



WatersBioMed News

Remember! We are all poisoned!

Toxic metals like lead, mercury, cadmium, and arsenic are all listed as members of the top 10 environmental pollutants that if reduced, in the air, water and food of humans on planet Earth, could improve health. We have used intravenous magnesium EDTA chelation therapy for 35 years to reduce body burdens of these poisonous metals. We have seen this treatment improve the symptoms and disease states of patients with cardiovascular disease, diabetes, inflammatory syndromes, autoimmune disorders and other symptoms related to aging.

If we are overloaded with toxic metals, our overall immunity will be compromised. You will read on pages 2-4 about our immune system, both Innate and Adaptive, and how very important it is to make sure your body is in good working order BEFORE a virus or infection hits.

Old Drugs—New Uses ...always look for answers

In my University of Illinois at Chicago Medical School graduating class of 350 there were three young physicians who found new ways to help people using the tools of our God-given biology. Dr. Thomas Hesselink, MD who is a wonderful chemist and an innovator in the treatment of cancer; Dr. Jeffery Dach, who has helped us all learn about the treatment of illness through the use of bio-identical hormones; and myself.

Dr. Dach wrote the “Heart Book” explaining the effects of statins and better ways to deal with heart disease. He recently summarized an approach to a number of difficult-to-treat conditions including peripheral neuropathy and other complications of Type 2 diabetes, “pelvic pain syndrome”, prostate issues, and erectile dysfunction. Along with a life-style and biological medicine approach, he has brought forth the use of testosterone therapy in conjunction with PDE-5 (Phosphodiesterase enzyme-5) inhibitors, which are traditionally used for erectile dysfunction and to improve the central issue in so many cardiovascular and other issues of aging, endothelial dysfunction. These agents can effect resolution of these conditions. I have found scientific studies indicating that this treatment can also help Raynaud’s Phenomenon, a vasospastic disorder resulting in cold, purple fingers and toes often associated with autoimmune and allergic conditions.

**disclaimer: insurance will not cover the medications for off label use. If interested, please discuss with Dr. Waters at your next office visit.*



Upcoming Lecture!

“Aging—Let’s Slow It Down!”

Wednesday,
September 21st
5:00—6:30pm
at

Oak Park Place
800 Waldo Street
Baraboo WI 53913



Clinic will be CLOSED

Monday, August 15—Friday, August 19

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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Are you still suffering after having COVID or a COVID vaccine? You might have Post Infection Syndrome.

The recent plethora of news about viral infections has been unprecedented. Such a scenario hasn't occurred since the AIDS "epidemic" of the early 1980's. The television, radio and print media contain a constant stream of fearful information on Covid, its variants and lately, Monkey Pox. There are also many reports of a post-viral syndrome, referred to as "long covid".

At an ozone therapy meeting in Miami in November 2021, Frank Shallenberger, MD, reminded the audience that post-viral syndromes have been described after a number of viral infections. In 1983, Dr. Paul Cheney published a paper on the "Yuppie Flu" – cases of what was then known as "Chronic Fatigue Syndrome" (CFS) following mononucleosis infections. Since the introduction of the Covid vaccines, many patients and physicians have described a myriad symptoms after receiving the injections.

Many people report strange, new symptoms along with fatigue after having Covid or a Covid vaccine. That is, they never return to their normal state of vigor and zest for life. Their sense of smell or taste is lost; their menses or thought processes are altered; they experience vague neurological symptoms such as tingling/buzzing in their extremities; blurred vision, hearing impairment, vertigo, shortness of breath on exertion; hair

loss/thinning. Various consultations and diagnostic tests fail to come up with a reason for their symptoms.

I believe these new or continuing problems are related to lack of return of mitochondrial function. Without enough energy production, all cells malfunction. This is particularly trying for cells of the nervous systems – both central and peripheral. Neurons use 20% of the oxygen we consume while they represent less than 5% of our body's mass. All disease states are ultimately related to reduced mitochondrial energy production.

In addition, both infections and vaccinations have been implicated as causative factors in auto-immune syndromes.

(Shoenfeld, Y., *et al. Vaccines and Autoimmunity* (2015) as well as *Infection and autoimmunity* (2004). John Wiley & Sons Inc. Academic Press) There are over 75 well-defined autoimmune deficiencies, but it is believed that all chronic illnesses have an autoimmune component. Our approach to treatment of post-covid infection and post-vaccine illness addresses the underlying cause – our immune system is not functioning appropriately.

