



WatersBioMed News

We have a new name!

As you know, Dr. Waters is unique. He has always taken a holistic approach to his patient's health and is on a constant quest of learning to ensure he can get to the cause of the medical issue and not just mask the symptoms. Over the past year or so, we have added new oxidative treatments and began heavily focusing on the microbiome (gut flora) and our mitochondria (energy producing organelles). If these two important functions of our body are not balanced, the end result is disease. We will discuss more about new treatment approaches, sophisticated laboratory testing and why follow-up is so important to our patients' health. Our goal is to help you regain your energy and improve your immune system, your joints, your brain, your digestive system, your skin...your entire body. In essence, your health. Find out more about our improved approach on page 3 of this newsletter.

Now Offering ~ Nutritional Counseling

To better serve our patients, we have added a nutritional counselor to our staff. As a holistic center, we need to pay attention to diet and nutrition, which is usually never discussed in the traditional doctor's office. The most controllable aspect of our health can also be the hardest to actually control...and can be overwhelming. Dr. Waters does an awesome job of identifying the underlying biological issues of your health, however, often people need individual attention to help with diet and lifestyle changes. We want to make sure all of your questions are answered and you feel like you have access to one-on-one attention in this very important area of your health. Turn to page 2 to read more about Kory Seder, our new Nutritional Counselor.

Upcoming Lecture!

All About Chelation Therapy ~ How it works and why it's good for YOU!

Thursday, November 13, 2014 ~ 6:30pm

at the Clarion of West Baraboo

626 West Pine St ~ Baraboo WI 53913 ~ 608-356-6422

Friends and family are welcome!

Coming Soon...

We are in the process of hiring an Office Support Clerk to answer the telephone. Our small staff wants to give everyone the time they deserve while in the office, however, we also want to be available to you over the phone. The clerk will take supplement orders and schedule appointments. If she can't answer your questions, she will get you in touch with the right person for your needs that day. If we are assisting patients at the time, please leave a detailed message so we can call you back. We are excited to make this addition to our staff so we can serve you better!

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Lecture Topic

Chelation therapy is important for all of us! Everyone is intoxicated to some degree with heavy metals such as lead, cadmium, mercury, arsenic and aluminum. These toxins have been shown to damage enzyme systems and contribute to disease such as cancer, diabetes, arteriosclerosis, chronic fatigue, autoimmune disease, osteoporosis.

Come to lecture to find out more about this safe and effective treatment! You can also make an appointment to talk to Dr. Waters about the effects of your toxic load.



Kory Seder, Nutritional Counselor

Kory Seder comes from a background as a Research Scientist having graduated from the University of Wisconsin with a Bachelors of Science in Biology and Psychology in 2001. He performed 8 years of Biochemistry research for the University of Wisconsin working on a grant with the Center for Eukaryotic Structural Genomics where he performed cDNA cloning and protein purifications. In 2009 he transitioned into the sporting world following his passion for athletics. He obtained certification as a NSCA certified strength trainer and an NCCP certification in triathlon training. This is where Kory's story gets interesting.

Despite doing everything right for his health and eating as close to the guidelines as possible, exercising frequently and maintaining a healthy body composition, in the Fall of 2012 he was diagnosed with Type I diabetes. The diagnosis came in October, two months prior to successfully completing his 3rd Ironman distance triathlon in the top 15% percent of the field. At the time of his diagnosis he learned that his pancreas was failing to produce insulin and that his average blood sugars for the past 3 months, as estimated by his A1C, were 3 times the normal level. This is where his scientific research background came into play. The standard treatment for type I diabetes is to follow the government recommended diet based on grains and carbohydrates and to avoid fat.

The low-fat diet approach is recommended due to the increased risk of cardiovascular diseases for people with diabetes. The amount of carbohydrate recommended would require high doses of insulin, creating a volatile and erratic metabolic environment with increased risks of hypoglycemic events. These risks were compounded by his interests in maintaining a very active lifestyle. It was at this point that Kory started to question the conventional wisdom of the ADA and began researching reduced carbohydrate diets, eventually settling in on a very low carbohydrate ketogenic lifestyle which has proven incredibly successful. Kory is now able to continue all his active pursuits with a much improved stability in his blood sugar and an A1C of 5.1.

