



WatersBioMed News

Monthly Monday Meet & Greet

with treats! it will be mmm...good!

Dr. Waters, Nurse Lisa and staff
will be here to hang out and answer any questions
you may have about our clinic, diet, treatments...

Bring family and friends!

3rd Monday of the Month 5—6pm

The next one is Monday, December 17th!

Hope to see you there!

Please call earlier in the day to make sure the date has not been changed.

All of our past newsletters are on our website?
Check them out under "Latest News"



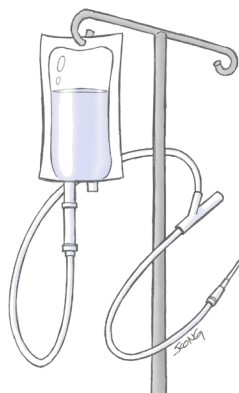
CAUTION

**COLD & FLU
SEASON**

IV's for colds, flu & more!

Attention current patients! If you come down with a bad cold, the flu or other infection this Fall/Winter, I highly recommend you come in for an IV infusion of high dose Vitamin C or MAHT with Ozone or both. Both of these therapies are highly effective for quickly stopping, or at least shortening, the course and severity of the flu, colds, shingles and other infections—even Strep and Mononucleosis. These treatments have been shown to both kill microbes directly and to enhance immune function to deal with the infection. If you think you are coming down with something, call and we will get you as soon as we can! *

**Some restrictions apply*



Holiday Hours

CLOSED

December 21st ~ January 1st

Inside this issue

Detox.....	2
Lyme Update	3
Melatonin.....	4
Supplements	4-5
Recipe.....	6

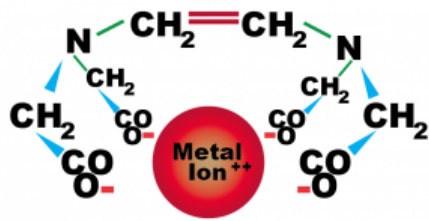


October was a month of Conferences!

Dr. Waters attended three conferences and Lisa attended one...always learning to better serve our patients! Topics included: Allergies, Gut Health, Immunity, and so much more!

**Where can you buy
the highest quality
supplements? Here!
Check out page 4-5
for details**

watersBIOLOGICS



Ethylenediaminetetraacetic acid (EDTA) chelates a metal ion

We are all suffering from some degree of heavy metal toxicity. Studies have shown that the average American has 700 times more Lead in their tissues than Native Americans who died before the Spanish invasion in 1492! Humans have also unleashed vast quantities of cadmium, arsenic, antimony, aluminum, tin, nickel and mercury into the world environment. Thousands of tons of mercury have even been put into people's mouths by dentists.

Despite earlier claims by governments, industry, labor unions and the medical/dental associations, there are no "safe" levels of these metal poisons. For each increase of 0.6mcg of lead in blood, a child will on average lose one IQ point. So, a child with a blood lead at 10mcg will have an IQ six points lower than a kid with 1mcg. This can make a real difference in that child's life success. In addition, the deleterious effects of toxic metals are not just additive – they are multiplicative. The toxic effects of lead may kill one animal at, for example, 5 parts per million and 5mcg of mercury may also kill 1 animal in 100. But if 100 animals are given both lead and mercury at 5mcg ALL 100 animals will die. In toxicology 1+1 doesn't equal 2, it may equal 10,000!

Even heretofore tiny amounts of heavy metals thought to be non-toxic are now known to have adverse effects on health. These metals damage the body in a variety of ways. They generate free radicals, they insert themselves into enzymes and inhibit their function and they create damage to DNA.

The clinical effects of these toxins can be

Detox

seen in virtually all body systems. The medical literature documents these metals to be associated with:

- Neurodegenerative disease – Parkinson's, Alzheimer's, neuropathies
- Cardiovascular disease and cardiomyopathy
- Immune dysfunction and various cancers
- Psychological and behavioral dysfunction

We have paid and are paying a high price for the conveniences of our modern world.

Over the past 70 years, treatments have been developed to reduce the burden of these metals in the human body and thus improve health. These treatments are collectively known as chelation therapy. Chelating agents bind metals and remove them from the body. The principle and most versatile of these is EDTA (Ethylene diamine tetraacetic acid). It has a strong affinity for most of the metals we are exposed to and will even remove gadolinium that is used in MRI scans and platinum that had been injected into the body as chemotherapeutic agent for treatment of cancer.

A specific dose of EDTA is added to an IV bag along with magnesium, vitamin C, B-complex vitamins, procaine and a tiny amount of heparin. The contents of the bag is infused into an arm vein over a 2-2.5 hour period. The EDTA seeks out and tightly binds the toxic metals removed from the body via the kidneys.

