

# Waters Integrative Health Center



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## Introductory Newsletter!

We are pleased to have our first newsletter completed and mailed to you! This is something we have wanted to do for a long time. We hope to bring you new and exciting information regarding many different health related topics, as well as refreshing some older information that is worth mentioning again. We will also use this newsletter to update you on important office news.

This newsletter will be sent out at least twice per year, with hopes of making it more frequent. You have received this newsletter because at some point in the past, you have seen Dr. Waters and/or Richard Moran. If you do not want to receive this newsletter, please let us know and we'll take you off the list. We are also open to suggestions.

We hope you enjoy!

### Healthy Tip:

To make cereal grains like wheat, oats and barley, as well as nuts, more digestible and therefore more nourishing, soak them for 12-24 hours before preparing them.



## A Simple Food Plan ~ Finally!

After years of complicated and arduous research here at Waters Integrative Health Center, we have come to the simple realization of a "Back to Basics" approach. This can be boiled down to a few basic concepts—eat organic, eat whole grains, eat healthy fats, eat your vegetables, eat unprocessed foods.

It's less about the types or kinds of food we eat, but what is done to the food we eat. Think of industrial processed food that has been poisoned from the field to the final products at the grocery store. Imagine eating butter, cream, eggs and meats without feeling guilty. The whole theory that fats are killing us is without merit. It is the types of fats that determine their health value.

To read a straightforward account of the Back to Basics approach, the clinic recommends reading Sally Fallon's *Nourishing Traditions*. This book brings back the wisdoms that have been used for thousands of years by cultures all over the world. The book will also help you set up your home and shop for food to make the transition to healthy eating possible.

Essentially this book could result in my retirement due to lack of illness in my patients if all of you adopted the few simple changes.

The food is good. The food is satisfying. The food is nourishing. If you follow the concepts, you will feel astonishingly better!

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## Recipe of the Month

### Spicy Squash Soup

2lbs Squash or Pumpkin, peels and seeds removed

2TBS Olive Oil

2 Leeks, trimmed and sliced

1 clove or more Garlic, crushed

1 tsp Ginger

1 tsp Ground Cumin

4 cups Chicken Stock

Salt and Ground Black Pepper to taste

Cilantro leaves to garnish (optional)

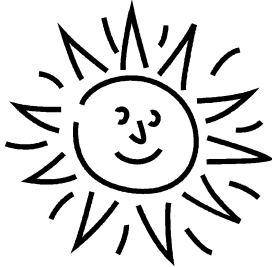
4TBS Plain yogurt at serving time

Cut the squash into chunks. Heat the oil in a large pan and add the leeks and garlic. Cook gently until softened.

Add the ginger and cumin and cook, stirring, for another minute. Add the squash and the chicken stock and season with salt and pepper. Bring to boil and simmer for 30 minutes, until the squash is tender. Process the soup (in batches if necessary) in a blender or food processor.

Reheat the soup and serve in warmed bowls, with a swirl of yogurt and a garnish of cilantro leaves.

## Light and Life ~ Vitamin D



“...we now understand that the implications of sunlight are central to animal and human health.”

Medical science for some time has known that the dark months led to depression and inactivity in many, if not most, people. Over the last 40 years, much of it resulting from research work at our own University of Wisconsin-Madison, we now understand that the implications of sunlight are central to animal and human health.

It turns out that the sun initiates the formation of vitamin D in all creatures from plants to man. This important molecule regulates our genes, and therefore, the continuing turnover of our body proteins, and in doing so has implications to not only our bone and muscle health via its influence on calcium and phosphorus metabolism, but impacts every cell in our bodies.

Because virtually every cell type studied by biochemists has vitamin D receptors on its genetic material, the importance of this vitamin/hormone is realized in conditions including:

- High Blood Pressure/ Cardiovascular Disease
- Depression (especially “seasonal affective disorder”)
- Cancer Incidence
- Calcium Metabolism
- Muscle Health
- Inflammation
- Immune Function

Vitamin D was at first identified as a vitamin. Later it was discovered that it could be made in the body from cholesterol in the skin, with modifications in the liver and kidneys, and therefore by definition is not a true vitamin. Vitamins can't be made by our own bodies like a hormone can.

It is thought by some researchers that sufficient amounts of vitamin D obtained via sun exposure and diet could reduce the incidence of breast, colon and other cancers by 50%! A meta-analysis (a combined analysis of a number of studies) has revealed that supplementation with vitamin D reduced the risk of falls in an elderly population by 20%. This could save tens of thousands of patients from falls resulting in serious vertebral and hip fractures—leading causes of death and disability in the elderly.

