

Waters Integrative Health Center



Volume 5, Issue 2

Summer 2013

Spring Cleaning? Try Chelation!

I have been doing chelation therapy on my patients, family and myself for 30 years (June 3rd will be the 30th anniversary of the Waters Center). I started when my father-in law, Art, Sarah and Becky's Grandpa, was told that his occlusive artery disease was so bad and he was in such overall poor medical condition that he wasn't a surgical candidate – that he should go home and live out his life. At the time, a patient of mine gave me a book by my teacher and friend, Garry Gordon, MD on EDTA chelation therapy, and I had to give Art a chance.

After 27 treatments, he totally recovered from his circulatory problems. No more mini-strokes, no more angina and good pulses in his feet where there had been none. He lived for another 15 years and was relatively well right up to his sudden death in his sleep.

Art taught us all a lot and after witnessing what happened, I had to offer chelation therapy to all of my patients. At the time, there were only a few alternative medicine meetings per year in the United States. Now there are 10 per week. So I went to innovative M.D.'s offices to learn chelation and other techniques.

I became associated with a chemist, Dr. John Bederka, and a mathematician/physicist, Dr. Simca Brudno, and we did some toxic metal research. It became clear to me early on through reviewing toxic metal research and research on treating such intoxications with EDTA chelation therapy that I needed to devote myself to using this therapy as a cornerstone of my practice.

Basic scientific studies proved that even small amounts of lead, cadmium, mercury, arsenic and even excess iron resulted in a myriad of medical conditions. It was equally clear to me that chelation therapy was a way to remove these metals safely and to thereby improve the health of all patients.

I called patients whom were told that there were no more options to treat their heart disease according to the cardiologists I had sent them to for second opinions. Some of those patients were gravely ill and after a series of chelation treatments, were enjoying their lives again.

Diabetic patients in particular gained sometimes incredible benefit from chelation. Gangrenous feet and legs that had been scheduled for amputation were saved. Diabetic control was improved. Visual loss from macular degeneration was reversed. Many heart patients who had been told they would not benefit from more stenting or surgery and should just try to "live with your disease" by taking

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Reminder! Upcoming Lectures

April 25, 2013 ~ 6:30pm

at

Hotel Mead
451 E Grand Ave
Wisconsin Rapids, WI 54494
715-423-1500



May 9, 2013 ~ 6:30pm

at

Crown Plaza
4402 E Washington Ave
Madison, WI 53704
608-244-4703

Coming soon...Neural Prolotherapy

A new technique to treat chronic pain.

Stay tuned for more information...

Dr. Waters' passion in life is offering treatment plans to his patients that will lead to optimum health for years to come. Therefore, he is on a constant quest of learning. Our goal is to give our patients the best quality of care that we can offer. The latest course he took is to learn Neural Prolotherapy taught by the founder of the technique, Dr. John Lyftgot. He is also attending a one-day ILADS seminar for the latest on Lyme Disease. There is always something new to learn to help our patients!

Office Updates...

Health Insurance....It's not all it's cracked up to be

We are probably not telling you anything you don't already know, but one of the most common questions that we are asked is, "Will my insurance cover it?" Our standard answer is probably not. We, as you know, do not bill insurance directly, so our patients are forced to wait for that illusive reimbursement. A few get a nice 80% back, some get our services applied to their deductible and then some money back, but most are told, "Sorry, that was not necessary." So it is best to not expect anything from your insurance.

The other question we often get asked is if patients can have their laboratory testing done at their local facility so their insurance will cover it. We try to be as accommodating as we can with this request. If you want this done, we prefer that you ask your primary care doctor for the order. If that is not an option, we can write an order, but you will need a Level 1 visit with Dr. Waters in order to get the lab order processed. This is so we can make sure that the tests being ordered are the correct ones (this visit is also needed even if you get your lab done in our office), but it will also ensure that we get the proper diagnoses codes attached to the order so your insurance will hopefully pay for them. All new patients must have an in-office consultation before we can draw or order any lab tests.

The third issue with insurance coverage for lab tests is the amount of money you may get stuck paying after they either pay their portion of what they will cover and/or refuse to pay at all. When this happens, you may be facing a very large bill for the lab work that you thought your insurance was going to cover! Not fun! Let me give you an example: A patient talked to Dr. Waters by phone to get her lab order because she lives very far away. He ordered five tests, which if she would have got them done here, would have cost her about \$300...instead, because the insurance did not deem them necessary, she was charged \$1400! She was not happy. Now she will have her lab tests done here when she is in for her yearly visit. So the moral of this story is that even though you have insurance, by the time you pay your deductible, your co-pay and/or whatever your insurance company refuses to cover, you might be paying more than you would have paid to have your lab tests done in our office....usually with a lot less hassle too.

CLOSED

We will be closed beginning on August 12th
and reopen on August 19th.

New Grandson for Dr. Waters!

Becky had her baby boy on March 20th. His name is Braxton Vincent and he is adorable!

We are all in love!



