



WatersBioMed News

Be ready to enjoy aging!

In 50% of cases of acute heart attack, the first sign of heart disease in a given patient is sudden death.

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 (hypertension)
- Elevated blood sugar (diabetes/pre-diabetes)
- Disordered fats in the bloodstream (hyperlipidemia)
- Being Overweight (obesity)
- 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.

It is now known that more than 50% of the population suffers from 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 restoring the health of your arteries, large and small, is EDTA Chelation Therapy. Everyone can benefit from this treatment.

Prevent Disease



Fee Increases as of April 20, 2020

Due to the rising costs of IV supplies and current market, we are forced to increase our fees.

Chelation: to \$150 each
Other IV's will go up \$10

*Last increase was 5 years ago
Ask us about our package deals!*



Please note:

All invoices must be paid in full before you can schedule more services and/or buy more supplements. Thank you!



Clinic will be CLOSED
Monday, July 20—Monday, July 27

Dr. Waters and Lisa will be attending the International Peptide Society's annual conference in Denver. This is an exciting new treatment! We have seen awesome results so far! Make an appointment with Dr. Waters to discuss if peptides are right for you!

Inside this issue

Prevention	1
Chelation Therapy	2
Provocative Chelation	3
Immune Boost	3
Chelation Special.....	insert
Recipe	4



Chelation—proven to work

EDTA Chelation improves health by removing lead, cadmium and other toxic metals from the body and thereby reducing free-radicals damage to DNA, cell membranes and proteins.

It also removes calcium from the tiny blood vessels around the body increasing the flow of blood to the cells it supplies.

Lead and heavy metal toxicity is the real problem in heart disease and cancer, and we are polluted from birth. Lead levels in patients are on average a 1,000 times greater than bone lead levels that were present 700 years ago. Some facts:

- Higher bone lead levels increase risk of heart attack six fold.
- Lead in bones is about the same as in body tissues including eyes.
- Harvard has reported it leads to the formation of cataracts. The American Heart Association Journal 'Circulation' published an article in 2006 entitled 'Low-Level En-

vironmental Exposure to Lead Unmasked as Silent Killer'

- We all need de-leading. There is NO SAFE LEVEL of lead.
- The British Medical Journal has published a review of the effect of lead on mortality (death) in the USA. They concluded that lead is responsible for over 18% of all deaths yearly. With regard to cardiovascular diseases, this number is a shocking 37% and for heart attacks specifically, 29%.

In regard to the other leading cause of death, cancer, Dr. Walter Blumer, M.D. of Switzerland has documented the results of EDTA heavy metal detoxification treatment for over 20 years. He showed that patients receiving a minimum of 30 treatments, when compared to individuals in the same village who did not receive the treatments, experienced:

- 85% reduction in cardiovascular events

- 90% reduction in new malignancies

Prof. Johan Bjorksten, creator of the cross-linkage theory of aging estimated that the average human life span could be increased by 15 years as a result of chelation therapy. He surmised that removing heavy metals and aluminum reduces the crosslinking that contributes to the aging phenomena.

Cardiologists Roy Heilbron, MD and Angelique Hart, MD released the movie "Unleaded", about the \$31 million double-blind NIH PACT & TACT studies on the effects of Chelation Therapy on heart disease, diabetes, and heart attacks. They actually took part in the TACT trial studies, and have chosen to speak the truth about the positive results... the same results official reports in JAMA worked very hard to hide.

See our special pricing highlighted in the insert!

Featured Supplement—ImmuMax

It is only when our immune defense system fails that a viral or bacterial infection gets the best of us and makes us ill with a sore throat, cold or upper respiratory infection. Before the modern drug age cultures all over the world used various herbs to treat infections.

Let's highlight some of the awesome ingredients in ImmuMax:

Astragalus membranaceus root extract has been used since ancient times for the treatment of infections. Components of this herb act as antioxidants, protect the liver (which is under stress during all types of infection) and even acts as an expectorant to rid the respiratory tract of mucus. No wonder it is one of the most used of all medicines in traditional Chinese medicine!

Elderberry (*Sambuca nigra*) has proven activity against both streptococci and viruses causing the common cold as well as influenza viruses resulting in significantly quicker recovery from infections.

