

Waters Integrative Health Center

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The Real Cause of Disease

It is becoming more and more clear in the medical literature that the high carbohydrate diet, almost universal in the United States, is making us sicker. This diet leads to insulin resistance and metabolic syndrome which are the bases of diabetes and cardiovascular disease – the conditions which are the causes of death in almost two-thirds of us.

Thankfully a very famous cardiovascular surgeon, Steven Gundry, M.D., who himself was on medication for diabetes and hypertension, discovered that changes in diet and the addition of dietary supplements can reverse diabetes, high blood pressure and cardiovascular disease. He was also overweight and lost 70 pounds!

His book is a revolution for the prevention and treatment of disease that almost all of us die from: heart disease, strokes, diabetes, kidney disease and cancer.

Basically, metabolic syndrome/cardiovascular disease and cancer, and many diseases in between, could be helped with the same low carbohydrate – high fiber – high nutrient dense and highly pigmented (lots of fruits and vegetables) “diet!” It isn’t really a diet, but rather what we were designed to eat.

If you are overweight or suffer from diabetes, high blood fats, elevated blood pressure, heart or vascular disease, auto-immune disorder – yes, just about any disease- you can benefit from Dr. Gundry’s diet. Dr. Waters has embraced this “diet” as his lifelong approach to obtain and maintain maximum health. You can read all about this by acquiring the book, “Dr. Gundry’s Diet Evolution.”

Come in or call our office the next time you place a supplement order to get the book: *Dr. Gundry’s Diet Evolution* for \$12.00. This is the only book you need for understanding nutrition and putting this knowledge into effect in your life.

It works! ~ Testimonial

Dear Dr Waters ,

A few months back you recommended Dr. Gundry’s Book. It is the best prescription I have ever received for my health.
My lab results from 11/11/2010 until 10/14/2011 after three month on the diet.

Chol/HDL Ratio	6.4 to 3.9	Cholesterol	197 to 157
HDL	31 to 40	LDL	150 to 110
Triglycerides	81 to 37	Glucose	125 to 110

And have lost 40 pounds. I am looking forward to the next labs in three months with continued improvement.

Again, thanks for a way of life I can Live with and enjoy. I continue to read and reread sections of Dr. Gundry’s book, and call Him COACH !

To Your Good Health
Best Regards,
Don P.

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Dr. Waters’ Breakfast Smoothie

To start the day with a high protein, high micro-nutrient breakfast, Dr. Waters blends up the following:

- 4oz of berries (I rotate blueberries, blackberries, red raspberries and strawberries and when I can find them in the woods, black raspberries). These foods contain huge quantities of health-promoting nutrients such as polyphenols and bioflavonoids.
- Two scoops of low carbohydrate protein powder. I use either a rice protein or a pea/potato protein powder and sometimes a whey protein made by Tera’s Whey of Reedsburg, Wisconsin. People with dairy allergies might not be able to tolerate this food but many can because of the low levels of lactose and casein protein contained therein. I usually use the product CM-Core which contains a variety of antioxidants and essential nutrients making your breakfast a nutritionally complete meal.
- One large scoop of Medibulk fiber blend. This product normalizes bowel function and serves to feed the friendly intestinal germs known as the microbiome. This group of micro-organisms is now thought of as a “virtual organ.”
- As much fresh kale, spinach, mustard greens, collard greens or other leafy green vegetables as I can get into the smoothie without it being too thick. There is an incredible amount of fibers, plant pigments and cancer preventive components such as sulforaphanes in these leaves and they represent the “missing link” in our modern diet for obtaining maximum health.
- 1 tbsp of powdered greens from Longevity Plus.
- 1 tbsp of organic powdered beet root . This product is loaded with pigments and nitrates which increase the level of NO (Nitric Oxide) which helps regulate our artery lining (endothelium) and acts as a signal for a variety of biological processes.
- To blend all this up to make a wonderful smoothie, I add enough unsweetened coconut, almond, rice, hemp or soy milk to make a drinkable smoothie. I rotate these to get a variety and avoid a monotonous intake to avoid food reactivity. I also rotate the protein powders for the same reasons.

