



WatersBioMed News

Upcoming Lecture ~ Mark your calendars!

Are you tired, overweight and feeling discouraged? The “Standard American Diet” truly is SAD! Over 50% of adult Americans (and an increasing number of children) have diabetes or prediabetes and even more are overweight heading towards being a diabetic. Come learn about why this is plaguing us and what we can do about it. This event is free and seating is first come, first served!

Question & answer following!

at the **AmericInn Lodge & Suites**

550 State Highway 13 ~ Wisconsin Dells WI 53965 ~ 608-254-1700

Friends and family are welcome!

Prediabetic Epidemic—Is this why I’m overweight and tired?

Thursday, May 18, 2016 ~ 6:30pm

Featured Supplement—Metabolic Factors

Metabolic Factors is a natural and synergistic formula for maintaining balanced blood sugar. Through enhanced signaling at the cellular level, this blend of natural extracts and vitamins support healthy blood glucose levels. The unique and effective formulation contains four ingredients provided at targeted doses for maximum efficacy. Alpha lipoic acid (ALA) is a potent antioxidant that supports insulin regulation, glucose utilization, and cellular metabolism. Cinnulin®, a patented 20:1 aqueous cinnamon extract, improves insulin sensitivity and healthy blood lipid levels. Chromium is added to support glucose tolerance factor (GTF) production, a critical component in cellular uptake of glucose.



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We would love to engage with you!

www.facebook.com/watersbiomed



***We will welcome our
new Nurse in May!***

Lisa, a Registered Nurse, is starting on May 15th!

She will be assisting Dr. Waters with his daily patients and answering questions as well as starting IV's as needed. She will be a great asset to the clinic! We are excited!

Follow-up is the Key to Success!

Proper follow-up and open communication are necessary for successful results. Dr. Waters is committed to our clients and requires a high level of commitment in return. The body is complex and always changing so it is very important to make and attend your follow-up appointments with Dr. Waters so he can help you to achieve your goals. We do not want our patients to get discouraged. We are here for you to help you regain and retain optimal health.

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Prediabetic Epidemic—We are all at risk!

How many people do you know that are happy with their weight and energy level? Over the last few decades, the rate of prediabetes and diabetes has skyrocketed. It is believed that up to 50% of adult Americans are prediabetic or already diabetic. If it isn't addressed, this condition progresses. Over time complications set in such as cardiovascular diseases, retinopathy, kidney damage, peripheral neuropathy and a myriad of other problems. Diabetes is the leading cause of blindness and kidney failure requiring dialysis.

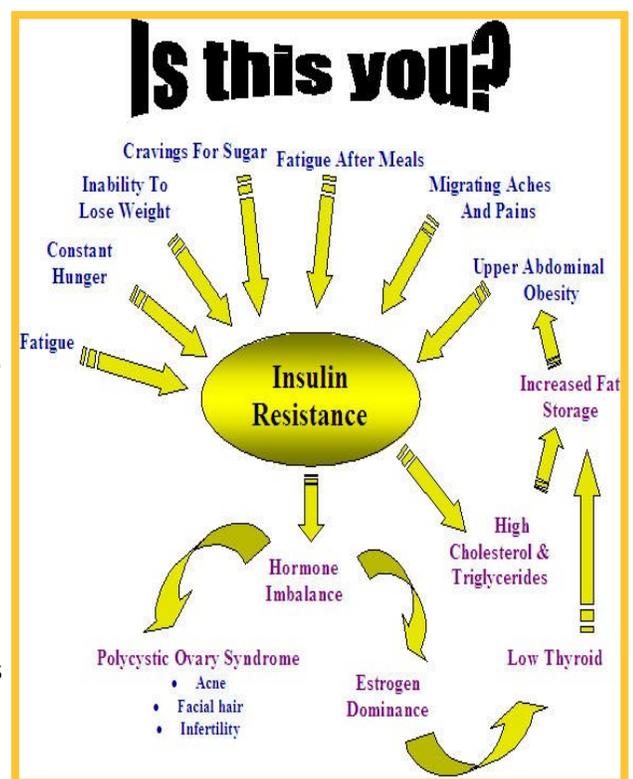
In addition to the serious complications, most people with blood sugar issues have trouble losing weight, have chronic fatigue, their joints and muscles hurt, they often have trouble sleeping and suffer from sleep apnea. Their feet are usually cold and they may have numbness of their feet and difficulty walking due to balance issues. Hippocrates taught that "All disease begins in the gut" and most people with weight issues and blood sugar problems have digestive trouble as well as alterations of the germs in their gut - the virtual organ known as the micro biome.