What do these post-viral disorders represent? Can anything be done for them?

First of all, let's look at how the body responds to invasions by viruses. We have two basic lines of defense against infection by viruses and other microbes. We are born with the first one

ready to go into action, the Innate System. It consists of all the barriers that keep unwanted substances and microorganisms from entering our body – the skin, mucus membranes of the mouth, nasal cavity, lungs, GI tract and genito-urinary system – as well as various cells and proteins. The latter consist of various white blood corpuscles (neutrophils, macrophages, eosinophils, etc.), natural killer cells, complement proteins and coagulation system components. The purpose of the Innate immune system is to destroy invaders and initiate repair of damage caused by the germs and the inflammatory immune response. It is a violent and potentially dangerous protective system.

The Innate Immune System is very robust in infants and children and thus they very rarely die from viral infection (including Covid!) The Innate System weakens as we age and thus we must engage the second line of defense, the Adaptive (or Acquired) Immune System to defend ourselves if the Innate system is breached or inadequate. The Adaptive System uses other types of white cells known as lymphocytes, T-cells and B-cells. These cells secrete various inflammatory proteins – cytokines – which recruit and organize other immune cells and orchestrates a comprehensive response in concert with the cells and proteins of the Innate System and via the B-lymphocytes which secrete antibodies specific to proteins, genetic material and other "PAMP" (Pathogen Associated Molecule Patterns) found on the surface of and inside the invading microorganism. This effort creates a storm of inflammation and is manifested in the patient as fever, chills, redness, mucus secretion, cough to expel

Sometimes the immune system, both Innate and Adaptive, is not adequate for the demands; or often overreacts. That is, the inflammatory response is unable to settle down to a pre-infection state.

Without enough energy, we can neither operate our immune defense systems or repair damage.

the mucus, swelling of lymph nodes and even vomiting and diarrhea – all in an attempt to kill and rid the body of the invaders. Thus, the symptoms we experience during an infection are generated by our immune system, not the germs themselves! No battle occurs without casualties on both sides.

If all goes well, the infection is controlled. The microbes are destroyed and damaged tissue is repaired. We return to wellness and are left with immunological memory of the invaders which allows us to more rapidly detect and destroy the particular germ if it happens to attack us again in the future.

Unfortunately, sometimes the immune system, both Innate and Adaptive, is not adequate for the demands; or may overreact. That is, the inflammatory response is unable to settle down to a pre-infection state. Normally, specialized T-cells known as T-Regulatory cells tap the inflammatory cells on the shoulder and tell them: “Enough, settle down!” If this doesn’t occur, there is a problem that can be worse than the original infection. It is a state called a “cytokine storm.” In an extreme form of this phenomenon, sepsis sets in. This can lead to multiple organ failure – liver, kidneys, hypercoagulation with disseminated blood clotting, muscle and heart damage and even death.

There are two related underlying issues that are usually behind these disastrous occurrences. The first involves pre-existing deficiencies of important nutrients that are needed for a balanced immune response. These include vitamins A and D, minerals like zinc, copper, magnesium and selenium, and antioxidants such as Vitamin C, polyphenols found in fruits, vegetable and nuts – foods are often deficient in modern, processed-food diets. In addition, an integral facet of the immune system – the endocrine glands – weaken with age. This is partly related to the deficiencies I just described. More specifically, the immune cells are dependent on both the deficient nutrients listed above and deficient endocrine hormones. These include thyroid hormones, adrenal hormones, such as cortisol and DHEA (Dehydroepiandrosterone) and the sex hormones (testosterone and estrogen). All of these hormones and nutrients, as well as other dietary substances, are ones we lose the capacity to synthesize as we age. Coenzyme Q10, Lipoic Acid, L-carnitine, and peptides such as the premier antioxidant glutathione, are all vital components of our mitochondrial ATP energy-producing system. Without enough energy, we can neither operate our immune defense systems or repair damage. In addition, many people do not ingest enough essential amino acids and long-chain Omega-3 fatty acids which are the building blocks of all of the molecular machinery discussed above.