The benefits of his new lifestyle have exceeded his expectations and he now finds himself healthier than ever as a result of innumerable improvement in many other smaller yet significant issues that were assumed to be just a part of life. Clear sinuses and improved tolerance to environmental allergies, fewer headaches and improved clarity of thought, improved complexion, increased flexibility, improved recovery from exercise, reduction in inflammation of joints, a further improvement in body composition despite a great reduction in the amount of exercise - each issue seems minor on its own but together they sum to a vast improvement in quality of life. Kory is passionate about health and hopes to help guide members through improvements which they could make to reap these same benefits. Everyone deserves to operate to their best potential. He believes there is more to health than avoiding illness; true health is in the ability of our bodies to perform to the true potential.

The body has an amazing capacity to heal when it is free from the burden on industrial food. The food choices he recommends are surprisingly satiating. Conventional wisdom of will-power, calorie counting and deprivation have failed us. Kory is here to help guide you back to eating like we were designed to eat. Consuming the right food enables the body to heal and increases the success of the treatments offered at Waters Center for Biological Medicine.

Kory's Favorite Treat

Chia Chocolate Pudding

1 can unsweetened coconut milk
4-6 tbsp. chia seeds
1/4 cup dark cocoa powder
1 tbsp. Xylitol
Stir to combine. Refrigerate.

Serves 4 well - 5 minute prep time

Fees & Packaged Sessions

30 minute session for \$50 each

*buy 4 sessions for \$175

~ SAVE \$25

45 minute session for \$75 each

*buy 4 sessions for \$250

~ SAVE \$50

60 minute session for \$100 each

*buy 4 sessions for \$300

~ SAVE \$100

Any current patient of Dr. Waters can make an appointment to see Kory.

“Kory is passionate about health and hopes to help guide members through improvements which they could make to reap these same benefits.”

Changing...for the better!

So the name of our Center has changed...but what does that really mean? Well, let's backtrack a little bit into history to see how Dr. Waters and his approaches have evolved over the years. He began his private practice back in the early 1980's as Waters Preventive Medical Center. Prevention! What a great concept. In an ideal world, prevention would be key to stop illness from even happening. However, there is a lot stacked against us...our environment, our food sources, the 100,000-plus chemicals being used around the world today, etc. In 2004, we changed our name to Waters Integrative Health Center to capture the concept of integrating the traditional world of medicine with the "alternative" medicine community who tend to have a "think outside the box" mentality. Dr. Waters had already been walking that line for many years, so the change in name and focus of our Center seemed appropriate at the time.

Now it's 10 years later and he is still "thinking outside of the box" and merging the many aspects of medicine and healing into a comprehensive approach. Using his background as a trained scientist in genetics and molecular biology, he has always focused on identifying and treating the cause of the disease rather than just masking the symptoms, all while using the most natural approach possible for this treatment. In essence, we are going back to the biological basis of the human body, hence the new name...Waters Center for Biological Medicine.

We are proud to reinvent ourselves again and further focus on treating you as an individual person. Dr. Waters continues to learn and improve his treatment methods. No matter what a patient presents with, our focus is to restore their body to optimum potential. This is achieved by performing state of the art laboratory testing to reveal underlying issues (page 5), transitioning to a health-promoting diet (page 2), restoration of the intestinal microbiome (page 6) and the resuscitation of our energy producing organelles, the mitochondria. Mitochondria? These are the little furnaces in each of our cells. They were originally also called "the power house of the cell" and indeed really are. They represent 10% of our body weight and they contain the enzymes and associated factors (vitamins, minerals, thyroid hormone, cortisol, CoQ10, L-carnitine, *et al*) necessary to turn fats and sugars into energy (known chemically as ATP—Adenosine Triphosphate). When people come to a doctor and say they just don't feel well, they are actually saying "my mitochondria are not working right."

