



# WatersBioMed News

## Do you want a copy of Dr. Waters' last lecture?

Are you tired, overweight and feeling discouraged? The "Standard American Diet" truly is SAD! Over 50% of adult Americans (and an increasing number of children) have diabetes or prediabetes, and even more are overweight, heading towards being a diabetic. Learn about why this is plaguing us and what we can do about it. Share with your family and friends. Stay healthy!

### Prediabetic Epidemic—Is this why I'm overweight and tired?



DVD's are \$10.00 plus shipping

or you can watch for free on our website  
[www.watersbiomed.com/latest-news](http://www.watersbiomed.com/latest-news)

## Featured Supplement—Phosphatidyl Choline

Life happens on the membrane and purified PPC (PhosChol) provides the building blocks essential to cellular membrane repair, regeneration and function. Like bricks of a wall, cellular membranes act as barriers to protect each cell and organelle in the human body, maintaining cellular structure, function and co-operation.

Membranes are an essential building block for life, as cells, tissues, organs, and ultimately an organism cannot be formed without them. Without PC and cellular membranes, life as we know it would not be possible.

Phosphatidylcholine clearly plays a vital role in human life. Its role is even more important when unhealthy lifestyle choices are made. Excess consumption of processed carbohydrates, sugar, alcohol, and drugs, among others, can lead to membrane damage. When cell membranes become rigid and damaged, function decreases and health and well-being are replaced by disease. When membrane damage is present, PC is in high demand to help form, proliferate, restore and regenerate cell membranes and to enhance membrane-dependent metabolism. Since our cell membranes accumulate damage as we age, PPC can be used as an anti-aging treatment.

*Check out page 5 for information on intravenous Phosphatidyl Choline!*



**Welcome Lisa!**

Lisa, a Registered Nurse, started last May 15th!

She assists Dr. Waters with his daily patients and answering questions as well as starting IVs as needed. She has become a great asset to the clinic!

## 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 very 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.

## Inside this issue

|                              |   |
|------------------------------|---|
| Immunotherapy .....          | 2 |
| Low Dose Immunotherapy ..... | 3 |
| Prevention—your future ..... | 4 |
| IV Therapies .....           | 5 |
| Recipe .....                 | 6 |

# Immunoconfusion

*"All autoimmune diseases are triggered by infections."  
~Schoenfeld*

We live on an entirely changed Earth compared to humans who lived only 125 years ago. Our immune system now must try to negotiate what is "self" and "other" while being exposed to 80,000 synthetic chemicals, record amounts of toxic metals, genetically modified proteins in food, altered gut ecology and a change from mainly unprocessed whole foods to highly processed, nutritionally deficient foods. Add to this numerous heretofore never experienced electromagnetic frequencies and one can start to understand why there are so many immunologic diseases.

We, and our individual immune systems, live in a world of confusion.

Allergies were first reported in England in the middle of the 18th century in the upper classes who could afford to eat more and more processed food and never got their hands dirty. It is now thought that they lost the vast diversity of their intestinal microbiome and simultaneously experienced a loss of nutrient density because of their increasingly processed diet.

Hippocrates stated, "All disease begins in the gut." We are learning this in detail in the first part of the 21st century, but we are also learning that most diseases have their origin in immune dysfunction, and most of our immune system exists in our gut.

After allergies appeared on a large scale, about 150 years ago, the other side of the immune dysfunction coin followed – autoimmune processes. It

is now claimed by the immunology profession that one in six people suffer from one or more of about 100 autoimmune diseases. It is thought by some of these scientists that for every case diagnosed there is probably another individual who goes undiagnosed. Each of us knows a number of individuals who suffer from one of these conditions – multiple sclerosis, rheumatoid arthritis, lupus, psoriasis, ulcerative colitis, blood disorders and many elusive diseases thought to have an immunological underpinning. Many chronically ill people never even get a diagnosis and are just given symptomatic therapy with drugs.

