



WatersBioMed News

Goodbye to 2020! What did we learn?

One thing we should all take away from 2020 is that our health should be our number one priority! When was the last time you had your laboratory numbers checked? Talked to Dr. Waters about your diet and gut health? Are your zinc and vitamin D levels at therapeutic levels? There are always going to be viruses, bacteria and other blows to our health. Our health should not depend on pharmaceuticals; it depends on our immune system.



Featured Supplement—Fermented Black Garlic

WHAT IS BLACK GARLIC?

Black garlic is ordinary garlic that has gone through a high heat, long duration, fermentation process. After the fermentation, the garlic is aged for a long period, which allows the sweet flavor to become richer. The garlic is fermented as a whole bulb, and when it emerges from the fermentation process it has changed color, texture, taste, and has completely different uses when compared to regular garlic.

WHAT ARE THE BLACK GARLIC HEALTH BENEFITS?

The fermentation process changes many of the chemical components within raw garlic. The chemical reaction renders high levels of S-allylcysteine. The oxygen radical absorption capacity (ORAC) value is approximately twice that of fresh garlic. According to research, black garlic has been shown to lower blood pressure, cholesterol, and help with insomnia.

ALLICIN & SAC!

The reaction that occurs during fermentation changes many of the chemical components within raw garlic, converting the antioxidant Allicin into potent and stable S-Allyl-Cysteine (SAC), doubling the antioxidant capacity!

ANTIOXIDANT-RICH "SUPERFOOD!"

In addition to SAC, antioxidant-rich micronutrients like polyphenols are found in black garlic at nearly twice the levels found in fresh garlic! Other polyphenol-rich foods include cloves, flaxseed meal and ginger.

HEALTH BENEFITS!

The high antioxidant content in black garlic can be supportive of the immune system, the cardiovascular system, and a healthy blood pressure. It can also support healthy levels of cholesterol and reduce oxidative stress resulting from aging. These sulfur compounds are also chelating agents that bind and remove mercury.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Dr. Waters is writing a book! He needs help with dictation and editing? Do you know anyone?

Email: info@watersbiomed.com



Ask us about the Cologuard test!

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.

Inside this issue

Overload	2-3
HCG weight loss.....	4-5
Allergies, Infections.....	5
Recipe	6

Overload

The world in which we live has changed dramatically in the past 130 years. Autopsy data in England revealed that in 1888, cancer as a cause of death approximated 2%. It is now 10 times that. What happened?

In 1888, ALL food was organic, there were no synthetic fertilizers, the 80,000 new chemicals we have synthesized since that time had not yet been unleashed into the global environment. There were no synthetic herbicides, insecticides or fungicides sprayed onto crops. Food was minimally processed.

However, things started to change. The steel grain mill was invented in the late 1800's and largely replaced the stone mills that ground grain into meal for bread making. The new mill allowed the endosperm (starch) to be separated from the germ and chaff (fiber) of the grain seeds thus drastically reducing the vitamins, minerals and essential fatty acids in the remaining white flour.

Then, in order to give vegetable oils a longer shelf life, hydrogenation was invented. Raw oils pressed from corn, sunflower and other seeds is heated to very high temperatures with copper and nickel catalysts added and then hydrogen gas is bubbled through the mixture in order to break the high energy bonds in these fats and thus render them indigestible to bacteria. Unfortunately, this process also produces altered fatty acids called trans-fats. It

has been known since 1950 that these unnatural products of vegetable oil processing were toxic to animals. It took the Federal government almost 70 years to admit that and outlaw their use in our food supply.

By early part of last century, the chemical industry proliferated and flourished. All manner of synthetic substances, never present before, were added to food and used in 1000's of

products. Very few of these new chemicals were ever tested for safety on animals or humans.

Next, the chemists directed their attention to producing molecules for specific human use – drugs. Up until that time, most medicines dispersed by physicians were derived from herbs. This transition occurred between the 1890's and 1920's. Before that, the drug companies of today were mostly textile dye companies.

The production of drugs accelerated after WWII and has become the chief focus of medical practice. The drugs themselves have become a major source of toxic load on the human system. Even if a person is not taking drugs, they are ingesting them in the water they drink, since water treatment processes are not able to remove them from water coming in to be purified for consumption by humans. Toxic metals like mercury, are flushed into the waterway by toilets millions of times a day. Every person with mercury amalgam fillings discharges mercury from their fillings as

they chew and it is swallowed and exits the body from the urine and stool.

