



# WatersBioMed News

## Upcoming Lectures

Listen to Dr. Waters speak about the one thing  
all of us want to avoid—**AGING!**

**Weight gain, hormones, toxins, memory loss...we can help!**

**Saturday, May 4, 2019 ~ 10:00am**

**at the Waunakee Village Center**

**Activity Room**

333 South Madison Street—Waunakee WI 53597—608-850-5992

**Saturday, June 1, 2019 ~ 10:00am**

**at the Comfort Inn Plover-Stevens Point**

**Meeting Room**


1560 American Drive—Plover WI 54467—480-676-5295

These events are free and seating is first come, first served!

Question & answer following!

***Friends and family are welcome!***

*"Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace."*

Our hearts are broken. Rich's beautiful wife, Laura Moran, has passed into eternal life. Please keep him and his family in your thoughts and prayers. She was a very special person and will be greatly missed by all of us. 



Attendees at the ICIM Conference in Philadelphia



We will be CLOSED  
June 17—21

***Where can you buy  
the highest quality  
supplements? Here!  
watersBIOLOGICS***

### Inside this issue

- Heart Disease ..... 2-3
- Heart Scan ..... 4
- Chelation ..... 4-5
- Featured Supplement 5
- Recipe..... 6

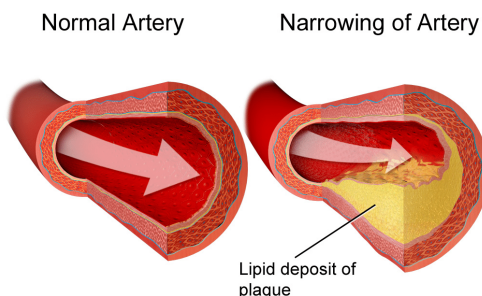
# A message from your heart: Answers for Cardiovascular Disease

I recently went to a cardiology meeting where a number of interesting lectures were given focusing on the heart and aging. I enjoy these conferences because not only do I learn more at each one I attend, but I also get confirmation that I'm on the right path offering chelation, balancing hormones, correcting deficiencies, normalizing digestive function and correcting diet.

It has been my understanding for 30 years that all disease is ultimately caused by excessive calcium entry into cellular compartments of the body: a shift from the skeleton to the joints, brain cells, arteries and other soft tissue sites. It is the ultimate underpinning of aging. Toxic metals, especially lead, contribute to this process. Lead acts as a mimic of calcium. If calcium entry increases into cells and their interior compartments, it jams up their metabolic processes. It turns us from the flexible, supple, energetic child, to the stiff, sluggish, solidified (calcified) aged adult. It is a relentless process that can't be stopped but can be slowed and even partially reversed and thus improve the illnesses and symptoms associated with heavy metal and calcium toxicity.

One of the lectures was on coronary calcium score test as the single most important test parameter in establishing whether a person has plaque in their coronary arteries. It was given by my medical school classmate, Jeffrey Dach, MD, whom I have not seen since our graduation 44 years ago. Dr. Dach presented a number of scientific articles from prominent medical journals that show the "cholesterol theory" of heart disease is dead. If anything, the cholesterol level is a response on the part of the body to underlying inflammation. This inflammation is driven by fragments of bacteria known as lipopolysaccharides. In fact, plaque in the arteries are "polymicrobial biofilms" - collections of bacteria, other microbes, and fatty and cellular debris that collect in high-stress areas of the arterial system. These areas are mostly branching points in arteries of

the neck, coronary system and points in the lower extremities. There are high shear-stress forces in these locations which sustain micro-tears in the lining of the arteries – the endothelium. This is due to elevated blood pressure (another matter related to diet and nutrition, toxic metals and nutritional deficiency). The body attempts to repair these tears and the associated accumulation of fatty substances and microbial fragments that collect there, by sending in white blood cells which proceed to clean up the injury – related debris. These cells become overloaded with microbes, fats, proteins, etc. and die – releasing enzymes like myeloperoxidase (this can be measured in the blood), which in turn release more inflammatory molecules such as hydrogen peroxide and cytokines that then produce