WANTED: E-mails

We would like to compile an e-mail list for all of our patients. It would make it easier to keep you up to date with information about the clinic in-between newsletters. If you'd like to be on the list, please e-mail us at: info@watershealthcenter.com with CONTACT E-MAIL LIST in the subject line. We will not share your information with anyone.

WANTED: Testimonials and Referral List

We are looking for testimonials to add to our new website. If you'd like to write a short paragraph about your experience with Dr. Waters and our clinic, we would really appreciate it!

We are also looking for patients who would like to be on a list that we could give out to other people who are interested in coming to our clinic. We would give them your first name and phone number and/or e-mail and also the topics you would be willing to discuss, for example Lyme, chelation, hormones, prolo, etc.)

You can send it by e-mail or regular postal mail. Thank you!

Can't make it to one of the lectures?

If you can't make it to one of our planned lectures, but would still love to hear Dr. Waters speak, he would be happy to come to your neck of the woods if you have a group that would like to host him. Maybe at your Church or a local group that you belong to such as the Lions or VFV. Contact Sarah 1-800-200-7178 or sarah@watershealthcenter.com

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 at least once per year.

- If you only make a yearly visit, this visit will be \$250 for one hour of time and will include a physical. Laboratory testing will also be required.
- If you are seen periodically throughout the year, 30 minute visits should be sufficient 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.

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 fair to anyone involved.
- Quick questions or clarifications can be handled over the phone or by e-mail (info@watershealthcenter.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.

*Please call ahead—we do not make same day appointments and often the schedule is booked for at least two weeks.

What should I bring to my office visit?

To make better use of your time with Dr. Waters please bring:

- List of questions/concerns
- List of current medications/supplements including exact ingredients and doses
- Copies of any current laboratory testing done by another doctor

*extensive medical records that you wish to discuss should be copied and mailed here prior to your scheduled appointment ~ make sure you book enough time when making your appointment

Office Visit / Lab Results / Phone Calls

• Level 1	\$75.00	0~15 minutes
• Level 2	\$125.00	15~30 minutes
• Level 3	\$200.00	30~45 minutes
• Level 4	\$250.00	45~60 minutes

Note: These prices 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.

Attention Lyme Patients: You will be required to have an in-office visit after every two rounds of antibiotics. At this time, we will check your liver function and your blood counts. Your visit cost will be \$250, however it will be 30-45 minutes and the cost of the laboratory testing will be included (if time goes over, cost will go up by \$75 per 15 minutes). The State of Wisconsin Medical Examining Board has been investigating Lyme literate physicians this past year. As you know, aggressively treating Lyme Disease can be very controversial. We want to make sure we follow all guidelines, as well as take the best possible care of you, our patient. Communication between doctor and patient is the key.



Waters Integrative Health Center

A Private Medical Membership Association

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Chelation...

heart medications, obtained vastly improved function after undergoing chelation treatments.

As the years went by, there was no question in my mind whether chelation therapy worked, it clearly did. I became interested in HOW it resulted in improvements in so many conditions. In 2001, I began doing research with USDA research chemist Richard Anderson, PhD and, later, his colleague Ann-Marie Roussel, PhD of Josef Fourier University in Grenoble France.

We published a series of articles showing that EDTA chelation treatments resulted in a large excretion of toxic metal via the urine, a dramatic retention of magnesium, which is infused in the chelation solution and a net decrease in free radical markers. In particular, reduced lipid (fat) and DNA damage fragments. It is well accepted in medical science that free radical activity is the basis of all disease. It is also becoming increasingly obvious that toxic metal accumulation and overload of body iron are

two principle generators of these free radicals. EDTA chelation therapy is effective in removing all of these metals.

I then did studies showing that a series of chelation treatments resulted in dramatic reduction in cardiovascular risk parameters such as triglyceride levels, blood sugar elevation, and cholesterol fractions (HDL/ LDL). In addition, 10 chelation treatments in patients with metabolic syndrome led to a marked improvement of Heart Rate Variability – a parameter which predicts very accurately whether a person will die suddenly from a cardiac event within the next year.

There had been very little interest in chelation therapy research since the start of its use in the 1960's primarily because of the rise of very lucrative coronary artery bypass procedures and latter, coronary stenting.

However in 2004, Gervasio Lamas, M.D., the Chief of Cardiology at University of Miami Medical Center, applied for and obtained a \$30 million grant to study

EDTA chelation therapy in coronary heart disease patients. I was a Principle Investigator in that study, the results of which were announced in November 2012 and published last month in the Journal of the American Medical Association: *EDTA chelation therapy was more effective than placebo in preventing new events, death or need for new, invasive therapies in patients who received EDTA chelation therapy compared to those receiving placebo.*

I was very proud to be a physician/scientific member of this study – a study that documented that a treatment I had been offering for 30 years had a basis in science.

We are all intoxicated with heavy metals. All of us could benefit from chelation therapy. I have personally had about 200 treatments over the past 30 years.

I urge all of you and your loved ones to have a check-up and a clean-up. Come in and be evaluated and decide with me if chelation therapy might help you on the road to health and longevity.