



WatersBioMed News

Monthly Monday Meet & Greet

with treats! it will be mmm...good!

Dr. Waters, Nurse Lisa and staff will be here to hang out and answer any questions you may have about our clinic, diet, treatments...

Bring family and friends!

3rd Monday of the Month at 5pm

Next one is on Monday, May 21st—hope to see you there!

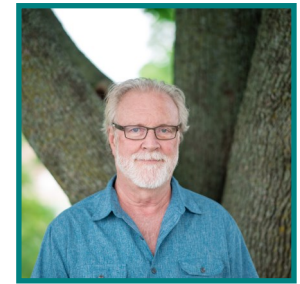
Please call earlier in the day to make sure the date has not been changed.

Featured Supplement—Pancreatic Digestive Enzymes

Hectic lifestyles and overcooked food can make digestion less than optimal. Poor digestion can produce bloating and gas, cramping, diarrhea or constipation, and even food intolerances. Incomplete digestion of food proteins may also be linked to food allergies, and improper digestion of foodstuffs can cause foods to be fermented in the gut, and can lead to the proliferation of “bad” bacteria and yeast at the expense of “good” intestinal bacteria. More complete digestion removes a potential food source for these bad bacteria, allowing for the complete breakdown of food proteins which helps support regular bowel movements.



Pancreatic Digestive Enzymes is a full-spectrum enzyme strategically designed to support each phase of digestion. In the gastric phase, betaine HCl and pepsin prime the stomach, ensuring proper pH to initiate the first phase of digestion. This sets up for the second stage of digestion, the enteric phase, in which high-concentration protease, amylase, lipase, and trypsin are released and activated in the small intestine to ensure proper protein breakdown and fat absorption. This unique blend of high-powered enzymes works to enhance digestion and ensure maximum nutrient intake.



**Happy Birthday
Dr. Waters!!**

Dr. Waters turns 70 at the end of May! Our Meet & Greet on May 21st will be dedicated to him so we'll have a yummy sampling of low carb cakes!

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

- Supplements—Buyer Beware ...2
- Magnet Therapy3
- Recipe4



Supplements—Buyer Beware

From Dr. Waters...

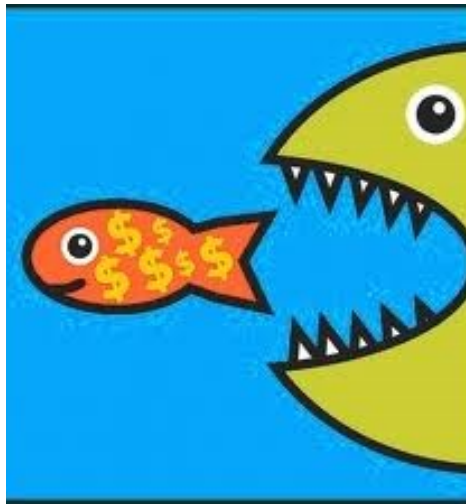
I have been distributing nutritional supplements to my patients as their primary form of medicine since 1983. When I started, I toured the manufacturing factories and examined documents of analysis, storing and country of origin for every product I used. Most of the companies were small and produced very pure, hypoallergenic products. The original manufacturers in Europe and the USA took nutritional supplements (including herbals, fatty acids and amino acids) very seriously. They were pharmaceutical grade materials. I was in fact using these natural products in place of synthetic drugs, therefore it was vital that these products:

- Contained the exact molecules listed on the label
- Accurately listed the exact microgram or milligram quantity of each ingredient
- Contained the minimum of binders and excipients to encapsulate the active ingredients
- Any additive had to be non-toxic and not known to cause allergies

The companies I dealt with had in-house quality control departments that used sophisticated analytical instruments to assure that they were receiving accurate and pure raw materials. It was reassuring to me to know that the nutritional medicines I was prescribing were the best available worldwide.

In the past few years, there has been a consolidation in the health food industry. Large corporations have gobbled up one after another of the small, family held companies. When that happens the large company often finds

shortcuts in their production in order to squeeze out more profits. They buy cheaper, inferior material, often from China. They use undesirable additives. Even worse, the ability to communicate with a responsible owner vanishes. These owners were people that were committed to treating nutritional supplements as real medicine with the same care that the Pharma industry must use, as they are regulated by the FDA.



Gobble Gobble!

Nutritional supplements, however, are not as strictly regulated and as a result, there are many adulterated products on the market. Studies have shown that more than half of Coenzyme Q10 supplements do not contain the milligram quantity of the material that appears on the label. In some cases, there is no active ingredient whatsoever! Omega-3 fish oil products are another area of concern. Many products are rancid and have very small quantities of the active Omega-3 fatty acids EPA and DHA.

The only way to know that you are getting a legitimate product free of adulterants and having the potency listed on the label is to know whom

you are dealing with and from whom they are obtaining the raw materials. We can assure our patients that the natural medicines we sell are the purest, most potent products of their kind available. Without knowing this with certainty, we wouldn't know if we are treating patients effectively.