## Coronary Artery Disease

more inflammation. This vicious circle leads to more and more damage and attempts to heal it with the formation of plaque. This plaque then becomes calcified. Dr. Dach explained that deposition of calcium is another attempt on the part of the body to stabilize an injured area. It is seen in chronic, smoldering areas of infection like tuberculosis, chronic injuries such as tendonitis, heart valve damage and parasitic infections, which lead to calcified cysts in the liver. The "calcium score" CAT

scan reveals the tell-tale sign of plaque in the coronary arteries. (read more about the Calcium Scan on page 4)

Calcium deposition: What can be done about this process? Here is a partial list:

- Aged Garlic
- Vitamin K2
- Reduce inflammation – it is the central issue and is related to infection, diabetes and toxins
- Chelation Therapy with EDTA (more on this later)

The next lecture was given by a cardiologist, Thomas Levey, MD, and the topic was toxins as a cause of heart disease. He said, "We live in an increasingly toxic cesspool these days." These toxins, heavy metals and synthetic compounds not found on our planet before heart disease started to become an epidemic about a century ago, create oxidative stress and results in inflammation in the lining of our arteries, both large and small. This then leads to a hyperimmune response, which results in even more inflammation. Dr. Levey pointed out that the cardiology scientific literature supports this concept.

Besides various toxins, chronic infections drive inflammation and autoimmunity. These include dental infections like root canals, chronic sinus infections, periodontitis, and even smoldering tonsillitis. We are having trouble controlling infections because of hormonal and nutrient deficiencies. If our thyroid and other endocrine glands are working properly, we are able to keep infection at bay. Dr. Levey pointed out that low hormone levels cause people to die younger. Also, a sluggish intestinal tract can be the greatest source of toxins.

---

**"EDTA briefly flirted with traditional cardiology, but then drugs and surgery took over...People are dying due to not having Chelation Therapy."**

Gervasio A. Lamas, M.D.

Chairman of Medicine

Chief, Columbia University Division of Cardiology at Mount Sinai Medical Center

Professor of Medicine, Columbia University Medical Center

Co-Director, Mount Sinai Heart Institute

---

# Chelation Therapy

Dr. Waters has offered chelation since 1983

No matter the source of the toxins and resultant inflammation, the blood sugar rises in response. And blood sugar elevation is itself the cause of both inflammation and blood vessel disease.

Dr. Levy also gave a second lecture on calcium. Like so many things promoted by the Federal Government and the organized medical profession, giving people extra calcium does not reduce the risk of fractures and can lead to vascular disease. For example, women with the highest intake of calcium have a 2.5 times higher risk of all-cause mortality. And yet, the authorities are still recommending 1500mg daily.

The real cause of aging is ultimately the gradual accumulation of calcium inside our cells and mitochondria. Again, aging represents our bodies gradually turning to stone. We get slower, stiffer, weaker and finally die.

So what are the answers? Dr. Levy points out that Americans suffer from numerous nutrient deficiencies – zinc, magnesium, B-vitamins, Omega-3 fatty acids and especially vitamin C. We need more of the later to fight infections and detoxify the effects of metals and chemicals.

Another cardiology lecture was given by one of my mentors, Gervasio Lamas, MD, Professor of Cardiology at Columbia University in New York and Chief of Cardiology at the University of Miami. Back in 2002, Dr. Lamas had a patient come for consultation on vascular occlusion. The man said he wanted to try chelation therapy instead of having a bypass operation. Dr. Lamas, an orthodox cardiologist and medical scientist studying drug therapy at the time, told the man that he should not undergo chelation therapy because it was: not effective, dangerous and very expensive.