There are many reasons for this but can be grouped into two primary categories:

1. They are missing components of their machinery, such as vitamins, minerals, etc.
2. They are not getting enough oxygen or aren't able to burn the incoming fats and sugars that enter the body via food due to a reduction in Oxygen Utilization.

Oxygen is the basis of Life on this planet. Try holding your breath for five minutes and you will see that this is not a theory. We experience a reduced ability to turn food into energy because we either aren't getting enough oxygen into our little furnaces (due to poor lung function, heart function or poor blood flow related to narrow or inflamed arteries), don't have the co-factors our mitochondrial enzymes and electron transfer assemblies need for resonant energy production, or don't have a critical number or quality of mitochondria. These problems are caused by two main and very common issues:

1. The wrong fuel, which means the wrong FOOD
2. Lack of activation of the mitochondria, which means inadequate exercise

Our goal is to get your energy producing machines up and running again. We will help you correct your fuel intake, encourage you to increase body movement and correct the deficiencies and remove the toxins so your body can restore. We have the knowledge, technology and therapeutic delivery systems to dramatically improve your health, in most cases in a matter of months.

"The world belongs to the Energetic."

Ralph Waldo Emerson
1803-1882

Mitochondria

We chose to use an artist's rendition of what a mitochondrion looks like as our new logo.



What a mitochondrion looks like under an electron microscope:



Dr. Waters' favorite Mitochondrion:

"The Mighty Mitochondrion"



Follow-up is the Key to Success!

Without proper follow-up, there is lack of communication, which leads to failure in the commitment to your health. The body is complex and always changing so it is very important to make and attend your follow-up appointments with Dr. Waters and Kory so they can help you to achieve your goals. We do not want our patients to get discouraged. We want to be here for you, follow-up with you and make sure you stay healthy.

When do I need an Office Visit or Phone Call?

If you are on a prescription medication from Dr. Waters or having IV treatments, you must come in to the office for a lab order and a lab results visit on a yearly basis.

- If you only see Dr. Waters yearly for maintenance, you will need 2 visits, a lab order visit (Level 1) and a visit to review the lab and have a physical (Level 4). Both must be in office.
- Follow-up appointments periodically throughout the year are usually Level 2 visits unless you feel you need more time.

If you need a change in your prescription or a new prescription

- Changes in prescriptions and/or new prescriptions will not be made through the staff over the phone. A Level 1 or 2 visit will be needed.

If you have complicated questions or want to make changes in treatment plans

- As much as we love to help our patients over the phone, our staff can not relay complicated information back and forth between patient and doctor. It's not effective for you.
- Simple questions or clarifications can be handled over the phone or by e-mail (info@watersbiomed.com)

If you have new test results or new information to share with Dr. Waters

- This includes any testing or scans, etc. done at our facility or by another doctor. Dr. Waters will not be able to review this information for you until your scheduled appointment.

*** Extensive test results will not be discussed by phone, you must come in to the office***

Fees for Office Visit / Lab Results / Phone Calls

Level 1 \$100.00 low complexity ~ 0-15 minutes

Level 2 \$200.00 medium complexity ~ 15-30 minutes

Level 3 \$300.00 high complexity ~ 30-45 minutes

Level 4 \$400.00 highest complexity and yearly visits ~ 45-60 minutes

Note: These fees include review of any records before the visit, the actual time spent with Dr. Waters and also any research time he spends on your case. Times are approximate and Dr. Waters will decide what level to charge after the visit. So even if you talked to him for only 10 minutes, it still may be a Level 2 visit depending on his overall time spent on your case.

Packaged Sessions for Dr. Waters and Kory

If you have not been seen for some time and need a jumpstart to your health, we have designed a package for both Dr. Waters and Kory! You will have three consecutive visits. The fee for all three visits is \$900 which is a savings of \$200!