This makes a large, nutritious breakfast, which will hold you for 3-4 hours. It is a great start for your day and gives you the vegetable base that we all so lack. *Bon Appetit!*

Note: You can obtain the protein powders, fiber product, beet root powder and green powder from our office. Dr. Waters can help you decide which ingredients are right for you. See page 4 for information on our “jump start” to better health.



If a person has three of the five findings below, they qualify for the diagnosis of metabolic syndrome:

1. Overweight
2. High blood pressure
3. Elevated blood sugar
4. High triglycerides
5. Elevated total cholesterol or low HDL ("friendly") cholesterol

It's a good bet that many of you or people you know and love fit into this category.

What does it mean?

It's pretty simple: We are eating too many carbohydrates (sugar and starch), not enough vegetables, fruit, nuts and seeds and this causes our bodies to make the carbohydrates into fats which plug up our vessels and make us gain weight. As we gain more and more weight, we develop insulin resistance. This means that we make too much insulin and yet our cells can't process the insulin and carbohydrates so we make more fat and get even fatter. You see, insulin, when in excess, causes us to turn our food calories into stored fat.

Are you with me so far?
Please follow this because...
IT IS THE KEY TO UNDERSTANDING MOST DISEASE AND LIVING A LONG LIFE.

It wouldn't be so bad if we just got fat (although, most of us don't really like this result on many levels), but it turns out that too much fat is more than a cosmetic problem. Fat is a very active tissue metabolically. It produces inflamma-

tory cytokines. These are cell signal molecules which trigger events such as increased coagulation of blood (risk of blood clots), increases activity of white blood cells leading to excess free radical production, increased blood pressure and fluid retention and alteration in immunity.

These changes are the actual bases of the common diseases: diabetes, heart disease, blood vessel obstructions, kidney failure, degenerative nervous system diseases (Alzheimer's, Parkinson's, neuropathies, etc.), eye diseases, cancer.

As you can see, these represent by far and away the main causes of death, disability and suffering in the Western World.

The actual underlying causes of these conditions are:

- Too many carbohydrates
- Not enough exercise
- Mineral and vitamin deficiencies
- Imbalance in Omega-3 and Omega-6 fatty acids
- Reduced fiber in the diet
- Lack of plant pigments in our diet (polyphenols, bioflavonoids, etc.)

Often we have a number of the signs and symptoms of the metabolic syndrome (and by looking at the diameter of your abdomen, measuring your blood pressure and recalling your blood lipid values, you can pretty much realize your status), but don't have any symptoms or haven't had a heart attack...YET...there are ways to determine if there is evidence of processes already underway that will eventually lead to an obvious problem.

We are now working with some new laboratories that can measure parameters in the blood and urine which can predict your risk of health problems months to years in advance.

The process of progressive damage to cells and their component molecules are the underlying causes of diseases and death. The first step is derangement in blood sugar regulation and the resultant changes in blood fats. These parameters are easily measured, and are commonly evaluated, by testing in every doctor's office. These are obtained by getting a blood sugar, A-1-C glycohemoglobin (which tells how high your blood sugar has been, on average, over the prior three months) and blood lipid panel. The latter consists of the total cholesterol, HDL ("friendly") cholesterol, "calculated" LDL cholesterol and the total triglycerides. This panel only gives an approximation of whether one is at risk of cardiovascular and other disease processes.

It turns out that 50% of people that appear in the emergency room with an acute "coronary event" **WHETHER OR NOT THEY ARE ON STATIN DRUGS** have "NORMAL" blood fats! This fact caused cardiologists at the Cleveland Clinic and Berkeley Heart Labs to develop and offer more exacting tests to determine risk.