The patient left and sought out chelation therapy anyway. He returned months later to Dr. Lamas and reported dramatic improvement, which was documented by a repeat vascular doppler exam. Dr. Lamas was shocked. He had to reconsider everything he believed. Maybe because he had been a Cuban Refugee and knew that authoritarian regimes often manipulate and lie to people, he decided to read all he could about EDTA Chelation therapy and after convincing himself that the scientific papers up to that point supported the possible efficacy of Chelation Therapy, he wrote a grant proposal to the National Institutes of Health. After two years, he received \$29 million to do a study.

The study was started in 2004 and final results were published in 2012. I was a principle Investigator in the study. The study proved beyond any question that EDTA Chelation Therapy was effective in a large group of patients who had had a prior myocardial infarction (heart attack). It was amazingly effective in patients who had diabetes. This is something I have known since I started giving people EDTA Chelation Therapy in 1983. Dr. Lamas gave us a number of pearls regarding Chelation Therapy.

EDTA Chelation Therapy was initially licensed by the FDA to treat heavy metal poisoning. Early on, MD's who were treating patients for lead, cadmium and other toxic metal poisoning observed that patients with chest pain due to coronary artery disease reported that they felt better, they needed less nitroglycerin, they could walk farther, they just felt better! We now know why. Toxic metal accumulation results in malfunctions of every system in the body – the nervous system, the immune system and the cardiovascular system. The results are Herculean – cardiovascular disease, cancer, autoimmunity, degenerative diseases of the central nervous system. By removing these toxic metals from the body, these conditions improve.

Dr. Lamas stated that:

- “EDTA briefly flirted with traditional cardiology, but then drugs and surgery took over.”
- “People are dying due to not getting chelation therapy.”
- “EDTA Chelation Therapy reduces the risk of Diabetes to a non-diabetic state.”

Finally, a lecture by a Psychiatrist James Greenblat, MD. He explained that depression, anxiety and suicide among Veterans are not being successfully treated by the medical profession because they are not being treated biologically. Deficiencies of B12, vitamin D, zinc and omega-3 fatty acids are the real culprits in causing psychiatric diseases. In fact, because of the high rate of suicide among veterans, the US military is adding the long chain Omega-3 fatty acids EPA and DHA to cake noodles and other food to try to prevent these tragedies. I have been prescribing high potency EPA/DHA for more than 25 years as a central component of treatment in all of our patients. These fatty acids are vital components of all cell membranes. I, and the US military, have known this for years. One reason why omega-3's work is that depression is actually caused by inflammation.

In summary, to halt and reverse the diseases of aging, we must focus on correcting endocrine gland dysfunction and nutritional deficiencies, normalize digestion and detoxify heavy metals with EDTA Chelation Therapy and other maneuvers.

## Chelation prevents Cancer?

A study done by my colleague, Walter Blumer, MD in Switzerland, showed that patients who underwent a series of EDTA Chelation Therapy had a 90% reduction in cancer incidents over an 18 year period.

## Locations for the Heart Scan

- La Crosse
- Madison
- Marshfield
- Watertown
- Wausau
- West Bend
- Weston

Typically under \$200!

# Heart Scan—Coronary Calcium Scan

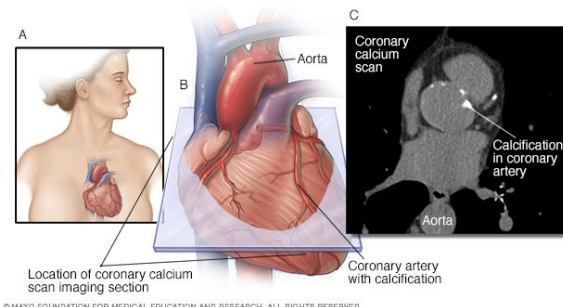
A heart scan, also known as a coronary calcium scan, is a specialized X-ray test that provides pictures of your heart that can enable us to detect and measure calcium-containing plaque in the arteries.