In addition, governments poison the water supply with chlorine and fluoride. In Europe, ozone and filtration is used to purify and sterilize water so one can actually drink the tap water safely there. Fluoride isn't used in tap water.

Antibiotics, while they initially produced some miraculous cures, have become vastly overused. As predicted by Dr. Alexander Fleming when he announced the discovery of penicillin, "The bacteria will become rapidly resistant to (antibiotics)." They have, and new, even nastier, strains of bacteria have emerged. Increasingly, there are no antibiotics presently in existence that are effective against these germs.

Of course, the number of automobiles and other devices with internal combustion engines has increased dramatically as the population increased and became affluent, demanding labor-saving devices. This has resulted in massive discharge of hydrocarbons, carbon monoxide, and for a number of decades of last century, lead. Factories spew out soot and toxic metals which gravitate from the air and are incorporated into the ecosystems of the Earth and find their way into the human body via air, water and food. Examination of hair and bone tissues of New World Native people who died before the European invasion of the 15th century, reveals that the average American has 700 times the lead in their skeleton as these natives did! All of us have a significant toxic metal burden, and scientific research has demonstrated that there is no safe level of lead, cadmium or mercury – even tiny amounts negatively affect multiple body systems.

The bottom line is that we are overloaded with toxins from our intrauterine life to our, increasingly, illness-dominated old age. Our job here at Waters Center for Biological Medicine is to help you reduce the load of toxins and disorders related to digestive and endocrine dysfunction that result from our toxic environment and add to our suffering.

Overload *continued...*

Along with the food becoming increasingly denutriented over the past century; numerous chemicals are added to food. Pesticides and herbicides are taken up by food plants and bioaccumulate in humans and animals. On top of all of this, genetically modified food was introduced in the past 25 years. At this point, almost all of the soybeans and corn contain herbicide resistant genes – in particular, for glyphosate (Round-up, et al.) This allows farmers to spray large amounts of it on crops to kill weeds. The industries that produce GM products along with our Federal Government that allowed them on the market, claim that GM food and in particular, Glyphosate, is safe. An accumulating body of research indicates this isn't true. In fact, the WHO has listed Glyphosate as a probable carcinogen. The European community is effectively stopping its use in food production. In the USA, almost everyone's urine reveals exposure to this agent. It is just another straw added to the failing camel's back of our health.

At the turn of the 19th century, exposure to electromagnetic waves was limited to sunlight, cosmic rays and lightning. Now, through a myriad of inventions, the electromagnetic spectrum to which we are exposed has filled in – from millimeter waves at airport security, mobile phones, cell towers, x-rays, microwave ovens, radar, radio waves (AM & FM), television sets, computers, electrical transmission lines, etc. There is developing evidence that the different frequencies and intensities of these energies are adding to the "total load" contributing to human illness.

Even our homes are sources of toxic load. Our beds contain on average, 2 million dust mites who ingest our dead skin and defecate enzyme-laden stool to which we can develop allergies. In the Midwest, houses frequently contain molds and mildew as a result of moisture. One can become allergic to these fungi and some of them manufacture specific mycotoxins (ochratoxin, gliotoxin, trichothecenes, etc.) that can cause serious neuro-endocrine issues. Various cleaning products and cosmetics contain toxic substances that add to the total load that brings down our health. In some cases, we will recommend an indoor pollution consultant to evaluate your home for mold, volatile organic pollutants and other chemicals and even EMF pollution ("Dirty Electricity" and EMF from electrical transmission lines, cell towers, etc.) Of course, we can be reactive to our pets and thankfully, we have a method called Low Dose Antigen Therapy (LDA) to alleviate animal dander reactivity (and many other allergens) even while you keep your pets (we have learned that virtually no one will give away their dog or cat just because they are allergic – thankfully we can help!)

The bottom line is that we are overloaded with toxins from our intrauterine life to our, increasingly, illness-dominated old age. Our job here at Waters Center for Biological Medicine is to help you reduce the load of toxins and disorders related to digestive and endocrine dysfunction that result from our toxic environment and then add to our suffering.

The overload needs to be reduced piece by piece:

Endocrine Hormone Deficiency - Intestinal Dysbiosis / Leaky Gut - Electromagnetic Pollution - Environmental Reactivity - Autoimmune Processes - Processed Food - Food Allergies - Heavy Metals - Infections - Drugs

Each of these health-robbing forces can be dealt with safely through natural therapies and life-style changes. As the components of the overload are reduced, the patient becomes more tolerant of the remaining toxins and dysfunctions. Their symptoms subside, and their energy improves. Treating patients in a systems approach is like putting together a puzzle. As more pieces fit into place, it becomes easier to finish the puzzle. As more members of the Total Load affecting the patient are removed or altered, health returns.

