

# Waters Integrative Health Center



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## Inside this Issue

### Is the Summer Really Over?

Wow! This summer is over! Dr. Waters had a productive trip to Cyprus in July that left him with more knowledge and also the urge to do more research. Read below about the new study we will begin in the future. You might be interested in being one of the subjects.

Remember to stay hydrated not only during those hot months, but year round. Water is always the best choice...add a little lemon juice or flavored Stevia to make it more tasty if you wish. Sodas, sports/energy drinks and other flavored beverages are useless to your body and will only create more health problems.

### Healthy Tip:

**Avoid High Fructose Corn Syrup (HFCS):** When HFCS (also now known as corn sugar) is ingested, it travels straight to the liver which turns the sugary liquid into fat, and unlike other carbohydrates, HFCS does not cause the pancreas to produce insulin; which acts as a hunger quenching signal to the brain. So we get stuck in a vicious cycle, eating food that gets immediately stored as fat and never feeling full. Read all food labels, it seems this poison is in everything!

### Government Chelation Study

The Trial to Access Chelation Therapy (TACT) study finished enrolling on June 30, 2010! We are excited to finish up the infusion and follow-up phases in the next couple of years so we can finally find out the results of this monumental study. Hopefully this will help make Chelation Therapy a standard treatment for heart disease.

### New Study

As a result of the past research we have done on Chelation Therapy and magnesium deficiency and what we learned at our recent meeting of the Recent Advances in Health Medicine and Science (RAHMS) in Cyprus, we will embark on a new study of patient lab and other evaluations which occur during dietary intervention and detoxification with Chelation Therapy. Stay tuned!

To enable you to better understand this newsletter, we offer the following definition of *Metabolic Syndrome*.

Any 3 or more of the following:

1. Overweight/Obesity: waist size over 39 inches for men and over 34 inches for women.
2. Hypertension: Blood Pressure 130 or more over 85 or more
3. Triglycerides of 150 or more
4. Fasting Blood Sugar over 99
5. HDL Cholesterol less than 40 for men and less than 50 for women

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## Office Updates

### Website

Our website is up and running! It's not perfect yet, so if you notice any issues, please let us know. We also welcome any suggestions that might make it better!

### WANTED: Testimonials

We are looking for testimonials to add to our new website. If you'd like to write a short paragraph about your experience with our clinic, we would really appreciate it! We are also looking for patients who would like to be on a list that we could give out to other people who are interested in coming to our clinic. We would give them your first name and phone number and/or e-mail. Thank you!

### New Answering System

We purchased a new phone system and are hoping it will make it easier for you to leave messages for the person you need to reach after hours. If you are calling after 4pm to schedule an IV appointment for the next day, please dial extension 103 when you call in. Also, remember to call by 7:30am if you want to come in for an IV that same day. This will ensure you get added to the schedule. You can also dial 9 for a directory.

### New Baby!

Dr. Waters welcomed his third grand-daughter in May. Becky's little girl, Brooklyn Helene, weighed 8lbs, 4oz and was 21in long. She is a super baby who often hangs out with us in the Clinic. Her big smiles bring us lots of joy!

### Prolotherapy Prices

Prices have changed. Call the office if you'd like the new list mailed to you.



## Metabolic Syndrome

There are so many of us struggling with our weight, loss of energy, cholesterol, blood pressure and with high or low blood sugar that, when we look around, it seems hard to find a person who actually feels well! It appears that ill health, doctoring and the “need” for medications are the rule rather than the exception.

Does this seem normal? Have people always been this sick? Needed so many drugs?

The truth is, the problems we all experience are new to this world. They are modern. They have developed over the last century and have dramatically increased over the last 20 – 25 years.

In my short medical career of 30 years, I have seen diabetes, overweight, depression, Autism, fatigue and hormone problems accelerate in frequency from being somewhat unusual to very common. In fact, it is now estimated that as many as 50% of all females alive today are, or will become, diabetic. This is a trend observed on Indian Reservations where the rate of diabetes and related disorders such as obesity, high blood pressure and cardiovascular disease have gone from virtually unknown in the 1930's to 1950's, depending on the location and

habits of the Reservation, to up to a 90% occurrence in some cases today.