Plaque inside the arteries of your heart can eventually grow and restrict or block the flow of blood to the muscles of the heart. The measurement of calcified plaque with a heart scan may enable your doctor to identify possible coronary artery disease before you have signs and symptoms. The outcome of the test may indicate the need for chelation, medication or lifestyle changes to reduce the risk of heart attack or other heart problems. It gives us a better understanding of your risk of heart disease.

Coronary artery disease results in damage to the arteries primarily due to plaque and inflammation. Plaque deposits in and on the walls of coronary arteries can restrict the flow of oxygen-rich blood to the muscles of the heart. Plaque also may burst, triggering a blood clot that can cause a heart attack.

Plaque is composed of fats, cholesterol, calcium and other substances in the blood. Plaque deposits develop gradually over time, long before there are any signs or symptoms of disease. The imaging test provides an early look at calcium levels. If there is calcium, then there is already some stiffening and narrowing of the artery (atherosclerosis).

A heart scan uses a specialized X-ray technology called multidetector row or multislice computerized tomography (CT), which creates multiple images of the calcium deposits. The amount of detected calcium provides a measure of how much plaque has accumulated, and the data from the scan are used to calculate a score. When combined with other health information, we use the test score to refine a treatment plan for reducing your risk.



## WHO SHOULD HAVE THE SCAN

If you have certain risk factors, including high blood pressure, smoking, obesity, diabetes or family history of heart disease, we recommend you take the test.

## WHO SHOULD **NOT** HAVE THE SCAN

The test is not for patients who have had heart surgery, have been diagnosed with heart disease or have cardiac stents, pacemakers or implantable defibrillators.

## Why did Dr. Waters start offering Chelation Therapy?

In 1983, I was a fairly new doctor and my father-in-law was very sick. He was having mini-strokes and was not a candidate for surgery. His cardiologist told us to keep him stable with medication and let him live out the short time he had left. Around the same time, another patient of mine brought me information on Chelation Therapy. I thought to myself, "it's either a hoax or something really big." My father-in-law had nothing to lose so I encouraged him to go. He had 27 treatments before he headed south that winter. He went to Florida a new man. The strokes stopped, his carotid arteries opened up and he could walk faster on the beach than I could when we visited him at Christmas. It was amazing! I knew I needed to learn more and offer this treatment to my patients. Since then, I've given around 100,000 infusions and had 100's of treatments myself. I've also done five scientific studies in my office, as well as took part in the Trial to Assess Chelation Therapy study done through the National Institutes of Health. All of my published studies are on our website.



# Wellness Chelation Package

We want to make EDTA Chelation Therapy affordable for everyone! Therefore, we've designed a Wellness Chelation Package for people who are aging fairly gracefully and want to keep it that way!

Chelation Therapy is one of the best anti-aging therapies you can take advantage of at Waters Center. We have proven through in-office studies that it helps you reduce DNA damage, retain essential minerals and, of course, detox heavy metals.

Patients have also noted their energy increases and their eyesight improves!

## Chelation Consultation & Laboratory Testing: \$500.00 package price

Package Price Includes: (chelation billed separately)

- 45 minute visit including physical exam
- 30 minute lab results visit (2 weeks later)
- Lab Testing: Comprehensive Metabolic Panel, CBC, Vitamin D level, Zinc, Magnesium (RBC), Ferritin, Lipid Panel, A1C Glycohemoglobin, C-Reactive Protein

## Chelation Pricing

- Standard Chelation: \$125.00 per session
- 20-30 treatments done once or twice per week with monthly maintenance
- Package 20 ~ 12% Savings      Package 30 ~ 15% Savings

## Follow-up after 20-30 chelation sessions: \$300.00 package price

Package Price Includes:

- 30 minute check-in visit
- Repeat Lab Testing: Comprehensive Metabolic Panel, CBC, Vitamin D level, Zinc, Magnesium (RBC), Ferritin, Lipid Panel, A1C Glycohemoglobin, C-Reactive Protein

*\*NOTE: This Consultation and testing is very basic with the patient's goal being to begin chelation treatment. Patient may need more testing based on Dr. Waters' findings and/or patient's needs at the time of consultation and/or in the future depending on the overall results of the chelation treatments. Some optional enhancements to your care:*

- 6-hour urine challenge for heavy metals
- Ozone Therapy
- Elite Cardio Package
- Digestive Analysis
- Hormone Panel
- Low Dose Antigen Therapy
- Lyme Testing
- And more!