We now understand the central issue causing the syndrome - food. Before 1951, a very low carbohydrate diet treatment was recommended for all types of diabetes. At about that time, due to political and economic forces, not scientific ones, fat became the culprit in causing cardiovascular diseases. At this point, it is again crystal-clear that dietary sugar and refined carbohydrates are the underlying driving force causing weight gain and blood sugar elevation. More specifically, a high sugar and refined carbohydrate diet causes excessive insulin to be secreted. With frequent spikes in serum insulin, the insulin receptors on

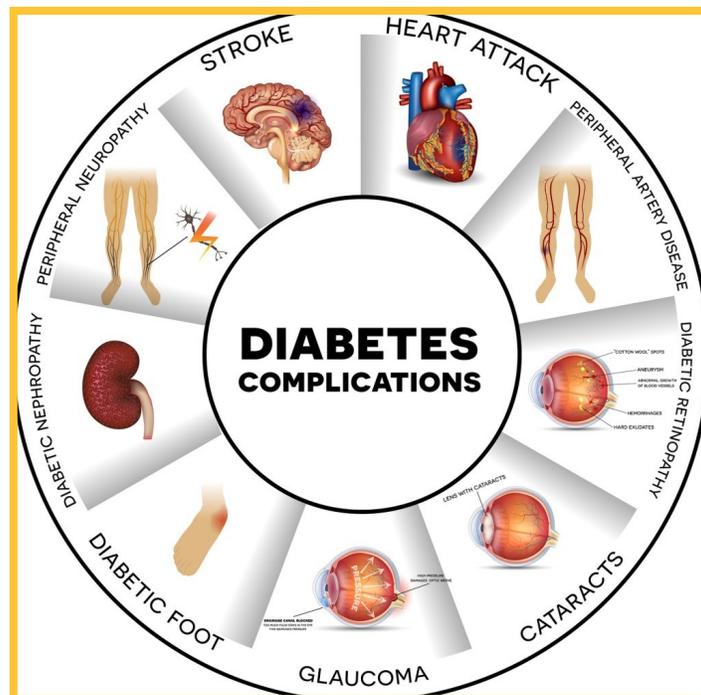
the muscle and fat cells become dull to the effects of insulin. This phenomenon is known as insulin resistance and it is at the core of the epidemics of obesity and diabetes.

Insulin is the most studied hormone in biology. It regulates the control system that keeps us alive – the burning of fuel obtained from food. Under normal circumstances when we eat a meal, the digested carbohydrates are converted into sugar by the gastrointestinal system. It is important to remember that in almost all traditional societies very little refined sugar was ingested. At most it was used as a condiment, such as the use of maple syrup by Midwest Native Americans and then, sparingly. When the surge of sugar from a meal hits the pancreas via the bloodstream, that organ secretes insulin. Insulin then binds to proteins known as insulin receptors on the surface of various cells and sugar is then ushered into the interior of the cells where it is metabolized into energy. Any sugar that isn't burned to make energy is stored as animal starch called glycogen, both in the liver and in muscle. When the glycogen storage capacity is reached any of the remaining sugar is converted to triglyceride fat stored in adipose (fat) tissue. At any one time, we have only about 7 grams of sugar in our bloodstream, which is about 1 ½ teaspoons. That is enough sugar to operate our body for about one hour. Once that is exhausted we have about 2000 calories of glycogen (starch) stored in our liver and muscle. That represents about one day's worth of fuel to meet energy requirements. So clearly, we should be burning fat most of the time. As we dump in as much as 10 tea-