Let us help you reduce your total load and prevent a cave in!

What can we do to prevent Overload?

Dr. Waters offers many modalities to prevent Overload!

- Monitor your risk factors with proper laboratory testing
- Supplementation tailored to your specific needs
- Immune boosting ozone, UV and vitamin IV's
- Detoxing with Chelation Therapy IV's
- Low Dose Antigen Therapy (LDA) to reduce environmental and food reactivity
- Eating clean and healthy to support healthy weight and strong immune systems



Spring is a great time for a new you!

HCG! Reset Me!

Reset Metabolism! Lose Weight! Prevent Aging! Boost Immunity!
Your Health Depends On It!

When I was in Grammar School in the 1950's – 1960's, almost all of my classmates were lean. Only a few were overweight, none were "obese." In recent years, at least 67% of adults are considered to be overweight or obese by the CDC. I was very lean and yet I ate enormous amounts of sugar and other carbohydrates – candy, baked goods and soda pop. What has gone wrong?

This would require a long and complex discussion involving endocrine disrupting chemicals, some of which are known as "obeseogens", genetically modified cereal grains, processed foods with multiple food additives for "taste enhancement", texture modifications, preservatives and the contamination of food with pesticides, especially in the past 30 years with the herbicide glyphosate. The use of this toxin is ubiquitous, especially on corn and soybeans (which is a large component of our processed-food diet today). It has been shown to disrupt the microbiome, the bacteria in our GI tract. Our microbiome has clearly been shown to regulate our metabolism and thus our body weight.

Many people report that they are unable to lose weight despite very great caloric restrictions. It is obvious that their metabolic calorie burning machinery is blocked. They can't get out of first gear. When we can't burn calories, we not only gain weight, but we also don't turn our food into energy. Most people struggling with body weight issues are also tired. They usually have many other symptoms. Muscle aches, joint pain, brain fog, lack of motivation and even depression.

The same Americans that struggle with excess weight have been shown to suffer from "metabolic syndrome" – pre-diabetes or actual diabetes, high levels of fat in their blood and high blood pressure. It has now been demonstrated by 1000's of scientific studies that people with weight issues are also experiencing systemic inflammation. This not only manifests with pain, achiness, fatigue, etc., it also dramatically increases the risk of heart attack, stroke, kidney disease, blindness, neuropathy and even DEMENTIA.

The environment we live in has changed our metabolism. In 2010, I went to Boston to study with a cardiologist, Richard Delany. I went there to learn more about blood lipids and how to treat it without drugs, but Dr. Delany brought up a method to improve the metabolic issues in people with weight problems. He said he was using the HCG (Human Chorionic Gonadotropin) diet of Dr. Albert TW Simeons, an English doctor who found a treatment for loss of the ability to burn fat.

I was familiar with the approach because I worked for an MD in the early 1980's who used the HCG diet in his practice. I remember that it worked – the patients lost 20-30 pounds in 4-6 weeks on the program. I said to Dr. Delany: "Anyone can lose weight on a 500-calorie diet". He answered: "Yes, but what happens when they go off the diet?" I said, they gain it back. He then explained that when the 500-calorie diet is implemented with injections or sublingual drops of HCG, he discovered metabolism is corrected and it is far easier to maintain the weight loss.

Before very much was known about how body weight and hunger are regulated by the region of the brain known as the hypothalamus, Dr. Simeon made some astute observations about the causes and treatment of obesity. He was a well-trained endocrinologist in London and then studied tropical diseases at the school of Tropical Medicine in Hamburg Germany and later in Switzerland. He was a true humanitarian and decided to go to India in 1931 to try to learn more about why people got ill. Of course, he found an abundance of malaria and leprosy there. He pioneered the use of an anti-malarial drug known as Atebrin and published 15 peer-reviewed papers on malaria and other subjects.

He stayed in India for 18 years and while there he was presented with cases of young boys with Froelich's Syndrome – also known as Adipogenital Dystrophy.



These boys present with obesity, atrophy of the testicles and delayed puberty. Their urine reveals decreased levels of pituitary hormones. They were treated with extracts of animal pituitary glands and later, when it was available, injections of HCG. This resulted in reduced appetite and weight loss as well as completion of sexual development.