1. Evaluation, lab work and nutritional plan. (1 hour with Dr. Waters & 45 minutes with Kory)
2. About 4 weeks later, you will discuss lab results, begin supplements /medications and further fine-tune your nutritional plan. (45 minutes with Dr. Waters & 45 minutes with Kory)
3. About 2 months later, you will meet again to see how the plan is working. The goal at this visit is to have you well on your way to a healthy, energetic you! (30 minutes with Dr. Waters & 30 minutes with Kory)

Packaged Sessions for IV Treatments

Dr. Waters often recommends a series of IV treatments for his patients. It might be Chelation or other Oxidative treatments. We have designed the following package discounts to help you commit to your health and save too!

Buy 10 treatments for 10% off

Buy 20 treatments for 12% off

Buy 30 treatments for 15% off

Laboratory Testing—Why is it so important?

The laboratory gives all doctors a glimpse into the body's functioning. Data from complete blood cell counts, chemistry, liver function, lipid panels, blood sugar regulation and hormone status (thyroid, adrenal and sex hormones) are commonly obtained for diagnosis. While these tests give an overview of body chemistry, to diagnose and effectively treat the kind of difficult problems patients present to doctors today require more advanced inquiry. Levels of nutrients such as vitamin D, iodine, metallic trace elements, stored iron, essential fatty acids, coenzyme Q10 and intracellular magnesium concentration guide us in restoring the building blocks of our physical body.

Since cardiovascular disease and diabetes are the largest group of disease causing premature death, we use cutting edge measurements to assess your true risk of these diseases. Typical cholesterol panels used today are almost useless in understanding the true risk of arterial disease. We now obtain Nuclear Magnetic Resonance parameters for the number and "stickiness" of LDL and other cholesterol fractions, levels of microalbumin, serum myeloperoxidase and Phosphalipase A2 (PLAC test) to evaluate the degree of inflammatory activity in the vascular system. Fasting insulin is an indicator of metabolic health. Markers of free radical activity and capacity to dampen ongoing damage to biological structures can be meaningful. These include 8-OH-Guanosine (reflecting DNA damage), F2 isoprostane (lipid membrane damage) and Glutathione levels (the most important detoxification agent in the human body). These parameters actually reveal whether the diet and supplements you are ingesting are actually effective in protecting your body's molecular structure. Attention is also directed to the body burden of toxic metals like lead, mercury, cadmium, arsenic, *et al.*, as well as looking at cancer risks. Finally, there is presently, especially in Wisconsin and surrounding States, a virtual epidemic of Lyme and associated diseases which must be addressed as potential causes of many people's health problems. Advanced laboratory testing available at our Center:

Lyme IgG and IgM Western Blots

Performed by the laboratory IGeneX, these tests involve a highly complex visual determination of protein bands, based on their molecular weights and intensities. IGeneX uses multiple negative controls to serve as baselines for comparison to positive responses. Found to be the most accurate testing based on the scientific literature.

Myeloperoxidase

This enzyme is up-regulated in patients with arterial lining inflammation, an ongoing infection and even patients with diseases related to mercury and other heavy metal intoxication. It is imperative to direct diet change, nutritional supplements, and detoxification procedures to bring this enzyme under control when it is inappropriately high.

Red Blood Cell Membrane Essential Fatty Acids

Measures the amounts of Omega-3, Omega-6, Omega-9 and their derivatives like EPA and DHA in the Red Blood Cell membranes. This is reflective of total body content of these important structural and regulatory substances. A person can't get well without the proper balance of these fatty acids in all the cells of our body.

NMR Lipid Fractionation

The standard "Lipid Panel" which measures total cholesterol, triglycerides, HDL and CALCULATES, not measures, LDL is a very superficial look at cardiovascular disease risk secondary to blood fat levels. Much more indicative of real risk are the sizes and numbers of the various lipoprotein particles. Two people could have the same calculated LDL with one of them being at high risk of a heart attack while the second has almost no risk at all. This panel should replace the screening panel in assessing risk from a blood lipid standpoint.

Detailed Endocrine Evaluation

In some cases such as chronic fatigue and symptoms of menopause or andropause (change of life symptoms in males) specific sex hormone determination can add to our understanding of a patient's symptoms and direct proper treatment to the issues.

Red Blood Cell Glutathione Level

The primary antioxidant, metal binding agent and detoxification peptide. When levels are low, we accumulate toxins and can't regenerate antioxidant vitamins (C, E, A, etc.)