spoons of sugar when we drink a 12 oz. serving of soda, one can easily see why we overwhelm the system and begin to store fat. In addition, most of us don't expend a significant number of calories through physical activity. Our ancestors were active from morning to night acquiring food, making tools and weapons and building their dwellings. So here lies the central problem: We are eating too much sugar and starch. We are making too much insulin and our cells are becoming resistant to it, so more and more insulin has to be produced in an attempt to keep our blood sugar down. Over time the pancreas can't make enough insulin and the blood sugar rises to diabetic levels. In addition, the more insulin the person makes, the more fat is stored. This causes itself insulin resistance, worsening of glucose regulation and finally the doctor advises the patient to go on insulin. While it may reduce your blood sugar, it causes more weight gain. A vicious cycle has been established.



And now for the really bad news. Insulin at high levels, whether it is being made by the patient or is being injected, has many effects besides reducing blood sugar. As mentioned above, it causes weight gain. It also causes microvascular blood vessel disease, the basis of all the complications of diabetes mellitus. Type II diabetics have already been making too much insulin for years before they are diagnosed and they can already be shown to have vascular changes when they are diagnosed. In fact, MRI imaging reveals prediabetics to have brain atrophy. In the case of type 1 diabetes, there is NO such microvascular disease upon diagnosis. It develops later after the patient has been on insulin injections for a while. Many type 1 diabetics are on huge doses of insulin because they too become insulin resistant. And of course, the diet recommended by the American Diabetes Association is not appropriate for either type of diabetes. A normal human being only requires 30 to 35 units of insulin in a 24-hour day. If a type 1 diabetic needs hundreds of units of insulin, they too have resistance to it just like all Type 2s. In addition to the problem of elevated insulin and its effects, chronic, even slight elevation of



blood sugar leads to a process known as glycosylation. This occurs when sugars attach themselves to proteins and cause an alteration in their three-dimensional structure. Structure always begets function. If the head of a screwdriver is bent slightly, it will be difficult to drive in a screw. If it is badly altered, it will be impossible. The process is no different in the body as a result of glycosylation. Proteins are altered more and more over time. These proteins include enzymes and therefore energy production is impaired. Proteins give the body its gross structure, so connective tissue becomes brittle and frayed. They are components of ion channels so electrical conduction is reduced and neurotransmitter function is impaired (leading to psychological and memory issues). In short, the entire body ages prematurely. Additionally, these sugar altered proteins are called AGEs - advanced glycation end products. And as they become even more altered they attain the status of RAGEs - reactive advanced glycation end products. These molecules are part of the basis of much illness and suffering in people with blood sugar dysregulation. With this background, we can now give you the solution to preventing your prediabetes from becoming type II diabetes and thus all the consequent complications. The solution will also improve glycemic control and its complications for people with type 1 diabetes. Dr. Waters has a 3-part solution to this epidemic:

1. Diet: High Fat, Low Carbohydrate, Moderate Protein
2. Nutritional Supplements
3. Intravenous EDTA Chelation Therapy

Dr. Waters will be giving a lecture describing the Prediabetic Epidemic and also explaining in detail each of the three parts to our solution. Why is diet so important? Why are supplements typically safer and more effective than drugs? What is EDTA Chelation Therapy and how can it help?

If you or a loved one are developing symptoms related to blood sugar elevation, fatigued, overweight or experiencing other effects of aging, come and learn more!

On the next couple of pages, we feature recipes for a sample daily menu. Eating high-fat, low-carb does not mean you are sacrificing anything! It's appetizing, flavorful and healthy! Sure, there might be a bit of a learning curve, but your health is worth it!

