Waters Center for Biological Medicine

Fall 2026
Volume 12, Issue 2

WatersBioMed *News*

Chelation Therapy—Essential for the Diseases of Aging

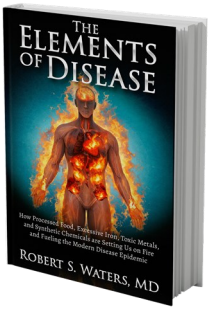
My book, The Elements of Disease, has been released by the publisher! The staff and I recently attended a meeting of the ICIM (International College for Integrative Medicine) in Dearborn, Michigan – the birthplace of chelation therapy research. I gave two presentations at a 2-day chelation conference. One was on my own scientific research on the biochemical effects of magnesium EDTA chelation therapy that underlie the positive results doctors see when administering this treatment. These results are especially evident in patients with diabetes mellitus or metabolic syndrome. I was fortunate to have been able to do this research with scientists from the USDA and Joseph Fourier Medical School in Grenoble, France. The results of our study revealed that the reduction in lead and cadmium after a series of EDTA chelation therapy resulted in a net decrease in free radical markers, thereby demonstrating protection of both lipid membranes and DNA. The later reduces the mutation rate, one of the causes of malignancies. In fact, my Swiss colleague, Walter Blumber, MD, showed that amongst patients who had received a series of EDTA chelation therapy compared to patients who hadn't undergone chelation therapy, there was a 91% reduction in death due to cancer over an 18-year period. My papers also showed that magnesium is retained by the body after the infusion. By improving magnesium status, it improves energy production, increases production of glutathione and nitric oxide synthesis. Nitric oxide is the native vasodilatory substance and antioxidant that improves circulation to every cell of the

Sad News for us - Wonderful News for Nurse Lisa!

Lisa will be retiring at the end of this year.
We are in the process of interviewing nurses and will do our best to find a good replacement, but it will be difficult!
Lisa joined us in 2017 and has taken wonderful care of our patients. We were very lucky to find her! We will miss her but wish her the best in her retirement!

So please be patient with us during the transition!

Dr. Waters' Book Update: **NOW AVAILABLE!!**



The Elements of Disease

How Processed Food, Excessive Iron, Toxic Metals and Synthetic Chemicals are Setting Us on Fire and Fueling the Modern Disease Epidemic
Slow the Burn with Magnesium EDTA Chelation Therapy

Book Signing!

Where: Our Clinic
Date: Monday, November 16th
Time: 1:00—5:00pm

Hope to see you there!

Inside this issue

Chelation.....1-5
Featured Supplement 5
Recipe 6

Chelation—continued

body. This results in improvement in metabolism generally, because most of us are magnesium deficient.

My second presentation was on aging and whether the effects we observe on the human mind and body are inevitable. The lecture centered on the element aluminum, along with the other toxic metals, the accumulation of which are major contributors to Alzheimer's disease and other forms of neurodegeneration and autism spectrum disorder. I made the case that "hardening of the arteries," dementia, and cardiovascular disease in general are NOT inevitable as the medical profession would have us believe. They tell us that these conditions result from elevations of cholesterol, high blood pressure and the fact that we are living longer. And the only thing we can do to improve our health and slow down our demise is take medications to lower the parameters that they claim are causing these negative effects. But I gave evidence both in my book and in the lecture in Dearborn that this explanation for the effects of aging is a false conclusion.

In fact, there is massive scientific evidence that the real causes of premature symptoms are actually related to:

•Poor diet with its relationship to intestinal microbiomal alterations

•Excessive accumulation of iron

•Increased extraction of lead, mercury, cadmium, arsenic and aluminum over the past 150 years for industrial purposes. These metals have become widely distributed in the ecosystems of the Earth, including our own bodies.

•The effects of a myriad of synthetic chemicals that humans have synthesized over the last 150 years.

•The increased exposure to lead, mercury, cadmium, arsenic and aluminum as a result of increased mining to support the Industrial Revolution.

A program to address and mitigate these factors causing ill health is the basis of the therapeutic interventions we offer at Waters Center for Biological Medicine. While dietary changes and other lifestyle maneuvers are at the center of intervention, I now believe that EDTA chelation therapy and other forms of chelation are absolutely necessary to remove or at least reduce the levels of toxic metals that inevitably accumulate in our bodies. Of course, we must also correct the deficiencies that are present when the patient arrives and balance endocrine hormones, which have been altered by environmental toxins and endocrine-disrupting chemicals; Also, the use of sauna therapy can remove the organic toxins.