To get a general idea of the toxic burden a patient harbors and to get a baseline to gaging their progress, a 6-hour urine specimen is collected after the IV is started and sent to a laboratory specializing in metal analysis.

Depending on the patient's history and laboratory values between 20 and 30 treatments are given on a week or twice weekly basis.

The treatments may initially make the patient a little tired for the remainder of

the day but they generally feel fine the next morning. An important aspect of this treatment was discovered in the 1960's in patients treated for lead poisoning – patients with circulatory disorders reported improvement in their symptoms – angina pains subsided, their feet warmed up, brain function improved. In 2012, a large double-blind Federal study proved that EDTA was effective in heart patients and was especially helpful to diabetic patients.

Over the past 35 years, I have found this treatment to be effective for improving the symptoms of aging. It improves blood sugar level, lowers cholesterol and triglycerides levels, reduces arthritis pain and improves energy levels. Walter Blumer, MD even showed a 90% reduction in cancer incidence in the patients he chelated in Glarus, Switzerland as compared to a matched group in that town who didn't undergo chelation therapy.

EDTA Chelation therapy is the treatment of choice for metal detoxification, treatment of diabetes and vascular diseases and overall regeneration.



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 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.

Our Latest Look at Lyme

The US Centers for Disease Control states that there are 300,000 new cases of Lyme disease in the US in 2017 and that there are probably ten times that number that go unreported. Anyone who has experienced a prolonged illness from Lyme disease, or known someone who has, understands that this disease can produce various and complex symptoms and isn't always curable with a two-week course of antibiotics.

At Waters Center for Biological Medicine, we encounter patients who have been ill for sometimes many years after an exposure to Lyme from a tick bite whether they realized they were bitten at the time or not. These people present with a myriad of signs and symptoms – pain, fatigue, brain fog, strange neurological symptoms, etc. We have developed a program of treatment based on:

- what is known about the biology of the causative spirochete, *Borrelia burgdorferi* (*Bb*)
- how it creates symptoms in the human host
- the methods the human immune system uses to defend itself against microbes
- the improvement in the hosts endocrine and immune function including the correction of nutritional deficiencies that contribute to immune dysregulation

Of special importance for patients who have been ill for more than six months despite appropriate antibiotic treatment, we must consider the possibility of the Lyme spirochete having caused an autoimmune process. This can occur both in patients with a continuing active infection as well as ones with no ongoing Lyme infection underlying their symptoms.

In brief, we implement an 8-pronged program to bring the patient back to health.

1. An ultra-low carbohydrate or ketogenic diet. *Bb* can only use sugar as an energy source, and we can operate just fine, indeed even better, without carbs in our diet.
2. Identify and correct disorders of the endocrine glands and gastrointestinal function. Getting all body systems in order sets the patient up to eradicate the Lyme infection and heal the damage.
3. Judicious use of bacteriostatic antibiotics. These types of antibiotics suppress the bacteria by inhibiting their ability to manufacture proteins.
4. Ozone Therapy, also known as MAHT (major auto-hemotherapy), helps the body kill germs and improve its capacity to heal. It improves neurological function and microcirculation, as well as corrects autoimmune disease.
5. Herbal medicines offer an added punch with few side effects. These herbal medicines improve immune function by upregulating the functions of natural killer cells, proliferation of immunoregulating T-cells, reducing the excessive production of inflammatory cytokines, reducing oxidative damage to the brain and other tissues and even, in some cases, have direct inhibiting effects on *Bb* and other microbes. Importantly, herbal medicines do not have a negative impact on the health of the microbiome.
6. Supplementing glutathione since the body is often not able to keep up with production of this vital protection agent while fighting inflammation and toxic free radicals.
7. Supplementing L-carnitine is also needed due to decreased levels. We need this amino acid to efficiently burn fats in our mitochondrial powerhouses.
8. The treatment we use to correct the autoimmune process initiated by Lyme infection is Low Dose Immunotherapy (LDI).

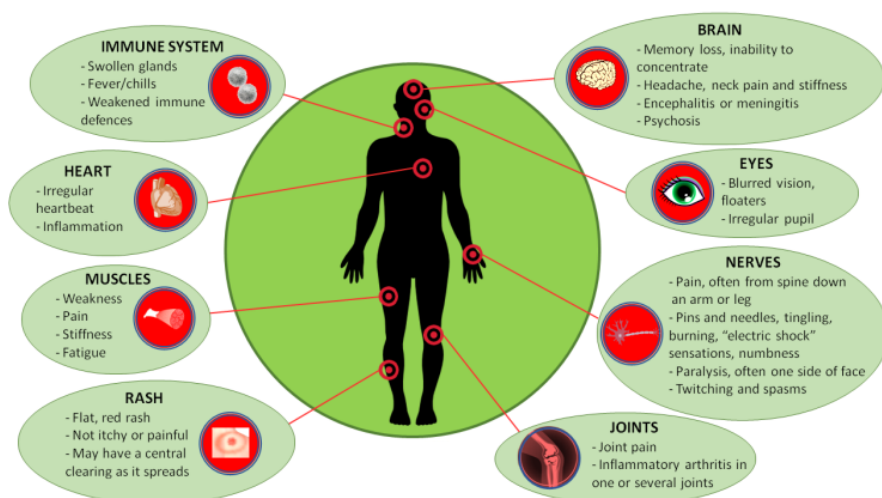
Briefly, tiny doses of Lyme antigens are administered at increasing doses sublingually. Over time, the inappropriate reactions