Many of our patients have noticed that after getting adequate intake of vitamin D, they suffer from fewer respiratory infections and colds. It turns out that vitamin D also initiates the formation of our own natural antibiotics, known as defensins. These molecules are active against viruses, bacteria and fungi.

With all the positive effects of vitamin-hormone D, you are probably wondering how you can get enough, and if you can't get adequate sunlight, how much vitamin D to take.

It turns out that we simply can't make enough vitamin D in our skin because the angle of the sun is too low most of the year in the Midwest. In addition, we have been misled by the government and the medical “authorities” to avoid the sun, so most of us need to take vitamin D supplements. This is especially true for older folks whose skin can't make sufficient vitamin D due to aging effects. Plus, many older people are shut-ins or live in nursing homes.

So how much should you take? First of all, the Recommended Daily Allowance (RDA) of 400 units is sorely too low. Some research scientists to whom I have talked think that the RDA

should be more like 2000 units!

The best way to know if your vitamin D status is adequate is to have a blood test called 25-OH-Vitamin D. Come into our office or go to your local doctor and request this test. Most of our active patients have had the measurement made and we have been shocked to see how low the levels are compared to “ideal.” The value obtained allows us to prescribe the proper dose and we check it again in 3-6 months to see that you have filled up your vitamin D “tank.” If you get your vitamin D level measured at another physician's office, please don't believe it if you are told it is normal; most labs give a reference range of 20-100Ng per milliliter. The truth is 60-80 is ideal, and people living near the equator, where cancer is much more unusual and autoimmune diseases are almost unknown, have levels of about 100Ng. per milliliter.

So, if you haven't had your vitamin D level checked, come in and get it done. It could save you a lot of misery and even your life.

Warning: If you are a fair skinned redhead or otherwise don't tan, it is important to be careful of sun exposure, as such people cannot make true melanin and are at risk of skin aging and cancer.

Finally, if you take vitamin D, make sure it is vitamin D<sub>3</sub>. This is the form that is most efficiently turned into the active hormone in your body which does all its magic.

## Toxic Metals ~ The Hidden Killers

Everyone knows that toxic metals permeate our environment and our bodies. This fact is minimized by government and industry statements that the levels we are exposed to are not high enough to have an adverse impact on our health. The truth is that even tiny amounts of mercury, lead, cadmium, plasticizers, pesticides, herbicides and other compounds found in foods, water, air, cooking vessels, dental restorations, vaccines and many other (often unrecognized) sources can have profound impacts on the health of all organisms, especially humans. Human fetuses and infants are particularly vulnerable because of the rapid growth of their bodies and nervous systems.

Prominent researchers have shown through experiments on animals and measurements in humans that even one part per trillion can cause adverse events. An example of one part in a trillion is one drop of water in a body of water equal to 1000 Olympic sized swimming pools. It sounds pretty insignificant and the "party line" at the American Dental Association would have you believe that the mercury that leaks out of your amalgam fillings could not possibly harm you.

Real scientists who don't have a vested interest in denying the dangers of substances such as mercury have determined that "safe levels" of many heavy metals and modern synthetic chemicals can and do cause harm to biological systems.

Levels of the plasticizer Bisphenol-A substance is found in water bottles, food containers and dental sealants. This BPA binds to estrogen receptors in humans and low level exposure

has been linked to a wide variety of problems in animals that seem to mirror unexplained human health trends including increased rates of obesity/diabetes, prostate and breast cancers and neurobehavioral problems such as attention deficit disorder (ADD). Dr. Frederick S. vom Saal, of the University of Missouri Endocrine Disruptors Group, after his group review more than 700 studies, concluded that the molecular mechanism of BPA action in humans and animals is essentially identical.

"It's through these cell membrane receptors that doses below a part per trillion in cell culture can activate changes in cells", vom Saal stated in the Group's article in the journal *Reproductive Toxicology* (July 27, 2007).

Consider that BPA is only one of more than 100,000 industrial chemicals contaminating our environment. A report by neurotoxin experts, Drs. Phillippe Grandjean and Philip Ladrigan, stated that it is causing a "silent epidemic" of brain diseases in children. These experts found that the widespread use of pesticides, cleaning products, glues and other chemicals represents an uncontrolled experiment on developing brains. The scientific literature has already shown that minute amounts of lead, mercury and PCB's can cause serious brain and neurological damage.