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But in my research on aluminum for my presentation I was shocked to see that it is more ubiquitous and much more dangerous than I had ever imagined. I do remember a lady in her 50s who had consulted me back in the early 1980s. Her factory job required that she polish casted aluminum parts. She was losing her mind and thought to have Alzheimer's disease. Her blood and urine tests verified that she was highly intoxicated with aluminum. She underwent 20 treatments of EDTA chelation therapy and totally recovered her mental faculties. Had she not met me, she probably would have died in a nursing home, written off as another case of early Alzheimer's disease.

It turns out there is much evidence that Alzheimer's disease is largely related to accumulation of aluminum in the human brain. The Aluminum chapter of my book goes into greater detail, but the literature on this subject is vast, and it is very important that we as Americans address it. Otherwise, our nursing homes will contain more people than they can accommodate.

In my lecture, I presented data from my own patients showing that during the infusion of magnesium EDTA, calcium levels dropped, magnesium levels rose dramatically, and this triggered an acute increase in the level of parathyroid hormone (PTH). This fact was observed early, in the 1960s at Dearborn, Michigan, and it was hypothesized that the calcium/PTH effect resulted in a cascade

continued on page 3

Chelation—continued

of events involving modification of connective tissue in the arterial lining – a correction of the mucopolysaccharide content (known today as GAGs or glycosaminoglycans), a process that results in the actual dissolution of atheromatous plaques. That is an effect beyond merely the removal of calcium from the plaques, which was well documented at the Thomas Jefferson Medical School in experiments on human cadaver arteries from patients who died with severe atherosclerotic vascular diseases. This is detailed in the magnesium EDTA chapter of my book.

Sarah, Melissa, Dr. Waters and Brianna at the ICIM Conference in Dearborn, Michigan in September

In that same chapter, I go into both the history of EDTA chelation therapy and its therapeutic effects. In addition to magnesium's effects as outlined above, EDTA reduces platelet stickiness, improves microcirculation, lowers blood sugar and blood pressure and "shuffles the elemental cards" thus creating a more homeostatic rearrangement of the essential elements such as zinc, copper, manganese, magnesium and calcium.

Other speakers at the conference gave papers describing the history of chelation therapy, testing needed before and after treatment, the instructions on administering the contents of the chelation therapy bag, and potential complications that one must watch for.

Another speaker at the chelation therapy seminar, Joseph Hickey, MD, presented his data showing that a series of EDTA infusions has helped patients with obscure diseases such as myelodysplastic syndrome, a blood disorder, psoriasis, and gadolinium toxicity. MRI scans using gadolinium as a contrast material can result in serious injury to the skin, kidneys and other organs. Thankfully it is not commonly seen, but anyone who receives a gadolinium-based scan should consider having some chelation therapy afterwards. I, in fact, am still spilling gadolinium in my urine 7 years after my last scan. It does stay in the body.

Dr. Hickey produced data that we humans continue to unleash thousands of tons of lead, mercury, arsenic, and cadmium into the ecosystem of our planet every year. And that without chelation therapy there is no way to mitigate the effects of these toxins. He also presented data showing that fractures, injuries, surgical procedures and even pregnancy results in the release of toxic metals from skeletal tissues, driving inexplicable syndromes of neuropsychiatric and metabolic syndromes.

Both pregnancy and menopause result in the breakdown of bone that releases stored metallic toxins. He has seen women with postpartum depression and menopausal women with mental decline experience significant improvement after a series of magnesium or calcium EDTA treatments. He also showed data that 10-15 treatments improve the symptoms of patients with chronic fatigue syndrome/fibromyalgia.

Dr. Hickey was surprised and impressed by my presentation on aluminum. I was first made aware of the potential of aluminum causing Alzheimer's disease when I was a medical student at the Hines VA hospital where Dr. Robert E. Ross, the neuropathologist at that institution, showed me a group of diseased brains of patients which he said had died of Alzheimer's and whose brains were loaded with aluminum. This was the first time I had heard of this. What you will learn in my book is that aluminum was never meant to be available to biological systems in its elemental form. It is locked up in rocks and pre-

continued on page 4

cious stones like rubies, sapphires, unavailable to biological systems. In fact, it is toxic to all biological systems, and one cannot find aluminum in its elemental form except at volcanic apertures. This contrasts to gold, silver and copper, which can be found on the surface and under the surface of the Earth. These elements are nontoxic, unlike aluminum. After 1885, aluminum became widely available as a result of chemical and electrical processes that, in reality, created the modern world. It will turn out to be a major cause of human illness. Its mitigation with both magnesium EDTA and another chelating agent, DFO (desferrioxamine) which chelates both iron and aluminum, is part of the answer to premature aging of the brain – and arrival at a nursing home!