initiated by the Lyme infection are dampened and the pain and neurological symptoms subside. The antigens used are highly diluted Lyme proteins. There are NO living organisms, so infection is not possible. This treatment is similar to allergy neutralization treatment and is very safe. At the high dilution used, if there is a reaction or “flare”, it only means we are on the right tract and must change the dose.

This 8-pronged approach will work synergistically to affect your recovery from chronic Lyme disease. For a detailed, fully referenced explanation of our Lyme program, please check out the website or ask a staff member.

Want more information?
Dr. Waters' fully referenced,
26-page article is on our
website. Explains in detail!

www.watersbiomed.com/integrative-approach-to-lyme-disease



Featured Supplement—Melatonin

Since the electric lights were turned on about a century ago, we are bombarded with blue light virtually 24 hours per day. Before that, the sun was the only source and we went to bed when it went down. If a single photon of blue wavelength light hits our retinae, the melatonin production in our pineal glands shuts down.

But beyond melatonin's role in aiding our falling asleep, it has been shown, at higher than sleep-inducing dosages to have diverse, astounding properties including inhibition of metal-induced DNA and lipid membrane damage, activation of antioxidant enzyme synthesis, and promotions of the DNA repair machinery.

It is both lipid and water soluble, so it crosses all barriers after it is ingested and even enters the brain. As a potent antioxidant, it neutralizes the nastiest of free radicals, the hydroxyl radical. It isn't recycled like Vitamin C, E and lipoic acid but is metabolized into a variety of products which themselves have free radical quenching and heavy metal chelating properties. Melatonin has been classified as a mitochondrial-targeted antioxidant protecting the tiny furnaces that make 90% of our energy, free from damage. This is thought to be the mechanism whereby melatonin has been shown to both prevent and treat cancer.

Clinical and animal studies have shown melatonin to be effective in diabetes, post traumatic brain injury, protection against various drug toxicities, protection of DNA and mitochondria from heavy metals (lead, nickel, arsenic, mercury) toxicity, effects following intracerebral hemorrhage, inhibits DNA strand breaks in cells exposed to x-rays and has even been shown to improve sperm quality. There are also studies supporting its use in autoimmune diseases.

I have had the pleasure of meeting Russel J Reiter, PhD a professor at University of Texas at San Antonio. He has over 1000 scientific publications and much of his work has been on the biology of melatonin. Dr. Reiter, in his early 80's is a dynamo and takes 150mg of melatonin daily. After hearing his outstanding lecture, I increased my dose to 80mg nightly (I'm a little younger than Dr. Reiter). Incidentally, one of Dr. Reiter's premier publications is entitled, "Melatonin, a Full-Service Anti-Cancer Agent: Inhibition of Initiation, Progression and Metastasis."

I recommend you take 1 or 2 20mg capsules before bed. I can't think of a better protection against the poisons, stressors and the ubiquitous artificial light of our modern environment.



We've said it before...our supplements are simply the best!

watersBIOLOGICS

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?

Dr. Waters 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 buys from and personally knows most of the owners of these companies. He has, over the years, always tried to get the best for his patients.

For example, the main company we use is right here in Wisconsin. 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 that 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 the internet and box stores, where you have literally no clue as to the veracity of the statements about potency of the product or its effectiveness. 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 costlier, but you know they are quality.

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

Daily Advantage Supplement Package

It is virtually impossible to get an adequate amount of essential nutrients in the modern diet – even if we eat all organic food. This package hedges your bet on maintaining health. *Designed by Dr. Waters!*

Daily Advantage - This multiple vitamin and mineral has an array of all of these nutrients at therapeutic doses. Unlike most other multiples it contains activated folic acid, vitamin K2, the methyl form of vitamin B12, vanadium and boron. It boasts twice the amount of magnesium than calcium. This multiple covers the bases in providing the essential nutrients.

