

# Waters Integrative Health Center

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## "If I knew then what I know now"

How often do we say this? All the time! It also applies to our health. As children we learn from our parents...as teenagers, we rebel and eat lots of junk food...in our twenties, we are still invincible...our thirties creep up and we might start thinking about our aches and pains...by the time we reach our forties, fifties, sixties, the damage starts to take hold. What the heck do we do about it?? Well, the best thing would have been prevention. So you younger ones reading this...you better learn from it! If you are reading this and feel like you are beyond repair, think again! It's never too late to start thinking about our health and really taking care of ourselves! In this newsletter you'll read about testing to find out about some really cool risk factors for DIS-ease and how Dr. Waters can help you get back on the road to quality life! Then you can help your loved ones learn about what they can do to take care of themselves so they won't have to learn the hard way. Invest in your health!

## Healthy Tip:

**Low Glycemic Load:** We've all heard of low-carb diets and low glycemic index, but scientists have now discovered we should be watching the **glycemic load** of the foods we eat. You can read about this in a book by Rob Thompson, M.D. called *The Glycemic Load Diet Cookbook*. He explains how sharp rises and falls in blood sugar are effecting all of us and eventually leading to insulin resistance and then diabetes. The biggest thing to remember: Stay away from starchy solids (all grains, rice, potatoes, corn...) and sugary liquids (sweetened sodas and teas and all fruit juices). Your body was not designed to digest these substances and will immediately turn them into glucose (sugar), which then turns into fat. If you stay away from them, you will feel better and most likely lose weight too! Bonus!

*\*Read more about blood sugar on page 4...*

## Upcoming Lectures

Dr. Waters is giving a couple lectures this summer...

He will discuss the topics of this newsletter in more detail and of course answer questions!

June 23, 2011 ~ 6:30pm

at

**Hotel Mead**  
451 E Grand Ave  
Wisconsin Rapids, WI 54494  
715-423-1500



August 11, 2011 ~ 6:30pm

at

**Best Western**  
2701 Cty Rd CX  
Portage, WI 53901  
608-742-2200

*We are also planning lectures in Madison and LaCrosse this Fall. Stay tuned!*

## Inside this Issue

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## Office Updates

### CLOSED

We will be closed beginning on June 2nd and reopen on June 7th. Dr. Waters will be out of town with his daughter Bayley to celebrate her high school graduation.

### WANTED: E-mails

We would like to compile an e-mail list for all of our patients. It would make it easier to keep you up to date with information about the clinic in-between newsletters. If you'd like to be on the list, please e-mail us at: [info@watershealthcenter.com](mailto:info@watershealthcenter.com) with CONTACT E-MAIL LIST in the subject line. We will not share your information with anyone.

### WANTED: Testimonials and Referral List

We are looking for testimonials to add to our new website. If you'd like to write a short paragraph about your experience with Dr. Waters and 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 and also the topics you would be willing to discuss, for example Lyme, chelation, hormones, prolo, etc.)

You can send it by e-mail or regular postal mail. Thank you!

### Can't make it to one of the lectures?

If you can't make it to one of our planned lectures, but would still love to hear Dr. Waters speak, he would be happy to come to your neck of the woods if you have a group that would like to host him. Maybe at your Church or a local group that you belong to such as the Lions or VFW. Contact Sarah 1-800-200-7178 or [sarah@watershealthcenter.com](mailto:sarah@watershealthcenter.com)



## Get Rid of the Poisons and Stay Young!

Dr. Waters attended three conferences in the past year that dealt with heavy metal toxicity and iron overload. It is becoming increasingly clear that we all suffer ill effects from even small accumulations of lead, cadmium, arsenic, mercury, aluminum and even iron.

The exact ways in which these toxins cause damage to our bodies is increasingly understood. They cause excessive generation of free radicals, block normal enzyme functions and even contribute to alterations in our genes.

These effects manifest, over time, in the diseases which are becoming epidemic in the modern world – the metabolic syndrome/ diabetes, arteriosclerosis, autoimmune disorders, arthritis and, yes, cancer.

In research work done in our office and presented at the 20th Annual International Conference on Chelation, held for the first time in the USA at Grand Rapids, Michigan, we showed that a series of 10 chelation infusions of Magnesium EDTA given to patients suffering from metabolic syndrome/ diabetes had dramatic improvements in their cholesterol parameters, triglycerides, blood sugar, iron levels and in the function of their autonomic nervous system as measured by our EKG based Heart Rate Variability device (PD2i). All of these patients also stated they felt better as well.

EDTA chelation serves two functions simultaneously – removal of toxic metals and excessive iron and the delivery of magnesium to our cells. It is now known that one of the ultimate causes of hypertension, diabetes and cardiovascular disease is magnesium deficiency at the

level of the cell. This element activates 80% of our enzyme systems, especially those involved in energy production. How many people do you know that can say they have enough energy?