The second reason why people don’t recover after a viral infection or injection results from their body already being in a state of hyperinflammation. This may be related to the deficiencies described above or because of a chronic inflammatory state/disease such as an autoimmune disease, cardiovascular conditions, cancer, diabetes, etc. They were simply pushed over the top by the infection or vaccine. No wonder elderly, obese, diabetic people with multiple other “pre-morbid” medical conditions are the ones that die from Covid or at least become very ill, and fail to fully recover from the infection. They are left with chronic fatigue, brain fog, muscle and joint aches, neurological symptoms, vertigo or general disability. However, it isn’t just “old people” as many in their 20’s and 30’s suffer such a fate after Covid or other viral infection; and yes, sometimes after Covid vaccines themselves. My own Father-in-law experienced Guillain Barre Syndrome and became paralyzed up to the middle of his chest after having the swine flu vaccine in 1976. Thankfully, he didn’t require a tracheostomy and eventually fully recovered. I didn’t realize until later that the vaccine and Guillain Barre Syndrome were related. A *60 Minutes* program with Morley Safer brought the situation to light.

I have been successfully treating acute viral and bacterial infections and post-viral chronic fatigue syndrome/fibromyalgia with intravenous oxidative therapies, nutrient repletion, hormone balancing and immune-modification and repairing medications for 40 years. It is important to understand the underlying causes of the symptoms to address and reverse them. They include:

1. Mitochondrial Failure – the primary underpinning of all diseases
2. Endothelial Dysfunction – disordered regulation of the layer of cells lining our entire arterial tree from the inside of the heart muscle to the tiniest of capillaries. Here is where “the tire hits the road.” The cellular interface between nutrients and oxygen supply and toxin removal.
3. Continuing hyper inflammation/autoimmune phenomena

These three issues are interrelated and respond to multiple interventions.

Continued on page 4

Long term effects of Covid and Covid Vaccines are devastating. What can we do?

Persistent symptoms respond to the following interventions:

Intravenous Oxidative therapies such as ascorbic acid (vitamin C) and major auto-hemotherapy with oxygen/ozone. It is possible, for example, to achieve a level of vitamin C 400-fold higher by IV vs oral administration. For a review of the use of ozone therapy in the treatment of infectious diseases written by my colleague Robert Rowen MD, check out my recent blog post at www.watersbiomed.com/blog

1. Improvement of endothelial function with antioxidants, glutathione repletion, correction of magnesium and other nutrient deficiencies.
2. Reduction in systemic inflammation via dietary interventions, antioxidants, off-label use of pharmaceutical agents, including certain anti-viral medicines.
3. Balancing of endocrine gland function.
4. Detoxification, both gastrointestinal and systemic, by correcting the intestinal microbiome and removal of chemicals and heavy metals, through sauna and chelation therapy.
5. Addressing sleep issues, which are so often a component of delayed recovery.

A comprehensive, multi-pronged approach is required to bring a person back to stable health and well-being.

Don't give up on yourself. Don't believe that "long covid" or other chronic, debilitating, degenerative disease is impossible to help. Don't buy the story that your problems are "all in your head" or that "you have to learn to live with it."

With your own will to get well again, the support of your loved ones and our Biological Medicine interventions, you can recover!

Note: You probably know of "Sudden Infant Death Syndrome" (SIDS) or "Crib Death." We are now hearing of cases of SADS or Sudden Adult Death Syndrome. It is often reported in the press as the inexplicable death of a young athlete or previously healthy person. Usually, no explanation is given. There is increasing evidence that the hypercoagulable state (sticky blood) induced by the spike protein, whether it comes from a Covid infection or a Covid vaccine, could be the culprit behind these sudden deaths. Our protocols also address this issue.

Featured Supplements—HiBiotin and NAC

Important Post-Covid Nutrients

There is evidence that the use of high-dose Biotin and the antioxidant NAC (N-Acetyl-Cystine) can be of help with post-Covid syndrome, namely hair loss. The "side effects" of the treatment include improved energy, reduced blood sugar and more youthful skin!

The skin and hair have a very high percentage of cysteine (20%). This sulfur amino acid is the rate-limiting amino acid in the synthesis of the most important detoxification molecule in our body – Glutathione. NAC is a pre-cursor to Glutathione. Biotin is a B-Vitamin and is not stored in the body, so you can eventually become low in biotin if there isn't enough in your diet.