Vitamin D3 5000u – Almost NONE of us achieves desirable vitamin D levels. It is a myth to believe there is enough in dairy products to make us healthy and we just don't spend enough time outdoors in the sun to make enough in our body. Plus vitamin D reduces inflammation and we are on fire today because of all the toxins we are constantly exposed to. A recent study revealed a 78% reduction in breast cancer in women whose serum vitamin D was in the upper 20% of the "reference" range. To get to that level, she would need to take 4000-6000u!

Finally, as we age our skin is just not as good as it was in our youth at producing the precursor of vitamin D from cholesterol in the presence of sunlight. Vitamin D deficiency has been implied in diseases from heart disease and diabetes to cancer and osteoporosis. Extra vitamin D is real prevention!

Magnesium – Almost everyone needs more magnesium. This mineral activates 80% of the enzymes in our body and even carries the Energy of Life – ATP to all the places it is needed for healthy metabolism. Magnesium deficiency has been documented to be associated with virtually ALL chronic diseases. This is understandable considering it sits at the core of the energy production machinery of our systems. It relaxes the mind, opens blood vessels, improves heart function, alleviates depression, improves memory, fights pain – the list is endless. No "one-a-day" can contain enough of this mineral without reducing some of the other important nutritional factors.

OmegaMax – Our cells are made of fat of various kinds. Since we no longer eat much fatty fish, wild game and organ meat, it is very difficult to get enough of one type of these fats – long-chain omega-3 fatty acids. The most important of these in building healthy cell membranes are EPA and DHA.

Our product has the highest percentage of these vital substances than any other product on the market – a whopping 84%! In

addition, OmegaMax contains the triglyceride form of these fatty acids – the form used in Nature. Other products are lower in EPA and DHA and are synthesized into esters during processing.

These Omega-3 fatty acids are vital substances that are almost universally deficient in the blood and tissues of Americans. Like vitamin D and magnesium, deficiency of

EPA/DHA are associated with heart disease, diabetes, neurological disorders, immunological dysfunction, skin problems and increased blood coagulation.

Microbiotics Complete – We all need to take a multispecies probiotics blend because we just don't ingest these necessary germs in our everyday food. Rules and regulation are "sterilizing us to death." This product contains 50 billion colony-forming units of 12 species of beneficial microorganism at the time of encapsulation and will maintain 25 billion at one year even if it is left unrefrigerated. All of the species have been shown to have a positive effect on human health. Unlike most probiotic, the organisms have been encased in a polysaccharide derived from sea vegetation so the microbes are protected from the harsh environment of stomach acid. The secondary component of this complex then disintegrates in the distal small bowel and colon where the germs do their symbiotic work to maintain our health.



This package will provide the highest quality and doses of health-giving ingredients at the lowest price compared to any other combination of supplements on the market. Taking this group of superb products will stack your deck in favor of health and disease prevention. Fill up with premium nutrients and all of your machines will keep you healthy!

Discounts on Supplements!

Spend \$100 ~ get free shipping!

Spend \$300 ~ save 5%

Spend \$700 ~ save 10%

Spend \$1,000 ~ save 15%

Spend \$2,000 ~ save 20%

STARTING
JANUARY 1ST

BUY MORE
SAVE
MORE

COMING SOON!

We're starting an online store so everyone will have access to our products!

Stay tuned for details!

APPLE CIDER DONUT BITES



www.alldaydreamaboutfood.com

- Check out the local health food store for apple extract or look on Amazon

Low-Carb Apple Cider Donut Bites

Donut Bites:

- 2 cups almond flour
- 1/2 cup Swerve Sweetener
- 1/4 cup whey protein powder
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 2 large eggs

- 1/3 cup water
- 1/4 cup butter melted
- 1 1/2 tbsp apple cider vinegar
- 1 1/2 tsp apple extract

Coating:

- 1/4 cup Swerve Sweetener
- 1 to 2 tsp cinnamon
- 1/4 cup butter melted

1. Preheat oven to 325F and grease a mini muffin pan very well (Use a 24 cavity mini muffin pan).
2. In a large bowl, whisk together the almond flour, sweetener, protein powder, baking powder, cinnamon, and salt. Whisk in eggs, water, butter, apple cider vinegar, and apple extract until well combined.
3. Divide the mixture among the wells of the prepared mini muffin pan (you may need to work in batches if your muffin pan only has 12 cavities). Bake 15 to 20 minutes, until muffins are firm to the touch. Remove and let cool 10 minutes, then transfer to a wire rack to cool completely.
4. In a small bowl, whisk together the sweetener and cinnamon. Dip each donut bite into the melted butter, coating completely. Then roll each donut bite into the cinnamon/sweetener mixture.

Monthly Monday Meet & Greet! See page 1 for details

Waters Center for Biological Medicine

320 Race St ~ PO Box 357
Wisconsin Dells WI 53965

800-200-7178
www.watersbiomed.com