We are now able to accurately measure a number of parameters associated with the common diseases.

First of all, we can collect urine after intravenous infusion of EDTA and other chelating agents, and have a special laboratory measure the levels of toxic metals that leave the body as a result of the chelation treatment. In people who are overloaded with iron, we can phlebotomize (take off blood) at the end of the treatment and lower the total iron burden. This practice alone has been shown to benefit patients with metabolic syndrome, diabetes and atherosclerotic thickening of their arteries.

We can measure various other laboratory parameters that correlate with the presence and severity of various disease and offer interventions in the form of diet, lifestyle and nutritional supplements. The following page lists the different testing we offer that you will be hard-pressed to find through other clinics.

Our clinic is in a position to tell a person what their risk factors are for the variety of diseases we experience and what that person can specifically do to reduce and eliminate those risks. We can detoxify you with chelation therapy and correct the overwhelmingly important factor of iron overload through both chelation and therapeutic phlebotomy.

Come in and find out where you are from a health standpoint and let us help you give yourself the gift of better health and a longer life.

### 10 Great Water Facts

1. Water is absolutely essential to the human body's survival. A person can live for about a month without food, but only about a week without water.
2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
5. For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
6. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
7. Water can prevent and alleviate headaches.
8. Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
9. Water aids in the digestion process and prevents constipation.
10. Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.



## “Cutting Edge” Testing Available

Find out what you need to do!

- **Cardio C-Reactive Protein (CRP)** - This is a measure of inflammation which is elevated in patients with diabetes, autoimmune diseases and cancer.
- **Glycohemoglobin and other measures of blood sugar regulation** - Increases in our sugar levels and inability to turn it into energy is at the root of most of the modern diseases. Sugar attaches to our proteins and alters their functions. Sugar by-products damage the energy producing machines in every one of our cells – the mitochondria.
- **Cholesterol and Triglyceride Particle sizes** - Knowing total cholesterol, HDL, LDL and triglyceride levels does not give the true risk of suffering strokes, heart attacks and other vascular occlusive events. One has to know the number, size and “stickyness” of LDL, HDL and VLDL (triglycerides) to know a patient's risk of accumulation of plaque in arteries throughout the body.
- **Fibrinogen Level** This protein in the blood tells us how “thick” the blood is and therefore vulnerable to blood clots.
- **RBC GSH – Red Blood Cell Glutathione levels** - Glutathione is the premier protector of the body from heavy metals, free radical attack, and discharge of organic pollutant and hormone metabolites into the stool and urine. This central, multi-function molecule represents the “bottom line” as to whether we can eliminate various toxins and therefore protect and repair the biochemical lesions that result in us “getting old.”
- **Erythrocyte Essential Fatty Acid Analysis** - It doesn't matter if you are taking “fish oil”, krill oil, EPA/DHA, flax oil, Omega 3-6-9, MaxEPA, the prescription “drug” Lovaza, cod liver oil or any of the other myriad of essential fatty acid supplements, what really determines how these supplements affect our health is reflected in the levels of EPA, DHA, DHGLA, GLA, their ratios and other fatty acid metabolites in the cells of our body. The “proof is in the tasting of the pudding” or, in this case, an accurate analysis of the concentration of these nutrients in our cell membranes. We no longer need to guess or buy into the promotions of popular websites or supplement company claims.
- **8-OH-Guanosine-A marker of DNA damage** - Writings about “free radicals” and their effect on our health through the damage we sustain are found in the common media, newsletters and even the scientific literature. This damage ultimately results in the complaints and diseases for which we consult physicians. This particular marker can be measured in the urine and gives an indication of just how much damage we are sustaining to our genetic material which translates into risk for heart disease, stroke, autoimmune disease, organ dysfunction and cancer. Elevation of this marker documents that we are sustaining damage to our genetic material from toxic metals, chemicals, poor diet and other sources. Our clinic has published peer-reviewed scientific articles which have shown that a series of infusions of magnesium EDTA chelation reduces this marker of cellular genetic damage as well as a marker of reduction of damage to the fats in our cell membranes. What is important to you is that chelating toxic metals and removing excess iron results in improvement not only in laboratory values but more importantly in how patients feel. After all, that is ultimately what people hope for and expect from medical therapies and that is in fact what we all should use to evaluate whether any treatment is effective.
- **Homocysteine Level** - This level of this amino acid derivative indicates the potential toxicity of what our blood vessel system is experiencing. Increased levels of Homocysteine has been correlated with diseases ranging from diabetes to arteriosclerosis to cancer. As you will learn below, this parameter can be positively altered by the use of what is known as methylating agents including folate, vitamin B12, vitamin B6, and trimethylglycine.
- **Ferritin** - The blood levels of this substance indicates how much iron is stored in our body. While we need iron to live, even a slight increase can damage every structure in our body. Iron is an important generator of excess free radicals which then damage our lipid membranes, proteins in our heart, brain, etc. and our DNA. It has been shown that elevated body iron contributes to heart disease, diabetes, liver disease, glandular dysfunction, and degenerative brain diseases including Parkinson's Disease, Alzheimer's and stroke.
- **Trace Elements - Zinc, Copper, Selenium, Manganese, Chromium** - These elements are all important in activating the enzymes that keep us alive and healthy moment by moment. We are able to measure these and correct their deficiencies.
- **Heart Rate Variability as measured by the PD2i device** - The variability of the time intervals between our heartbeats is highest when we are young and healthy (see previous newsletter from Fall 2010 or go to our website to review it). As we age, the variability diminishes. We become less and less able to adapt to change. This is especially important when considering cardiovascular disease. Half of patients who die from heart attacks die suddenly with no prior knowledge of even having heart trouble. In fact, most of us die from heart rhythm disturbances. The PD2i measurement is able to accurately give an indication of how healthy a person's capacity to control their heart rate and therefore what risk they have for dying suddenly. Additionally, this measurement gives an overall measure of general health and fitness. Studies have shown that patients with poor health and fitness have lower heart rate variability and that health-promoting interventions improve their variability and general well-being. Getting a baseline of this parameter with the PD2i gives us a starting point to work with as we correct all of the laboratory measurements with lifestyle changes, nutrient supplementation and detoxification through chelation treatments.