The First Step

The typical cholesterol panel is totally inadequate to identify status and risk, namely disease risk based on blood fat measurements. The sub-

fractions of these measurements is the real issue. These measurements can tell whether one has "sticky" (artery clogging and free radical-generating) vs "non-sticky" fractions of these lipids, HDL alone contains at least 42 proteins and the relative abundance of these molecules in the HDL particles determines their atherogenesis – that is, their tendency to lead to obstruction of the arteries. The fractions of the LDL cholesterol are even more important in determining cardiovascular risk. The usual cholesterol panel is at most an overview of one's cardiovascular risk status. Of course, we would in general, want to see your total cholesterol (and thus your LDL cholesterol) as low as possible (but not too low), your HDL (and its non-sticky fractions) as high as possible and your triglycerides as low as possible – preferably below 50. But the real issue, no matter where your lipid levels are, is whether these molecules and their fractions are associated with free radical generation and inflammation. It is the later processes that leads to both vascular disease and cancer.

Markers of Disease Activity

The above mentioned laboratories are able to give us measurements to help determine risk. These include:

hs CRP – this general marker of inflammation gives us a red flag as to whether there is a general condition of reactivity in the body. It can be elevated in both vascular disease, infectious processes and autoimmune diseases. It is non-specific but helpful in assessing general risk status.

Isoprosterone F2 –

This metabolite measured in the urine indicates that a person is making excess lipid membrane free radicals. If free radicals are in excess, it is likely that damage is occurring to cell membranes, body proteins and DNA (our genes). This process underpins all the diseases which befalls Man.

Myeloperoxidase –

This blood enzyme tells us that damage is occurring in the layer of cells in the surface of all of our blood vessels – the endothelium. Malfunction of this important layer of cells is the basis of all cardiovascular and gastrointestinal disease.

Lp-PLA2 (The Plaque Test) –

By the time this blood marker is increased, arterial plaque (the basis of blood vessel obstruction) is far advanced. The end result of this process is plaque rupture. At this point, a cardiac or other event ensues. Then a person experiences symptoms which forces them to call 911 or go to the emergency room. Then the troponin or CPK-MB protein reveals an acute heart attack and the patient is told they need an angioplasty or bypass surgery.

I hope you are getting the picture. You can find out if you are on the road to the ER visit months or even decades before this serious event.

Once you know your risk, you can take many measures

to prevent the necessity of making that visit or undergoing that procedure. Even if you have an invasive procedure you might have dealt with the emergency but have not addressed the real issues.

Dealing with the Real Issues

At our clinic, you can find out your risk status and, with our help, correct your chemistry and thereby prevent the disastrous consequences.

After our detailed analysis, which includes a careful history, physical exam and laboratory testing, we can advise you on how to regain your health and hopefully extend your life or, at least, stay more healthy. We can help you accomplish this via the following interventions:

1. *Changing your diet* – Dr. Gundry's book and our staff will aid you in this most important step in improving your health and preventing future problems. I owe it to you to embrace the truth of this central issue in having the quality of life that Providence intended for you.
2. *You need to move!* Your ancestors have had to earn their food, water, dwellings and personal protection by exercise, or rather, continuous, intermittent activity to maintain their existence. They did not do "cardio" or go to a gym. In a previous newsletter, we wrote about pulsed exercise/sprinting as the only "exercise" you will need. You can read

about Dr. Al Sear's PACE program at pacer-evolution.com or call 866-792-1035 to order the book/DVD.

3. *Proper use of nutritional supplements* is vital to your health and well being. We don't believe it is possible to obtain all the essential nutrients you need from the present dietary offerings in this Country. We can now measure not only mineral levels in your blood but the content of essential fatty acids in your cell membranes. The latter can tell you whether the Omega-3 supplements you are taking are in fact working. We have seen that people that are taking fish oil from a local chain store or Krill oil in fact are obtaining little benefit for their money. In some cases we will need to evaluate the levels of activated vitamin levels in order to prove whether the B vitamins a person is taking are actually having the metabolic impact for which they are being ingested. We are also able to get measurements of vitally important antioxidants such as glutathione and coenzyme Q10. Without adequate levels of these important substances all of the other items you may be taking will not have a maximum therapeutic effect.
4. *The removal of toxic metals and excess iron* from the body. Here is