We are now seeing an epidemic of obesity, fatty liver and elevations of blood cholesterol and triglycerides in our teenage children.

Could this be normal? Could this be our lot?

No. There is an explanation. A new paradigm of disease has emerged: Metabolic Syndrome.

The components of this syndrome are:

- Overweight/Obesity
- Elevated Blood Sugar (Diabetes)
- High Blood Pressure (Hypertension)
- High Cholesterol and Triglycerides (blood fats)
- Premature Aging
- Fatty Liver
- Increased Uric Acid/ Gout

and all of these lead to symptoms of fatigue, muscular pain, arthritis symptoms and many complications: circulation problems, kidney failure and neurological disorders (pain and numbness in the limbs, muscle weakness, problems with balance, bladder issues) as well as digestive problems from diarrhea to constipation to loss of control of stool. The PD2i Heart Rate Variability test, which I discuss on page 3, can reveal the presence and degree of nervous system damage, even before symptoms are present in

patients with metabolic syndrome.

Believe it or not, this whole complex of problems is related to a small number of factors which have become part of our modern life:

- Too much sugar and too many refined carbohydrates in our diet
- Not enough fiber
- Inadequate mineral and vitamin content in our processed diet
- Decreased dietary Omega-3 long-chain fatty acids compared to Omega-6
- Almost a complete loss of bioflavonoids, anthocyanidins, flavones and other biologically active plant components and pigments from the modern diet
- A massive influx of new chemicals, numbering over 80,000 in the past century, and toxic metals such as mercury, lead, cadmium and arsenic into the environment and therefore into the human food chain.

The bad news is that modern humans worldwide are suffering from the degenerative diseases listed above.

The good news is we now have the ability to both:

1. Identify the biochemical components of these syndromes through laboratory testing.
2. Intervene and correct these imbalances through dietary changes, nutritional

supplements and lifestyle alterations such as exercise.

Next we will talk about the exciting new, non-invasive test mentioned above that can reveal imbalances in a persons nervous system that occur as a result of metabolic disturbances caused by modern diet and lifestyle.

What can you do?

Over and above diet and lifestyle changes, we can help you correct other contributors to health problems.

These include:

1. Detoxification of heavy metals with Chelation Therapy
2. Measurement and correction of iron-overload – a major contributor to premature aging and death
3. Advice on sauna therapy for removal of thousands of toxic substances in addition to heavy metals ( we will devote a future issue to sauna therapy)

Call the office to set up an appointment for your PD2i testing, a provocative chelation challenge to assess your toxic metal burden and blood testing appropriate for the correctable laboratory deviations which are the biochemical basis of problems with our health.



## VICOR's PD2i Heart Rate Variability Testing

As we age, obvious changes occur which are visible in the mirror such as wrinkling of our skin and graying of our hair. We lose muscle mass and tend to gain weight. These changes are obvious but not very quantifiable. It turns out that other subtle changes which are measurable correlate with our general health and degree of fitness. One of these is the beat to beat variation in our heart rate (Heart Rate Variability or HRV). When we are young we are highly adaptable. We can move quickly and easily change direction while running. We can increase or decrease our heart rate on demand, and almost instantaneously. The division of our nervous system known as the autonomic nervous system (ANS) is fine tuned

to allow us to adapt to changing conditions by increasing or decreasing our heart rate, blood pressure, breathing rate, secretion of digestive enzymes, peristalsis of the intestines, bladder output and other actions of which we are not even aware. This ANS system is divided into Parasympathetic and Sympathetic which act in concert to regulate all body functions. Chinese and other

Eastern Medical systems refer to these as yin and yang.