# Waters Integrative Health Center

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## The Skinny on Blood Sugar

There are dangers in eating refined sugar and starch products, which are those that result from processing of cereal grains and sugar sources such as beets, corn and sugar cane. The intake of these items on a massive scale is related to development of diabetes, psychiatric problems, learning disabilities, heart diseases, ulcers, high blood pressure, and even criminal behavior. These products put severe demands on normal metabolism. What happens to this sugar/starch?

Insulin is secreted by the pancreas in response to carbohydrate intake. When a large rush of easily absorbable sugar is taken into the bloodstream, the pancreas becomes overstimulated and secretes a huge quantity of insulin which in turn causes a drastic drop in the blood sugar. This happens because insulin acts to push sugars into cells where they can be burned or stored depending on present energy requirements. Brain tissues, however, are not responsive to the actions of insulin. The serum concentration of sugar determines the brain concentration, so if it is low in the blood serum it will be even lower in the brain. This is of great importance because sugar is usually the only substance the brain can utilize in its own metabolic processes. Because of this over-secretion

of insulin induced by the excess of blood sugar, the blood sugar level drops and the brain literally starves. This manifests itself in symptoms such as headache, fatigue, depression, palpitations of the heart, hyperactivity. Many different symptoms can occur because the brain is involved and ultimately only the brain "feels pain" or otherwise experiences any situation. So, because of over consumption of quickly available sugar, the body is swimming in a sea of calories which quickly results in a famine for the brain with all its attendant signs and symptoms. Feast or famine – a very unstable situation.

But this isn't all. This lower blood sugar, as well as the associated vitamin and mineral deficiencies, causes a generalized stress reaction in the body which results in an outpouring of adrenal hormones. These in turn attempt to mobilize more sugar from glycogen storage in the liver and even further stimulates the pancreatic insulin release. All this further imbalances the situation and causes a craving for sugar in the patient which then results in more intake. The whole vicious circle is perpetuated and weight disorders frequently result along with progressive vitamin and mineral deficiencies and finally, complete inability to regulate carbohydrates. The later condition is known as diabetes.

Fortunately, this whole sequence is reversible. By adhering to a low glycemic load diet, many

of these problems will vanish. This way of eating should not be considered a diet, but rather the return to a normal human eating standard. It is important for patients to initially consume four to six small meals a day. This will allow a more even flow of sugar into the system. In addition, vitamin and mineral deficiencies should be corrected through the addition of supplements to the diet. At times, amino acid therapy is initiated. Amino acids may normalize the wild swings in blood sugar because they are only very slowly converted to sugar and thus normalize pancreatic insulin secretion. At times, it is also necessary to use glandular extracts or actual hormone replacement therapy for a temporary period in order to allow the failing organs involved in blood sugar regulation to normalize. These organs include the pancreas, adrenal glands and liver.

The most important thing to realize when dealing with blood sugar issues, is that when you feel very low or confused, it is important to simply eat something good – proteins, vegetables and nuts. You will be amazed at how much this will help your condition. If you believe your adrenal glands and/or other hormones might be "out of whack", please call and make an appointment. You will still need to change your diet to get optimum results, but if Dr. Waters can help balance your body chemistry and hormones, it will make your road to recovery even faster!