GET THE LEAD (*AND CADMIUM, MERCURY, ARSENIC & ALUMINUM*) OUT

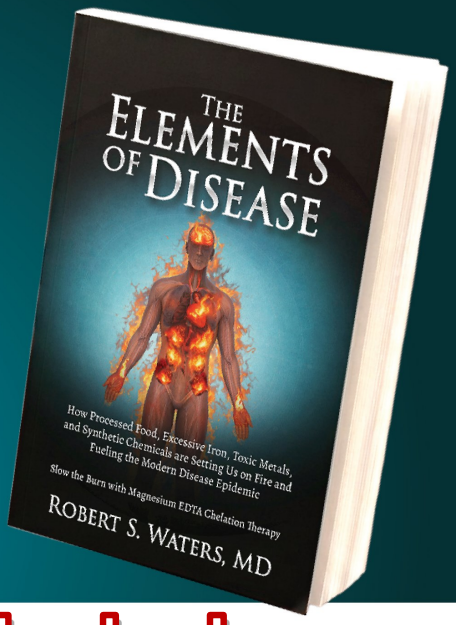
Get Chelated and Avoid the Nursing Home

I will be following up with another newsletter describing an effective approach to metabolic and especially brain disorders, using both magnesium EDTA and DFO, along with diet, herbs, specific pharmaceutical agents, melatonin, low dose lithium, etc. In this regard, I encourage all my patients to read the book by Dale Bredesen, MD, The End of Alzheimer's, in which he presents a

Forty Years of Clinical Experience.
One Comprehensive Resource.

The Elements of Disease - How Processed Food, Excessive Iron, Toxic Metals, and Synthetic Chemicals are Setting Us on Fire and Fueling the Modern Disease Epidemic
"Slow the Burn with Magnesium EDTS Chelation Therapy"

Drawing on more than four decades of medical practice, scientific research, and published studies on EDTA chelation therapy, Dr. Robert S. Waters examines the roles of processed foods, excessive iron, toxic metals, synthetic chemicals, nutrition, and environmental exposures in the development of chronic disease. The book explores potential mechanisms, reviews supporting evidence, and offers practical strategies for reducing toxic burden with Magnesium EDTA Chelation Therapy and improving health.



Books available!

Book Signing!

at Waters Center
Monday, November 16th
1:00 ~ 5:00pm

Waters Center for Biological Medicine — 320 Race Street · PO Box 357 · Wisconsin Dells, WI 53965 · Phone: 608-254-7178
www.watersbiomed.com

continued on page 5

Chelation—continued

comprehensive protocol to prevent and reverse Alzheimer's and other forms of dementia. My program integrates his ideas and cuts to the actual central causation – the accumulation of toxic metals, especially iron and aluminum in specific brain regions.

The effects of these neurotoxic metals are exacerbated by AGEs – advanced glycation end products. These modified proteins resulting from chronic elevation of blood sugar are also at the center of the etiology of all diseases of aging. That is why our efforts are directed primarily to controlling blood sugar. If you control blood sugar, iron levels and toxic metal levels, health will improve.

After the chelation therapy seminar, ICIM also sponsored a 2-day meeting on "Disinformation in Vaccines." Presenters included Del Bigtree of ICAN (Informed Consent Action Network), Mary Holland, Esq., the environmental attorney heading up the Robert F. Kennedy Jr., Children's Health Defense (CHD), and Robert Malone, MD, who spoke on the politics of medicine and how industry is still controlling the story and blocking the truth – that vaccines and other pharmaceutical interventions are actually causing health problems rather than preventing them. Another speaker, James Thorpe, MD, an obstetrician/gynecologist outlined the disastrous effects the COVID-19 vaccine has had on mothers and their offspring. He presented categorial data that this vaccine caused miscarriages, early death in newborns, menstrual irregularities, and acceleration of cancers. Other presenters showed unusual cancers developed and exacerbation of ones that had been in remission. We hope to get some of those films made available to our clients.