People don't know where to turn. They are confused, and their immune systems are confused. It is clear from the scientific literature that

all chronic diseases have an autoimmune component. The immune system reacts against pollen, mold, bacteria, food proteins, chemicals – indeed, almost anything that appears to be a threat to the "self". It then produces various inflammatory substances, activates specialized white blood cells and commences a general attack to rid the body of an invader. In the case of a bacterial infection, all these actions are obviously appropriate. After the infection is under control, the inflammatory processes subside and the system returns to baseline.

Imagine for a minute that due to the confusing stimuli presented by the modern world coupled with a state of overall nutritional depletion and a dra-

matically altered intestinal microbiome, the attack is never called off. The inflammation continues and the immune system begins to attack the body itself – its nerve sheaths (multiple sclerosis), joints (rheumatoid arthritis), skin (psoriasis), specific neurons (schizophrenia, Parkinson's Disease, ALS, depression), etc. Yes, it is now thought that ALL chronic conditions, even osteoporosis, have an autoimmune component.

The present treatments for autoimmune disease are immune-suppressing drugs, anti-inflammatory agents and various monoclonal antibody therapies. While these can be effective, they all are potentially dangerous. They don't get to the basis of the disease – the immunoconfusion.

With this background, we now present a revolutionary approach to treating both allergies and autoimmune disease with a simple, safe, elegant method that helps retrain the immune system to cease overreacting to substances in the environment – pollen, mold, etc. - as well as molecules in food that may be causing symptoms after they are eaten, thereby dampening the senseless attack on our own cell structures and tissues: autoimmune disease.

The world's most eminent immunologist, Yehuda Schoenfeld, MD, has stated that, "All autoimmune diseases are triggered by infections."

We need to retrain the immune system to cease overreacting to substances in the environment – pollen, mold, etc. - as well as molecules in food that may be causing symptoms, thereby dampening the senseless attack on our own cell structures and tissues: autoimmune disease.



# Low Dose Antigen Therapy—LDA

LDA is used to treat all types of allergy, sensitivity and intolerance to inhalants (pollens, dust, mites, danders, etc.), foods and chemicals. It is used to treat such conditions as seasonal and perennial hay fever, asthma, all types of food allergies and many other medical conditions. A variant of LDA known as Low Dose Immunotherapy (LDI) can be used to treat a variety of autoimmune conditions.

Low Dose Allergen (LDA) immunotherapy uses very low dose allergens enhanced by a minute dose of the enzyme, beta-glucuronidase. Beta-glucuronidase stimulates the production of T-regulatory cells which can “switch off” helper cells that are erroneously causing patients to be ill by misidentifying normal substances in the body to be invading micro-organisms due to the process of “molecular mimicry”. The lifespan of a T-cell in the bloodstream is approximately 7 weeks, so LDA needs to be administered only every 8 weeks at first and then less often as time passes. The injections are given with ultra-fine 31 gauge intradermal needles on the inner aspect of the forearm.



Example of injection site

## What is it?

LDA is an extremely low dose immunotherapy that uses broad-based mixtures of allergens (antigens) made immunologically active by the enzyme beta-glucuronidase.

## LDA History

Enzyme Potentiated Desensitization was developed by Dr. Popper, an EENT physician working in London. He found that “hyaluronidase” injected into the nasal mucosa of patients with nasal polyps relieved allergy symptoms. Dr. McEwen of London in 1967, expanding the work of Dr. Popper, showed that the enzyme “beta-glucuronidase”, derived from hyaluronidase, had desensitizing activity. Beta-glucuronidase mixed with a tiny dose of allergen or antigen is theorized to stop allergy reactions by restoring tolerance in the T-cells of the immune system.

## What it does

Following the administration of the LDA, there is an activation of the T regulator cells (Tregs). These cells mediate and restrain the inappropriate responses of the CD4 (helper T-Cells), CD8 (killer T-Cells) and B-Cells (antibody-producing cells). In chronic immune mediated diseases, these cells are mounting responses against what they are programmed to assume are dangers – food proteins, environmental inhalants and even your own tissues. The Tregs then “shut off” the allergic or autoimmune response.