As a result of our concern about these issues of quality, we have elected to engage only a few companies to manufacture almost all of our products. I know the principals of these companies personally and can vouch for their integrity in finding pure, efficacious material to produce the supplements. We have chosen to cut ties with a number of our current manufacturers due to them selling out to larger corporations. We are in the process of finding replacements for many products from companies that we know and trust.

A lot of effort is spent choosing our products so we can confidently say that we only distribute the best available. Therefore if you choose not to buy our products, we are unable to judge other company's due to a lack of an intimate relationship with them. Despite what other companies (who market products online or in large corporate operations like Walmart or Walgreens) may claim, there is no practical way for us to know that the products are what these sellers claim.

Rest assured, YOUR best interest is our first priority.

Some of the companies we will no longer carry:

- *Thorne*
 - *Douglas Labs*
 - *Pure Encapsulations*
 - *Metabolic Maintenance*
-

PEMF—Magnet Therapy

We live on a planet with a magnetic field, which has an impact on our health. A famous Yale University scientist, Dr. Burr, spent his life proving that disease is preceded by electrical imbalance. Indeed, when a cell is sick, it needs five times more energy than a normal cell. Waters Center helps our patients increase their cellular, and thus total body energy, through modifications in diet, lifestyle, nutritional supplements and oxidative therapy. The name of the game is improving the flow of electrons in the human system.

Electricity and magnetism are vital to life. Every living organism has evolved on this planet under the influence of electromagnetism, and our bodies are intensely responsive to these signals. Although the use of electricity and magnetism has been traditionally used by many cultures for thousands of years, it was long discarded by Western medicine, until now. We are again rediscovering the healing properties of cellular exercise.

A way to promote electron flow, and thus improvement in health conditions, is the use of magnetic fields, also known as PEMF (Pulsed Electromagnetic Field).

PEMF uses pulsed electromagnetic fields to bathe low energy cells in pure, raw energy. Each cell in your body is actually a capacitor, or battery, which holds a charge. Your entire body is electrical and your cells each need a measurable electrical charge to function optimally. In order to maintain good wellness, cells must be doing their jobs. PEMF supports the body's natural abilities to optimize balanced body functions –the definition of wellness.

“The world belongs to the energetic.”

PEMF simulates exercise. It promotes the same responses and benefits that physical exercise produces, without the stress and strain upon your muscles and bone. It re-energizes damaged cells by inducing electrical changes within the cell that restore it to its normal healthy state. Because of this, cellular metabolism is boosted, blood cells are regenerated, circulation is improved and oxygen carrying capacity is increased. Oxygen delivery to our cells is the basis of health.

In clinical studies, PEMF has been shown to reduce pain and inflammation, increase cellular energy production and detoxification, stimulate the body's own stem cell production and heal non-union bone fractures.

Clinical evidence shows that PEMF therapy reduces pain associated with trauma from accidents, sports injuries, surgeries and burns as well as from disease and degeneration. PEMF therapy improves these conditions in many different concurrent ways including mechanical, chemical, electrical and magnetic processes within the cells of the body. The studies reported no adverse effects and reported the following positive effects:

- Reduced pain
- Reduced inflammation
- Increased range of motion
- Faster functional recovery
- Reduced muscle loss after surgery
- Increased tensile strength in ligaments
- Faster healing of skin wounds
- Enhanced capillary formation
- Accelerated nerve regeneration
- Reduced tissue necrosis



Waters Center has the most powerful therapeutic pulsed magnetic device available in the United States. Treatments with this device will enhance all other interventions that we offer at our Center. Remember that all illness is, at its core, related to oxygen utilization and electron flow. These processes allow us to repair our bodies and feel well. Sessions are typically one hour and can be done weekly bi-weekly or even daily depending on the patient's goals and response to treatment.

Want to know more?

Come to one of our Monthly Monday Meet & Greets!
3rd Monday of the Month at 5pm





You can also add other veggies such as spinach or broccoli.

Spaghetti Squash Lasagna with Meat Casserole

- 1 small spaghetti squash cooked
- 1 1/2 cups ricotta cheese
- 1/2 cup parmesan cheese
- 1 large egg
- 1 lb ground beef browned (or sausage)
- 1 1/2 cups marinara sauce
- 1 cup mozzarella cheese

1. Scoop cooked squash out onto a clean kitchen towel. Squeeze out any excess water.
2. Layer drained spaghetti squash strands on the bottom of a 9×9 baking pan.
3. Mix ricotta and parmesan cheese with egg then spread mixture on top of squash
4. Layer meat over cheese mixture then pour sauce over.
5. Top with mozzarella cheese.
6. Bake at 350 degrees F for about 25 minutes.

Tip!

Place whole washed spaghetti squash in a slow cooker and cook on low for 2 hours. Then slice and scoop out the seeds. Shred into “spaghetti” with a fork. So easy!

Find us on Facebook!



New Recipes on Tasty Tuesday!

We would love to engage with you!

www.facebook.com/watersbiomed

Monthly Monday Meet & Greet! See page 1 for details

Waters Center for Biological Medicine

320 Race St ~ PO Box 357
Wisconsin Dells WI 53965

800-200-7178
www.watersbiomed.com