All in all, it has become clear that the efficacy of vaccines is scientifically unsupported by double blind, placebo-controlled studies, which are considered "gold standard" in scientific research. They have never been done for any vaccine on the market today, and certainly not for the experimental Covid vaccine that is really a genetic intervention.

One thing is clear. The government and medical authorities as well as the pharmaceutical industry have consistently, over many decades, suppressed any information about alternative treatments that actually work to mitigate human ailments. They have also promoted vaccines and pharmaceuticals that, in fact, are not proven to be effective and have potentially devastating side effects.

We believe biological medicine, of the sort practiced at our clinic, is the answer to the epidemic of chronic degenerative diseases in our children and all of us. It takes a lot of effort, both in changing one's diet, which involves shopping differently, and in reducing everyday exposures to toxins from metals such as aluminum-containing deodorants and also cosmetics which often contain endocrine-disrupting substances. All of this involves education. Remember, the word doctor comes from a Latin verb doceo, docere – "to teach."

Featured Supplement—Lithium Orotate

Lithium Orotate - An element for the brain and much more!

While aluminum and other toxic metals accumulate in the brain and cause damage, lithium can rescue your neurons. It has been used as the lithium carbonate for Bipolar Disorder but is potentially toxic. A safer form is lithium orotate. It enters the brain more efficiently and can be used at a much lower dose that doesn't require testing blood levels. It helps depression, memory and irritability. It is also being studied for treatment of Alzheimer's and Parkinson's diseases. The dose is one capsule, once or twice daily. I will write a more detailed report on lithium in the future.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

ONLINE STORE IS BEING BUILT! CHECK OUR WEBSITE FOR DETAILS!
NOT ALL IN-STORE PRODUCTS WILL BE AVAILABLE RIGHT AWAY BUT IT'S IN THE WORKS!

Waters Center for Biological Medicine

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Dr. Waters' Book Now Available!
See page 1 & 4

Low Carb/Keto Beef Stew

- 1 ¼ lb Beef Stew Meat (I like chuck)
- 2 Tablespoons olive oil
- 1 Tablespoon butter
- ½ medium onion chopped
- 3 garlic cloves minced
- 2 celery ribs chopped
- 8 oz mushrooms sliced
- 10 oz radishes cut into large cubes
- 2 Tablespoons tomato paste
- 6 cups beef broth 14 oz can diced tomatoes
- 1 Tablespoon Worcestershire sauce
- 2 teaspoons Bragg's Liquid Aminos
- 1 Tablespoon Red Wine Vinegar
- 2 bay leaves
- 1 tsp parsley
- ½ tsp pepper
- ½ tsp Xanthan Gum

There is nothing better in the Fall than a hearty beef stew...or venison if you live at Sarah's house. Recipe from:

www.kaseytrenum.com

She has delicious, easy, low-carb recipes!

1. Heat olive oil in a large Dutch oven or stock pot.
2. Season steak with a little salt and pepper, then sear a little bit at a time so that the pan's temperature doesn't reduce. Stir occasionally while browning on all sides for approx 5-7 minutes per batch. When each batch is done, remove it from the pan and sear the next batch. I seared mine in 3 batches.
3. Add the chopped onion, minced garlic, and chopped celery to the pan and cook on medium heat for 3-4 minutes or until tender.
4. Add butter to the pot; once it is melted, add the mushrooms and cook for approx 4-6 minutes or until they are tender, then add the radishes and cook for 4 more minutes.
5. Stir in the tomato paste until it is combined, then deglaze the pan by adding ½ cup of the beef broth, scraping the browned bits from the bottom of the pot. Leave them in the pot as they are incredibly flavorful.
6. Add the rest of the beef broth, canned tomatoes, Worcestershire sauce, Bragg's Aminos, red wine vinegar, pepper, parsley, and bay leaves, then bring to a boil.
7. Stir in the stew meat and simmer on medium heat with the lid on for 30 minutes. Remove the lid from the pot and simmer for 30 more minutes to reduce the liquid.
8. Remove ½ a cup of the liquid from the beef stew in a bowl and whisk in the xanthan gum. Once it is combined, add it back to the pot while stirring.
9. Simmer on low heat for 15-20 minutes or until the stew reaches desired consistency and the beef is tender. If the beef still feels tough, continue to simmer until it breaks apart easily with a fork. If the stew gets too thick, you can add more beef broth.
10. Remove the bay leaves and sprinkle fresh parsley on top before serving.

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