Beta-glucuronidase is recognized as a natural biological response modifier and is likely to be a significant physiological up-regulator of the lymphocytic immune system.

All present evidence leads to the conclusion that LDA restores the natural active cellular immune tolerance to specific environmental antigens (allergens), which has become deregulated in allergy and autoimmune disease.

## What to expect

The effect of LDA is often immediate; however, the full benefit of LDA will take longer. Patients with many food allergies or intolerances will notice sustained improvement after 3-6 doses. The period of improvement should lengthen over time and gradually you should feel quite well for the entire period between injections. Once this occurs, you can begin to stretch the time interval between LDA injections. This will occur in adult patients between 6-8 injections (about a year). Children should be able to stretch their injection intervals sooner. LDA cannot be considered to be fully effective until at least 6-8 treatments have been given. If you have an autoimmune disease and/or chronic symptoms, more than 6-8 LDA treatments will likely be needed.

# Low Dose ImmunoTherapy—LDI

If you have had an infection (Lyme for example) in the past and are still suffering from lingering symptoms, there are a number of possibilities to explain your situation. First of all, there could still be an element of active infection. The body is now attacking its own tissues believing that they are invading enemies. The symptom can vary depending on the structure attacked – central nervous system, joint and connective tissue, skin, peripheral nerves, cranial nerves, muscles, etc.

If your symptoms are not caused by active infection, the inappropriate immune process that is the real cause of the symptoms must be addressed. We are now able to do this using ultra low doses of protein fragments (Lyme and other microbial preparations for other syndromes) sublingually to bring the immune system back into balance.

The job of LDI is to identify what prior infections the patient has experienced and determine what germs are most likely to explain the specific symptoms about which the patient complains. From then on, we empirically adjust the dose of each antigen or antigens and the time between each dose to affect a resolution of the symptoms.

## Featured Patient ~ Nichole S.

“For many years, I had widespread pain throughout my body, had trouble walking at times, memory loss/brain fog, and little to no energy. When I started LDA, I saw immediate improvement. Then, when I started LDI, I experienced a miracle. Within a day, I had no pain in my body! I didn’t realize how bad I actually hurt until I didn’t. I took my dog for a walk, and was actually running with him! My brain was functioning normal - I could actually think straight! I had energy like I haven’t had in many years!

Thank you, Dr. Waters!”

## Don't be a statistic...



Imagine yourself at age 63, ready to retire and planning to finally enjoy the fruits of a lifetime of work and child-rearing. Travel, leisure time, hobbies, more time for visiting friends and relatives – these are things we all look forward to when we retire.

Suddenly, while sitting at the kitchen table, you feel a bit dizzy, short of breath and slight pressure under your breastbone. Before your spouse can call 911, you collapse and can't be resuscitated.

This may seem like a morbid story to write in a newsletter, but the scenario described is all too common. In fact, in 50% of cases of acute heart attack, the first sign of heart disease in a given patient is sudden death, as in the above sad scenario. The truth is that virtually all heart attacks are associated with what has come to be known as Metabolic or Insulin Resistance Syndrome. The biochemical abnormalities found in this syndrome include:

- Elevated blood pressure
- Elevated blood sugar
- Disordered fats in the bloodstream
- Overweight
- Systemic inflammation

These all combine to create impairment in the small (and later large) blood vessels in the body, which eventually lead to acute loss of circulation due to buildup of plaque. When the vessel becomes totally occluded or the plaque ruptures, a heart attack or stroke occurs. This process also leads to kidney damage, vision loss, dementias, neuropathy and loss of blood flow to the lower extremities.

What makes the case of this 63 year old patient so worrisome is that it is now known that more than 50% of the population suffers from the Metabolic Syndrome. This syndrome not only leads to the diseases listed above, but also the increasing number of people who will spend their last days in a nursing home.