If you are a current patient of Dr. Waters with the appropriate lab tests on file, you can start Chelation! Give us a call or email for details!

## 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%



## COMING SOON!

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

[www.watersbiologics.com](http://www.watersbiologics.com)

## Featured Supplement—Bergamax

This small citrus fruit, Citrus bergamia, grows almost exclusively on the coastline of Calabria, Italy where its juice is used as a beverage. It is also used traditionally as a heart tonic. We now know that it contains a unique group of polyphenolic compounds including naringin, neoeriocitrin and neohesperidin. These compounds are potent antioxidants, anti-inflammatory agents, have neuro-protective properties and have been proven to reduce the triglyceride fat content in the liver of people with metabolic syndrome. The 38% Bergamot polyphenol extract is also been shown to reduce total blood cholesterol, triglycerides and, most importantly, the small dense LDL cholesterol particles, which are at the basis of blood vessel disease. In one study the extract reduced the thickening in the lining of the carotid arteries (the progression of which leads to strokes).

Finally, two other unique molecules found in bergamot extract, brutieridin and melitidin, have been proven to dampen the enzyme HMG-CoA reductase which is the rate limiting step in the synthesis of cholesterol. Instead of risking the potential toxic effects of statin drugs. Bergamot not only reduces synthesis of cholesterol but also improves the other lipid parameters, reduces arterial plaques and improves the health of the liver.



Our bergamot product is the "Bergamot Polyphenolic Fraction" (BPF) certified in Italy as a medicinal preparation and used in the scientific studies proving its clinical benefits.



## Keto Coconut Fathead Bagels Recipe

### *Keto Coconut Fathead Bagels*

Truly chewy keto bagels - you want them and we found them! These bagels are low carb, nut-free, and take only five ingredients to make. Easy and delicious, they will take your healthy breakfast to a whole new level.

[www.alldaydreamaboutfood.com](http://www.alldaydreamaboutfood.com)

- 1/2 cup coconut flour (56g)
  - 2 tsp baking powder
  - 3/4 tsp xanthan gum
  - 12 oz pre-shredded part skim mozzarella
  - 2 large eggs
- Optional Topping for Everything Bagels
- 1 tsp sesame seeds
  - 1 tsp poppyseed
  - 1 tsp dried minced onion
  - 1/2 tsp coarse salt
- 1) Preheat the oven to 350F and line a large baking sheet with a silicone liner. In a medium bowl, whisk together the coconut flour, baking powder, and xanthan gum. Set aside.
  - 2) In a large microwave safe bowl, melt the cheese on high in 30 second increments until well melted and almost liquid. Stir in the flour mixture and the eggs and knead in the bowl using a rubber spatula.
  - 3) Turn out onto the prepared baking sheet and continue to knead together until cohesive. Cut the dough in half and cut each half into 4 equal portions so that you have 8 equal pieces of dough.
  - 4) Roll each portion out into a log about 8 inches long. Pinch the ends of the log together.
  - 5) In a shallow dish, stir together the sesame seeds, poppyseed, dried onion, and salt. Brush the top of each bagel with melted butter and dip firmly into the everything seasoning. Set back on the silicone mat. These are great without any toppings too.
  - 6) Bake 15 to 20 minutes, until the bagels have risen and are golden brown.

*Upcoming Lectures!* 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](http://www.watersbiomed.com)