Since HCG is made in great quantities during pregnancy (the urine pregnancy test is in fact based on measuring HCG in the urine), Dr. Simeons wondered whether HCG had something to do with the burning of calories. He found that in women, fat accumulates around the center of a woman's body. Perhaps this distribution serves the purpose of creating an energy depot in an area logistically available to a growing fetus. He also reasoned that HCG might serve to shunt calories from storage sites in the mother to her bloodstream and then cross the placental barrier to nourish the baby. He noted that the obese boys suffered from central obesity and after small doses of HCG, lost fat in those areas. He decided to employ diet and HCG injections to treat adults with abnormal fat stores. He left India and opened a Bariatric Practice in Italy. After accumulating experience in treating obese patients he wrote a book: "Pounds and Inches."

His work is the basis of the HCG weight loss program in use today around the world. We decided to introduce this therapy at Waters Center for Biological Medicine. We have seen this approach to be highly successful almost 100% of the time, when followed properly.

Stay tuned for more information! We hope to offer this plan sometime in April!



Allergy Season is Here!



Spring is here. Mold is proliferating and plants of all kinds will be releasing their pollen. Here at Waters Center for Biological Medicine we are using a comprehensive approach to alleviate allergies. This includes Nutritional supplements, herbs and Low Dose Allergen (LDA) treatment. LDA uses very tiny, and thus totally safe, doses of an array of extracts of pollens, molds, fibers, danders/hair, dust mites and chemicals that are given either into the surface of the skin or by sublingual drops to train your immune system to "cease and desist" its inappropriate reactivity that is making you congested, scratch, sneeze, wheeze, tired, achy, foggy and even explains headaches. We even had a young woman report her dyslexia went away after one dose!

The preparations also include food extracts that often reverse food sensitivities.

The treatment requires no allergy testing and is administered at 8-week intervals. Results from doctors' offices around the world, including ours, share that at least 80% of patients treated experience benefits from this treatment – usually within 6 months.

If you or a loved one experience symptoms of allergy, food sensitivity or unexplained symptoms that have not improved with other interventions, LDA has a real possibility of helping. It will also lessen the "Total Load" that is damaging your well-being.

A Safer Treatment for Infections



A recent article in the journal *Science*, reported that when antibiotics are given to patients with Crohn's Disease, an overgrowth of fungi prevents healing of the inflammatory lesions in the patients' bowel. Of course, we have all experienced oral or vaginal candida overgrowth or GI disturbances after a course of antibiotics for an infected tooth or strep throat.

There is a better way! Our immune system uses oxidation to kill both bacterial and viral invaders. We can duplicate these immune strategies through the use of high-dose vitamin C infusions along with major auto-hemotherapy which is adding an oxygen-ozone mixture to the patients' blood and reinfusing it.

Over the last 35 years, we have used these therapies to successfully treat strep throat, mononucleosis, shingles, influenza, bronchitis, abscesses and even gangrene.

If you feel like you are coming down with a viral or bacterial infection of any kind, call our office to find out how to get an appointment to come in for intravenous oxidative treatment.





LOW CARB CHICKEN FAJITA SOUP

- 2 lbs boneless skinless chicken breasts
- 1 cup chicken broth (this is to pour over chicken in slow cooker)
- 1 onion chopped
- 1 green pepper chopped
- 3 garlic cloves minced
- 1 tbsp butter
- 6 oz cream cheese
- 2 10 oz cans diced tomatoes with green chilis
- 2½ cups chicken broth
- ½ cup heavy whipping cream
- 2½ tbsp taco seasoning

Top each bowl with shredded cheese, cilantro, green onions, avocado, and/or sour cream.

Tip: You can also cook a half chicken in the slow cooker. Then shred the meat off of the bones and use the chicken broth for the soup!

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1. Cook boneless skinless chicken breasts in a slow cooker for 3 hours on high or 6 hours on low in a cup of chicken broth. Season with salt/pepper.
2. When chicken is cooked through, remove from slow cooker and shred. (You can strain the leftover broth for the soup.)
3. In a large saucepan, saute green pepper, onion, and garlic in 1 tablespoon of butter until they are translucent.
4. With a spoon, mash the cream cheese into the veggies so that it will combine smoothly as it melts.
5. Add the canned tomatoes, chicken broth, heavy whipping cream, and taco seasoning.
6. Simmer on low uncovered for 20 minutes.
7. Add shredded chicken, cover, and simmer for 10 minutes.
8. Add salt and pepper to taste. Enjoy hot!

Dr. Waters is writing a book! How can you help? See page 1 for details

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