Featured Patient ~ Fred S.

"I consulted Dr. Waters for energy loss, high blood pressure, chest pressure and out of control diabetes. After changing my diet and undergoing a series of EDTA chelation therapy, I lost 15 pounds, my energy returned, blurred vision disappeared and my diabetes test went from 12.2% down to a normal of 5.7%. I feel better than I have in years."

Symptoms of Blood Sugar Disorders

- Fatigue
- Depression
- Weight problems
- Slow thinking
- Pain
- Numbness

Sausage & Egg Casserole

Breakfast

- 1 lb breakfast sausage
 - 6 cloves garlic, minced
 - 12 eggs
 - 1/2 cup heavy cream
 - 2 cups cheddar cheese, divided
 - 2 tbsp seasonings of choice
 - 1/4 tsp sea salt
 - 1/4 tsp black pepper
1. Sauté garlic in greased skillet
 2. Add sausage and cook until browned
 3. Heat oven to 375°
 4. In a large bowl, whisk together the eggs, heavy cream, half of the cheese and seasonings
 5. Grease a ceramic 9x9 casserole dish. Arrange the sausage on bottom
 6. Pour egg mixture over the sausage. Sprinkle with remaining cheddar
 7. Bake about 30 minutes until eggs are set and cheese is melted



Sausage and Egg Casserole

Notes from Sarah:

- Add your favorite veggies to step one...broccoli, asparagus, cauliflower...
- Eat with a side of fresh avocado



BTA Lettuce Wraps

Notes from Sarah:

- Use as many ingredients as you want/need to feed you and your family
- Don't use regular cheese slices for crackers, they are too thick

Bacon, Tomato and Avocado Lettuce Wraps

Lunch

- Bacon strips
 - Tomato slices
 - Avocado slices
 - Mayonnaise
 - Romaine Lettuce leaves
 - Black Pepper
1. Fry bacon
 2. Wash lettuce leaves and pat dry
 3. Apply a layer of mayonnaise
 4. Arrange bacon, tomato and avocado slices
 5. Top with another lettuce leaf

Cheese Crackers

- ULTRA THIN cheese slices
1. Preheat the oven to 250°
 2. Cut each slice into bitesize pieces.
 3. Line cookie sheets with parchment paper and place your quartered slices on the parchment paper so that they are not touching.
 4. Bake for 35 minutes.



Practice What We Preach

by Sarah, Office Manager

I've managed Waters Center for almost 17 years now. Like most patients, I have some underlying medical issues; therefore I get my lab work done every year, I eat healthy and I take my supplements. In my 20's, I learned about the Atkins Diet (low carb) and pretty much followed it. Then I had a couple of babies....with the first one, I almost failed the glucose tolerance test and with the second one, I was diagnosed with Gestational Diabetes. What?!? I was not overweight and I ate low carb! This just goes to show that anyone can be afflicted with certain diagnoses at any time. None of us are immune to health problems, however, we can do our best to avoid them and their complications. Before the babies, I tended toward low blood sugar; diabetes was something my grandma had. Luckily, my numbers went back to normal after I delivered the baby. However, I knew I would be at higher risk because of having it while pregnant, and I have a family history. We continued to monitor my blood sugar numbers and, low and behold, as I got older, my numbers crept up... Not shocking, but I needed to buckle down and stick to high fat, moderate protein, low carb. Just like I did during my pregnancies, I now control my numbers with diet. I refuse to get diabetes and its awful complications. I just turned 40 and sure, I don't eat the standard American diet; however, I don't feel deprived. I feel great and know that I will be healthy as I age. I love cooking and baking and have adjusted to using recipes that fit this lifestyle. I've put some of my favorite recipes on these pages. Enjoy!