CoEnzyme Q10

This vitamin-like substance carries electrons in the mitochondria and contributes to our ability to make energy for life's processes.

Oxidized LDL

It isn't the level of cholesterol in our blood that causes arteriosclerosis but rather the effect that oxidative damage has on the cholesterol carrier LDL. Instead of the LDL delivery cholesterol to the endothelial cells lining our circulatory system, the oxidized LDL initiates the beginning of plaque formation in the arteries.

8-hydroxyguanosine

Free radicals damage all of our cellular structures when they are in excess over our ability to neutralize them. This marker reveals the extent to which our DNA, is being damaged. Oxidative damage to our DNA is the basis for the development of cancer and neurodegenerative disease.

Iodine Level

This essential element is a component of our Thyroid hormones and is also concentrated in our breast and prostate tissue. The modern Western diet is extremely deficient in iodine and supplementation may be of benefit in many disease conditions.

Urine Microalbumin

Even a tiny amount of protein in the urine signals increased risk of cardiovascular disease in diabetic and non-diabetic patients. Can be caused by chronic, hidden infections, autoimmune processes and toxic metal damage to the kidneys.

F2 Isoprostanes/creatinine ratio

This substance is a "free radical marker." It reflects the degree of damage that is occurring to the lipid membranes of our cells. Cell membrane damage leads to wide-spread electrical and hormonal dysregulation.

Fasting Insulin

As levels of this centrally important hormone increase, the cells become more and more resistant and eventually the person becomes a diabetic. One of the main foci of our Center is to correct blood sugar regulation. Abnormal blood sugar / insulin biology is at the base of most illness.

PLA2 (Plaques) Test

Levels of the enzyme Phosphalipase A2 can alert us to increased risk of an arterial plaque rupturing.

We are presently the only practice in Wisconsin offering the advanced testing by Cleveland Heart Lab to predict and treat cardiovascular risk.

Comprehensive Stool & Digestive Analysis

This test is an invaluable non-invasive diagnostic assessment that permits us to objectively evaluate the status of beneficial and imbalanced commensal bacteria including Clostridium species, pathogenic bacteria, yeast/fungus, etc. Precise identification of pathogenic species and susceptibility testing greatly facilitates selection of the most appropriate pharmaceutical or natural treatment agent(s).

The Microbiome

There is a “virtual organ” living primarily in our intestinal track known as the Microbiome. The bacterial cells in and on our body exceed our own cell number by 10-fold – yes, you are 90% germ and 10% human. We give these creatures a home and they provide us with vital nutrients and regulatory compounds, keep out unwanted pathogens and function as part of our immune system. We often order a Comprehensive Stool and Digestive Analysis to evaluate the status of the Microbiome’s members, the degree to which the person is able to digest their food, measure the level of intestinal inflammation and in some cases, look for the presence of parasites. Other sophisticated laboratory tests can check for intestinal permeability (“leaky gut”) and specific food reactivity.

Understanding the status of your Microbiome enables us to correct it with pre-, pro- and symbiotics. Healing the digestive system is just as important in reversing disease as our diet.

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*Bring your
friends and
family!*

Allergy Testing & Treatment ~ Coming soon...

Dr. Waters and Kory attended a course called Advancing Allergy Treatment through Sublingual Immunotherapy, which was led by physician partners of Allergy Associates of La Crosse. Dr. Waters has referred many patients to Allergy Associates, and has also personally relied on their expertise for his own family members. It is very exciting to implement these techniques into our practice. We will update you as soon as we are ready to offer these services to our patients.

What is Sublingual Immunotherapy?

Unlike most allergy drugs—which only treat symptoms—sublingual immunotherapy addresses the underlying causes of allergies. Allergy drops are taken in gradually increasing doses until the patient develops a tolerance to the allergy-causing substance. The benefit of sublingual immunotherapy is that a broad range of allergies, including those caused by dust mites, pollen, mold, animals, foods and chemicals can be treated.

Waters Center for Biological Medicine

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