As we age and become less fit, our ability to appropriately alter our heart rate to different physiological needs becomes less effective. Because the measurement of heart rate is readily obtained via the EKG, it became of interest to cardiologists and mathematicians as a variable that might be used to measure health status. Computers with their processing power and speed have enabled the development

The PD2i Analyzer™ produces results which can be interpreted by your physician as to the presence and severity of autonomic dysfunction and guide patient and doctor alike in life style, medication and other interventions.

of algorithms and sophisticated mathematical analysis to demonstrate our state of balance graphically and numerically.

Computer processing of the variation in heart rate can now be

easily performed to show a patient's state of health and fitness. It turns out that interventions can be made to improve one's state of health, which then can be reflected in the PD2i measurements. These interventions include:

- changes in diet
- exercise
- lifestyle alterations
- changes in medications
- use of nutritional supplements

Waters Integrative Health Center has acquired a device created by Vicor Technologies of Boca Raton, Florida called the PD2i Analyzer™ that can measure your HRV and guide us in helping you improve your health. All new patients are advised to undergo this testing and have follow-up measurements as appropriate throughout their course of care at our Center. Diabetic patients are especially at risk for damage to the autonomic nerves which results in symptoms such as numbness in their legs and feet (peripheral neuropathy), large fluctuations in blood sugar of which they may not be consciously aware, digestive problems, impaired sweating, visual issues, urinary incontinence, and sudden death from cardiac arrhythmias. The later constellation of medical complaints is a leading cause of death and disability in the United States and other developed countries.

The PD2i Analyzer™ produces results which can be interpreted by your physician as to the presence and severity of autonomic dysfunction and guide patient and doctor alike in life style, medication and other interventions. In some cases the results may recommend an evaluation for the appropriateness of a cardiac pacemaker or other cardiologist interventions.



Symptoms and conditions which may be at least partly explained by autonomic disorders and therefore documented with VICOR's PD2i Heart Rate Variability testing include:

- Chronic Fatigue/Fibromyalgia
- Fainting Episodes
- Migraines
- Rapid Heartbeats
- GERD (Reflux/heartburn)
- Post-traumatic Stress Disorder
- Menopausal Symptoms
- Anxiety
- Sleep disorders
- Irritable Bowel Syndrome
- Sexual dysfunction in men and women
- Light sensitivity
- Asthma
- Hypertension
- Morbid Obesity

If you are interested in having a PD2i Analyzer™ test done on yourself, please call the office to make an appointment with Dr. Waters to discuss this test and have it done the same day. The test takes about 30 minutes and costs \$92—time and money well spent to help you live a long and happy life. You can visit the website: [www.vicortech.com](http://www.vicortech.com) to learn more.



# Waters Integrative Health Center

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## Reminders...

**Note: Please call ahead for appointments with Dr. Waters—we do not make same day appointments and often his schedule is booked for at least 3-4 weeks.**

### When do I need an Office Visit or Phone Call?



#### **If you are on prescription medication from Dr. Waters, you must come in to the office at least once per year**

- Bring laboratory testing with or be prepared to have it drawn

#### **If you need a change in and/or a new prescription**

- Changes in and/or new prescriptions will not be made through the staff

#### **If you have complicated questions or want to make changes in treatment plans**

- Our staff can not relay information between doctor and patient

#### **If you have new test results or new information to share with Dr. Waters**

- This includes any testing or scans, etc. done at our facility or by another doctor. Dr. Waters will not be able to review this information for you until your scheduled appointment

### What Should I Bring to My Office Visit?

To make better use of your time with Dr. Waters please bring: \*ask us to send you a helpful form or download from website

- List of questions/concerns
- List of current medications/supplements including exact ingredients and doses
- Copies of any current laboratory testing done by another doctor
- A food diary for the week prior to your visit

Note: extensive medical records that you wish to discuss should be copied and mailed here prior to your scheduled appointment ~ make sure you book enough time when making your appointment

### Cancellation Policy

*Dr. Waters' Services:* notify us at least three (3) business days prior (Office Visits, Prolotherapy, ECP, etc.)

Cancellation Fee: **Full Price of Service**

*IV service:* notify us by 7:30am the day of IV (Chelation, Vitamin C, etc.)

Cancellation Fee: **½ of IV cost**