The most important thing you can do to avoid becoming a statistic in this epidemic of metabolic disease is to learn the biochemical condition of your body; that is, the factors that put you at risk for a disaster. These abnormalities by the way, also predispose you to cancer – yes, it is also a metabolic disease!

Once you know your situation, we can help you lower your risks by guiding you in lifestyle modifications and correcting your body chemistry. The answer to addressing all of the components of this syndrome and restarting the health of your arteries large and small is **EDTA Chelation Therapy**. Everyone can benefit from this treatment.

### *Is cancer preventable?*

The best way to deal with cancer is to try to avoid getting it in the first place—PREVENTION! Dr. Waters believes that food and environmental factors are the basis of most cancers. We are able to do lab tests that identify chronic inflammation, DNA damage, damage to our lipid-based cell membranes and loss of detoxification capacity. We can then hopefully help prevent cancer from developing through lifestyle modification, correction of deficiency, by reduction of inflammation and various detoxification processes such as sauna and **EDTA Chelation therapy**.

## Colon Cancer Screening

### What is Cologuard?

Cologuard is an easy to use, noninvasive colon cancer screening test that you can use in the privacy of your own home. It identifies altered DNA and/or blood in stool, which are associated with the possibility of colon cancer or precancer.

### How do you get DNA out of stool?

DNA is continuously shed from cells in the intestinal lining, where it is passed into the stool. If cancer or precancer is present, abnormal cells will shed into the colon and stool along with normal cells. They use a molecular biology process to capture specific pieces of DNA for further analysis.

### How effective is Cologuard?

In a clinical study of 10,000 participants of average risk for colon cancer, this test found 92% of cancer. Cologuard was negative in 87% of participants without cancer or advanced precancerous lesions.

### Should colonoscopy be used in addition to Cologuard?

Cologuard is a screening test. Any positive result should be followed by a diagnostic colonoscopy. Dr. Waters also recommends you follow your primary doctor's recommendations regarding how often you should have a colonoscopy.





## Why are IV's better than taking an oral supplement?

Intravenous treatment therapies are often a faster and more effective method of treating many conditions. The only chelating agents that can remove significant amounts of heavy metals must be given intravenously. In addition, EDTA when given IV, lowers serum calcium and initiates its removal from microcirculatory and other locations. Oral vitamin C cannot bring serum levels high enough to kill cancer cells and viral-laden cells; it must be given IV to do that. Essential Phospholipids work much more quickly by the intravenous route than by oral capsule. Infusion of vitamins and minerals go directly to cells as compared to having to negotiate entry through the often malfunctioning gastrointestinal tract. Ozone is most effective when added to blood, which is then reinfused.

## IV Therapy Key Points—What we offer and how they help?



### EDTA Chelation Therapy

- Removes heavy metals, helps renal insufficiency, manages atherosclerosis, reduces DNA damage, improves circulation
  - \*Even low levels of lead accumulation can lead to increased cardiovascular risk; toxic metals lead to glutathione loss

### Glutathione Therapy

- Increases immune function, recycles vitamins, removes environmental toxins, enhances chelation therapy and toxic metal removal
  - \*chronic fatigue, anxiety, high blood pressure, Type 2 diabetes, Parkinson's disease, cardiovascular disease, peripheral vascular disease

### Vitamin C Therapy

- Boosts immune system, reduces inflammation, fights infection, supports adrenal glands, maintains energy levels, improves and protects skin, strengthens tendons and bones
  - \*only about 18% of the vitamin C we consume is absorbed by our bodies; IV vitamin C is 100% bioavailable

### Ozone Therapy

- Increases oxygen in blood, stimulates blood cells, increases antioxidant production, kills viruses/bacteria, increases immune function, prevents damage from lifestyle
  - \*helps circulatory diseases, acute and chronic infection,