You may be asking what you can do about these horrible facts. First, obey the number one rule of Toxicology: Stop the exposure. Use glass for your water,

don't use plastic items in your microwave ovens (and get rid of them while you're at it), cook food in glass, stainless steel or ceramic vessels and avoid heavy metal exposure. The latter includes eating low-mercury fish, being aware of toxic metals in work places and crafts and having your mercury amalgam fillings removed.

It is also possible to remove the toxic materials that have already accumulated in your body using saunas, liver/bowel detoxification methods and, of course, Chelation Therapy. The latter is the accepted method of discharging toxic metals such as lead, mercury, cadmium, arsenic, antimony, tin, nickel and aluminum from our bodies.

The Waters Integrative Health Center has been treating heavy metal poisoning with chelating agents for 25 years. Dr. Waters is one of less than 200 physicians worldwide who is certified by the American Board of Clinical Metal Toxicology.

We use the chelating agents EDTA, DMSA, DMPS and desferrioxamine to remove the various toxic metals. Some can only be given intravenously, others either by IV infusion or orally. We can judge which agent(s) we need to use by analyzing hair tissue and blood.

Note: Awareness is increasing in this world. Erik Solheim, Norwegian Minister of Environ-

ment and Development has announced that as of January 1, 2008, all mercury products are prohibited in Norway including dental amalgams containing mercury. He stated, "Mercury is among the most dangerous environmental toxins. Satisfactory alternatives in products are available and it is therefore fitting to introduce a ban."

### GET YOUR POISON OUT!

The four Toxic Metal Burden Evaluations we offer are:

1. "MercOut" - DMPS oral challenge followed by a 2 hour urine collection for mercury only
2. Toxic Metal Urine Provocation test after oral DMPS followed by a 6 hour urine collecting, which will estimate mercury, lead, cadmium, arsenic, antimony, aluminum, tin, nickel and others
3. The above in number 2 plus the essential elements including zinc, copper, manganese, selenium, magnesium, calcium and other to obtain information on potential deficiencies of the elements we need for good health
4. Comprehensive intravenous multiple chelator and sometimes oral chelator administration in our office followed by a 6 or 24 hour urine collection determining toxic and essential metals in order to obtain data on both categories of elements.

All of these testing procedures will guide us in prescribing a treatment program to rid your body of toxic elements and help correct the essential mineral levels you need for good health.

"The scientific literature has already shown that minute amounts of lead, mercury and PCB's can cause serious brain and neurological damage."



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### Our New Supplement Line

How often do you wonder whether the supplements you buy from health food stores, drug store, the big "box" retailers or the internet actually contain the materials on their labels and are free of potentially toxic or allergenic additives?

The Waters Integrative Health Center has always attempted to find the purest, most efficacious products available. After all, using supplements for health issues is REAL medicine, and if they don't contain the potency on the label or are polluted with undesirable additives, you lose twice—you don't get what you need and you do get what you want to avoid.

Dr. Waters has visited and evaluated most of the manufacturers that our clinic deals with and personally knows all the owners of these companies. He has, over the years, always tried to get the best for his patients.

While we believe the supplement manufac-

turers we currently buy from are honest and provide pure products, there is one right here in Wisconsin, that appears to be the most reliable overall, and we are using this company to obtain most of our supplements for you, our clients. Dr. Waters and his staff have toured this facility on two occasions and observed the operation from the intake of the raw materials to the final, bottled supplements which you purchase from our clinic.

This company quarantines every incoming product at its intake dock and subjects each lot to sophisticated, biochemical analysis before it enters their factory. Dr. Waters has personally observed the company's analytical chemist evaluating the raw materials with state of the art apparatus before they are released into the general facility for mixing and encapsulation or tableting. The products are re-checked every step of the way before they are sent out to physicians.

This company has a 1:1 ratio of quality assurance personnel to manufacturing personnel. It is easy to put capsules together, but quality is the most important aspect of a supplement. The products we obtain from this facility cannot be compared to the inferior products found at other sources, especially on the internet, where you have literally no clue as to the veracity of the statements about potency or effectiveness of the product. This company refuses to buy any raw materials from China although they often cost 1/5 to 1/10 the cost of legitimate products. They only buy from Germany, other European countries and the USA. In some cases our products may be somewhat more costly, but that is because they are quality.

We can guarantee that we have done all the investigation possible to assure the purity and efficacy of our products.