These two nutrients at the proper doses can improve the health of both the skin, hair and nails in post-Covid syndrome as well as the overall aging process.

watersBIOLOGICS HiBiotin 100mg—take 1 capsule daily
watersBIOLOGICS NAC 500mg—take 2-3 capsules daily



Hair loss is one of the biggest post-Covid complaints

Call or email the office to order!

Stress

As if life wasn't stressful enough...then the year 2020 rolled around! We never would have expected the world to be taken hostage by a virus and the subsequent pain and suffering that came with it. People suffered, the economy suffered and our human spirits have been deeply affected. We all need to be aware of the injuries stress has on our health.

Stress comes in many forms

It is now known that all forms of stress may slow the speed of recovery from illness. Stressors may increase the need for vitamins and other nutrients. This results from both increased requirements and increased loss of the elements in the urine. Thus, identifying the sources of stress and reducing the impact can speed wellness!

Unexpected sources of stress

Most people think that stress is due to a job, family and other psychosocial forces. While these are certainly important components in stress-causing factors, other environmental factors include the food we eat, exposure to pollutants in the air and work environment, artificial materials used in rugs, home decor, etc., additives to our foods and beverages, electromagnetic waves emanating from TV sets, computers, cell phones and other electronic devices, financial pressures, lack of rewarding experiences in our work and play, addictive behavior patterns and persistent attitudes and beliefs that do not serve us well and are often acquired during our formative years.

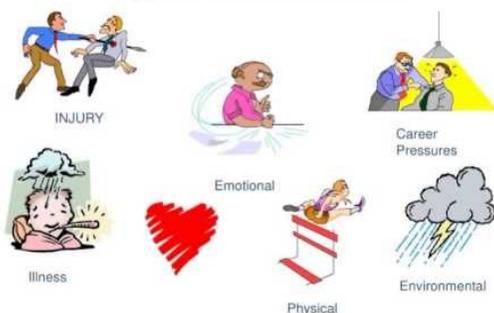
Our approach to assisting your health

Because this Center takes a multifactorial approach in attempting to understand the causes of disease(s), we must take a similar approach to its treatment. The major factors we will help you with in achieving your goals in regaining or improving your health are:

1. A better, more natural diet
2. The intelligent use of nutritional supplements and, in some cases, pharmaceuticals
3. Identification and correction of digestive disorders
4. Elimination of abnormal organisms in the digestive system and other areas of the body
5. Cessation of health-robbing habits (smoking, overeating, etc.)
6. Improvements in physical activity and exercise
7. Identification of the other stress factors coming from the environment and how to reduce their effect

The last category includes forces from both outside and inside the individual: strains on staying healthy come from outside forces such as pollution, traffic jams, and job stresses, as well as, from inside forces such as worry, guilt, perfectionism and those resulting from upbringing, memories of past traumas, lack of goals and direction, misunderstandings of various kinds, and poor self image. No matter the source of the stress, it all adds up and tears down health and the body's ability to fight illness.

Types of Stressors



Diagnosing sources of stress and strategies for relief

Diagnosing the stressors you face can assist proper treatment and hasten your recover. Because of this, we often encourage patients entering treatment to have an evaluative session with a therapist. All of us can benefit from discussing our feelings and needs with someone outside our sphere of relationships—be it our minister, a friend or a trained therapist. In addition, regular exercise and relaxation techniques such as yoga are beneficial in stress reduction.



This recipe is courtesy of one of our chelation patients.

She was so kind and shared the finished product with us!

Flourless Brownies

Wet Ingredients

- 1 jar of almond butter (12oz)
- 2 eggs
- 3/4 cup sugar free "maple syrup" (ChocZero)
- 1 tbsp vanilla

Dry Ingredients

- 1/3 cup cocoa powder, sifted
- 1 tsp baking soda
- 1 cup bittersweet chocolate chips (ChocZero)

1. Mix wet ingredients
2. Mix in dry ingredients to wet
3. Oil an 8 inch pan
4. Bake at 325 degrees for 35-40 minutes
5. Cool completely

Note: you can use any sugar-free syrup or chocolate that you prefer. www.choczero.com is a great resource for healthy, sugar-free chocolate! You could also use pure maple syrup, but the sugar content will go up.

Waters Center for Biological Medicine

320 Race St ~ PO Box 357
Wisconsin Dells WI 53965

608-254-7178
www.watersbiomed.com

