You likely have an easily correctable functional gastro-intestinal disorder that is related to:

- Processed Food
- Reduced Digestive Capacity
- Altered Gastrointestinal Flora (germs)
- “Leaky Gut”
- Mineral, fiber and other deficiencies

Unlike standard medicine which often addresses digestive issues with drugs that merely mask symptoms, objective diagnostic testing and specific therapeutic interventions can be employed to actually correct the underlying problems.

Does it seem logical for so many people to have chronic symptoms such as:

**Gas ~ Bloating ~ Belching ~  
Rumbling ~ Cramps ~  
Constipation ~ Diarrhea ~  
Anal Itching ~ “Reflux”**

but yet have so little and so ineffective treatment available from our health care professionals? As a matter of fact, I believe our digestive system, the very system that converts our food into usable materials and energy to rebuild ourselves day by day, was designed to work and if it doesn't, we need to find out why and correct the problems. Without digestive health, we can't have health at all.

Call the office for an appointment to come in for a digestive evaluation and find out why you suffer the symptoms you do and how to eliminate them to regain your health.



# Waters Integrative Health Center

*A Private Medical Membership Association*



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## Smoothie Recipe

featuring Tera's Whey™ 

- 6oz Fruit Juice or Milk
- 1 serving (30 grams) Tera's Whey
- Fresh or Frozen Fruit
- 1 scoop Super ProBiotic Powder
- Anything else you want to add

Blend all together and drink!

You can use any combination of liquid, fruits, nuts, flax, etc. to make the smoothie to your liking. You can read more about Tera's Whey at [www.teraswhey.com](http://www.teraswhey.com) and you can either buy it here or through her website. Whey is valued for its high protein content, immune system strengthening properties, weight management effects and diabetes control properties, cardiovascular health benefits and soothing effects on the gastrointestinal system.

## Seasonal Allergies??



Although we all love Spring, we hate seasonal allergies. We offer a product called Q.N.B.N that often alleviates some or all symptoms of seasonal allergies. Read about the ingredients below and call to order a bottle to try this spring...and all year through if needed.

### Quercetin

Naturally found in onions, quercetin is a mast cell stabilizer and a powerful natural flavonoid. Quercetin has been shown to inhibit certain compounds that typically affect sinus and respiratory health.

### Stinging Nettles Leaf

Studies have shown stinging nettles have demonstrated both promising mechanisms and clinical results for supporting nasal passageway health. While further study is needed, trials have shown stinging nettles demonstrated measurable differences vs. placebo after only one week.

### Bromelain

A strong pineapple enzyme, bromelain has proven mucolytic properties. As such, bromelain supports normal mucousal tissue function and enhances the absorption of quercetin.

### N-Acetyl L-Cysteine (NAC)

An amino acid that is a natural mucolytic, NAC reduces the viscosity of mucus. Studies have shown individuals have been treated effectively without side effects when given NAC.

## Another First for Waters Integrative Health Center

Are you balanced? Neurologists, acupuncturists and internists who specialize in endocrinology all study and try to improve our autonomic nervous systems. This part of ourselves operates largely without our conscious control. It is the yin-yang of our existence which regulates our heart rate, breathing, distribution of our blood flow and the details of how we burn food to control energy production. It is the matrix that allows us to exist moment by moment and is the line of communication which connects our central nervous system to every cell of our body. Our Center will be one of the first medical practices in the Nation to offer analysis of your general health with a newly scientifically approved EKG based system through a 20 minute testing procedure. This testing is a must for ALL diabetics, but can benefit health, fitness and well-being evaluation for every one of us. More details in the next issue.