### Alpha Lipoic Acid Therapy

- Reinforces immune system, cleanses the liver, regulates blood sugar, reduces cataracts and glaucoma
  - \*passes easily into the brain, it has protective effects on brain and nerve tissue and shows promise as a treatment for stroke and other brain disorders involving free radical damage

### Phosphatidylcholine Therapy

- Chronic illness is associated with poor cell membrane health. This impacts conditions such as vascular (blood flow to heart, brain and extremities) disease, high cholesterol, liver disease, autoimmune disease, mood disorders, migraines and multiple neurodegenerative disorders such as Alzheimer's, Parkinson's, dementia & memory loss.
  - \*By replenishing your cell membranes with healthy phospholipids, you can expect to improve overall cellular function as well as improve transport of important nutrients into the cell and export common toxic compounds such as heavy metals, organic pollutants and chemicals like PCB's and pesticides from the cell.

*Stay tuned to our website and Facebook for more information on PPC!*

Our technical staff recently attended an IV Therapy Conference to increase their knowledge of intravenous Chelation, Glutathione, Vitamin C, Alpha Lipoic Acid and Phosphatidylcholine.



## Sugar-free Crock Pot "Granola"



SugarFreeMom.com

You can play with the ratios of nuts, seeds, coconut, etc. depending on your taste...add a little chia, flax or hemp hearts.

- 1/3 cup coconut oil
  - 1 tsp vanilla extract
  - 1 tsp vanilla stevia
  - 2 cups raw almonds walnuts, pecans, hazelnuts (1/2 cup each)
  - 1 cup unsweetened shredded coconut
  - 2 cups raw sunflower seeds and pumpkin seeds 1 cup each
  - 1/2 cup Swerve sweetener or other sugar free sub of choice
  - 1 tsp ground cinnamon
  - 1 tsp salt
1. Turn Crock Pot to low and add coconut oil and allow it to melt.
  2. Once melted add vanilla extract and stevia.
  3. Stir well before adding nuts, seeds and coconut.
  4. Stir the granola mixture well to make sure all is coated.
  5. Whisk Swerve, cinnamon and salt together then sprinkle over the nut and seed mixture.
  6. Cover and cook on low 2 hours or until you can smell them and they appear browned and toasted.
  7. Stir every 30 minutes.
  8. Pour and spread out onto a baking pan to cool and/or refrigerate.
  9. Keep stored in a covered container.

*Latest Lecture now on DVD!* See page 1 for details

As we have discussed in this newsletter, prevention is best... However, cancer does not discriminate and most of us will likely be affected in some way or another; either ourselves or a loved one may face this awful disease. Then there are decisions to be made, surgeries, expenses, stress, worry, pain...



### Rich and Laura Moran need our help!

Laura began fighting breast cancer over five years ago and continues to fight for her life every day because the cancer moved into her bones. She has endured surgeries, hormone suppression therapy and radiation. It has helped in some ways, but she continues to be in pain and have constant worry.

There are many out of pocket costs for alternative medical care that her insurance does not cover. Rich has also reduced his work hours due to taking care of her, bringing her to appointments, making sure the kids are where they need to be, etc. therefore putting the family under financial strain, in addition to the stress about her health.

The expenses continue to add up...*If you can help in any way, we would greatly appreciate it!*

Rich and Laura have been part of the Waters family since the early 1990's. Laura is truly an angel on Earth...she has a smile for everyone she meets. She has 9 beautiful children and 4 amazing grandchildren.

Let's help her enjoy her family for many years!

Make checks out to Laura Moran, mail to our office or attend the

### Cancer Benefit for Laura

**When:** March 24, 2018 at 3pm

**Where:** Dellwood Pavilion, Friendship WI

**Raffles ~ Music ~ Food ~ Drinks ~ Fun!**



*Thank you*  
FOR YOUR SUPPORT

Waters Center for Biological Medicine

320 Race St ~ PO Box 357  
Wisconsin Dells WI 53965

800-200-7178  
www.watersbiomed.com