where chelation therapy is crucial. We have been using EDTA, desferrioxamine and other chelating agents for 30 years. We have also published scientific articles proving that these treatments result in the removal of large amounts of these poisons with concomitant reduction of free radical markers in the blood. Our office is the only medical practice in the world who has done such studies documenting the therapeutic effects of chelation. We have also used chelation of iron and phlebotomy for iron overload to reduce the risks associated with metabolic syndrome. It is now clear from a scientific perspective that even small increases in stored iron in our bodies accelerates oxidative damage to our tissue and exacerbates blood sugar derangement, arterial wall damage and contributes to the oxidative injury which underlies DNA damage. This is the basis of all cancers. The measurements of ferritin in the blood and DNA damage in the urine are routinely done in our practice to document and then treat these important metabolic factors.

Don't wait until a disease manifests itself! Find out where you are. Dr. Waters has now undergone over 175 chelation therapy treatments and has given this treatment to many family members, friends and patients. Call for a consultation to evaluate your risk parameters and to start a treatment plan.

You can find out if you are on the road to an ER visit months or even decades before a serious event.

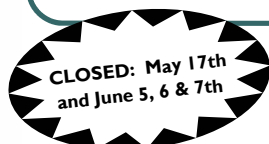
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The Iceman had Lyme Disease ~ Do you?

You have probably known people close to you who suffer from Lyme disease. It is more common than estimated. Now it has been proven that a man who died in the Tyrolean Alps 5,300 years ago suffered from this infection. He showed evidence of arthritis at age 46, which is characteristic of this disease.

Many people suffer from symptoms that could be caused by this insidious tick-borne infection. Even if you have been told that your Lyme test is "negative," you may in fact be suffering from this disease. If you are experiencing Fibromyalgia, an autoimmune disease such as M.S. or chronic inflammatory arthritis, you may in fact have an underlying Lyme infection. Even Western blot blood tests can be interpreted as negative. Our practice uses a laboratory which does a very thorough 12 member panel of two types of antibodies against *Borrelia burgdorferi*, the causative spirochaetal agent of Lyme disease.

If you think you or a loved one may be suffering from an undiagnosed infection of Lyme or associated infection, call our office for an evaluation. Often people suffer from other microbial infections such as *Babesia*, *Bartonella*, *Ehrlichiosis* or other Lyme associated diseases.

For more information, go to the website of ILADS (International Lyme and Associated Diseases Society) www.ILADS.com to learn more.

Detoxification Jump Start

Built on the science of enhanced biotransformation, Core Restore BT is a comprehensive 7-Day diet, lifestyle, and nutrient program to reduce your toxic burden and restore health. It is a flexible program that can be tailored to your unique needs and can be easily extended for additional benefits. Each Core Restore BT Kit includes:

Core Support protein powder

Nutritional support for phase II liver detoxification.

PhytoCore capsules

Phytonutrients for improved phase I & II liver detoxification.

Alpha Base capsules without iron

Comprehensive multivitamin formula providing key minerals and nutrients necessary for enhanced toxin biotransformation.

Core Restore Patient Guide

Step-by-step instructions, dietary schedule, recipes and grocery list.

Portable Hand Mixer

Powerful battery powered spin-mixer .

A proper detoxification program can be an effective tool for tuning up your lifestyle patterns, reducing your antigenic load (elimination diet), and a simple way to facilitate better assessment of complex GI dysfunctions. Core Restore BT is the detoxification program you CAN DO! Once finished, you will enjoy improved biotransformation, better digestive system function, and increased nutrient absorption which will help you feel more energized.

Make an appointment to see Dr. Waters so he can help you get started on this "jump start" to better health. He will design the perfect program for you to follow after you finish the 7 day program.