Crispy Coconut Chicken

- 1 cup flaked coconut
- 1/2 cup almond flour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1 1/2 lbs bonless skinless chicken breast
- 1 egg, beaten
- 1/3 cup butter, melted
- 2 tbsp. Dijon mustard, optional

1. Heat oven to 400°
2. Mix coconut, almond flour, salt, pepper, garlic powder in medium bowl.
3. Dip chicken into egg, then coat with coconut mixture.
4. Place in a shallow baking pan
5. Drizzle with melted butter
6. Bake 25 minutes or until chicken is browned and cooked through

Serve with mustard if desired.



Creamy Baked Spinach

Notes from Sarah:

- When short on time, I don't bake this...we eat it right out of the pan!
- You can also mix with chicken or beef and make it a meal

Creamy Baked Spinach

- 1/2 cup butter
- 8 oz cream cheese
- 2 10oz packages of frozen spinach
- Salt, Pepper, Garlic
- Other seasonings..to taste

1. Heat oven to 300°
2. Melt butter in large pan
3. Add 2 packages of spinach
4. Break up and stir
5. Add cream cheese and seasonings, stir well
6. Place in casserole and bake for 45 minutes

For another side dish...steam up some fresh zucchini squash or another veggie of your choice!



Crispy Coconut Chicken

Notes from Sarah:

- You can use more or less seasonings of your choice in the "breading"
- I often use more melted butter too
- I put the dry ingredients in a plastic zipper bag, add the egged chicken and shake!

Supper

Dessert

Grain-free, Sugar-free Mini Chocolate Cupcakes

- 1 C almond flour
- 2 T coconut flour
- 1 T whey protein powder (Vanilla Tera's Whey)
- 1/3 C unsweetened cocoa powder
- 2/3 C sweetener (I used Xylitol)
- 1/2 C melted coconut oil
- 3/4 C water
- 2 eggs
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 tsp. xanthan

Frosting:

- 8 ounces cream cheese, softened
- 1/4 cup butter, softened
- 4 tbsp confectioner's Swerve Sweetener
- 4 tbsp cream, room temperature
- 1 tsp vanilla



1. Preheat oven to 350°
2. In a large bowl, combine all dry ingredients for the cake and whisk them together (almond flour, coconut flour, whey protein, cocoa powder, sweetener, baking soda, baking powder, salt, xanthan gum).
3. Once whisked, add in your wet ingredients: eggs, oil, water and vanilla extract. Using a whisk, stir the batter vigorously until it's smooth and lump free.
4. Fill mini muffin liners (about 30)
5. Place the pan in the oven and bake on the middle rack for approximately 11 minutes, or until cupcakes are firm to the touch (just barely) and an inserted toothpick comes out clean. Cool completely.
6. Make frosting by creaming together with an electric mixer until it is light, fluffy and lump free.
7. Frost cooled cupcakes.

Check it out—New Low Carb Café in Madison!

What has Kory (our former Nutritional Counselor) been up to? A lot! He joined his Fiancée, Melanie, at her established food cart and catering business last October. On April 3rd, they opened their low carb cafe!

Good Food is a low carb cafe, 2 food carts, and a full catering service in Madison, WI, established in early 2010. Serving you healthy and delicious real food is their mission. They specialize in delicious low carb salads, lettuce "tacos", wraps, and soups. Also at the cafe: Hot Zoodle Bowls, Appetizers, Chicken Wings, "Fathead Flatbreads", Just Coffee, and a couple desserts.

Low carb? What? YES! The company went LOW CARB in early 2017 because they think it's the best way for people to eat. See our website for more info! www.goodfoodmadison.com

Dr. Waters agrees...low carb, high fat is the best way to eat...as discussed in this newsletter. Check them out if you are in Madison. Tell them Doc says hi!

Low Carb Cafe: 4674 Cottage Grove Rd, Madison
Good Food Cart 1: near 33 E Main St, capitol square
Good Food Cart 2: on Library Mall (Lake St & State St)
Carts also available for private parties & special events
Catering: Tell us what, where, and when!

Upcoming Lecture! See page 1 for details



*Congratulations
Kory and Melanie!*



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