Andrographis paniculate, an active ingredient, andrographalides improve white blood cell phagocytic (germ engulfing and killing) response and cause the lymphocytes to multiply and produce more cytokine-mediated activity against invaders.

Echinacea purpura (Ep), also known as the purple coneflower, is probably the best known of infection fighting herbs. Ep has been shown to have direct virus and bacterial killing effects as well as effects on immune cells.

Vitamin A—this vitamin is a key substance in maintaining the mucous membrane barriers in the respiratory tract and gut lining. It also acts as a hormone that regulates genes involved in innate and acquired immunity.

Pantothenic acid—A central player in energy production and the ability of the adrenal glands to respond to stress. Infection increases the need for energy to operate the diverse activities of the immune system.

Zinc—The premier mineral of the immune system. It has been described as the "gatekeeper of immune function". All the immune cells of both the innate and acquired immune systems require zinc for optimum function. Numerous studies have shown that zinc shortens the course of viral infections.

Lysine and Acerola fruit extract. Lysine is a known antiviral amino acid and Acerola cherries are loaded with bioflavonoid antioxidants which protect the integrity of mucous membranes under attack.



Provocative Chelation Protocol

We are all intoxicated, to a greater or lesser degree, with heavy metals. These include lead, cadmium, mercury, arsenic, antimony, aluminum, tin, nickel, gadolinium and often as we age, excess iron. Our Clinic has been administering chelation therapy for the removal of these toxic metals resulting in the improvement of health for over 30 years. We have published scientific articles in peer-reviewed journals that showed that not only were large amounts of toxic metals excreted after chelation therapy but markers of free radical damage to DNA and membrane lipids were measurably and significantly reduced after a series of treatments. We believe that undergoing a series of these treatments is one of the best gifts you can give yourself in your quest for health and longevity. It is both a therapeutic and preventive therapy.

The purpose of this provocative chelation protocol is to get a baseline as to the level of various toxic minerals with which your body is burdened. We advise you to repeat this testing every 10-20 treatments to ascertain the progress of this detoxification therapy.

We typically offer this test at your second chelation treatment (when the dose of EDTA will have been adjusted to a maximum for your kidney function). Just before you have your chelation treatment started, pass urine into the toilet to empty your bladder. We will then give you another urine collection container in which you will pass all your urine for six hours after the start of your treatment. If you will still be in the Dells area at the six hour point you may deliver your container to the clinic for processing. If you elect to drive home you can either keep the urine container under refrigeration until you come back for your next treatment or send it in yourself with instructions from the staff.

Optional add-on: If you'd like to know what metals you spill before you provoke them, you can collect your urine the night prior to your chelation treatment. It would start after your evening meal until the next morning on arising. Do not take any nutritional supplements after your noon meal that day. Bring the container to the clinic the next day.

After the urine test(s) results are back we will discuss the extent of intoxication you are experiencing. These procedures are designed to assist in your plan of treatment.

We and other doctors around the world would like to further document the efficacy of chelation therapy. It is becoming well accepted that toxic metal accumulation in the human body, even at heretofore thought to be insignificantly small amounts, DO impact health in a negative way. Along with diet and other lifestyle alterations, detoxification with chelation therapy should be widely available to all people. We believe that undergoing these treatments can not only improve a patient's health but could save the health care system vast sums of money. See our special pricing highlighted in the insert!



LAB #: U00000-0000-0
 PATIENT: Sample Patient
 ID: PATIENT-S-00004
 SEX: Female
 DOB: 01/01/1973

CLIENT #: 12345
 DOCTOR:
 Doctor's Data, Inc.
 3755 Illinois Ave.
 St. Charles, IL 60174

Toxic Metals; Urine

	RESULT	REFERENCE INTERVAL	WITHIN REFERENCE	
			INSIDE	OUTSIDE
Aluminum (Al)	120	< 35		
Antimony (Sb)	0.1	< 0.4		
Arsenic (As)	49	< 117		
Barium (Ba)	8.3	< 7		
Beryllium (Be)	< dl	< 1		
Bismuth (Bi)	0.6	< 15		
Cadmium (Cd)	0.8	< 1		
Cesium (Cs)	5.3	< 10		
Gadolinium (Gd)	0.2	< 0.4		
Lead (Pb)	7.3	< 2		
Mercury (Hg)	21	< 4		
Nickel (Ni)	12	< 12		
Palladium (Pd)	< dl	< 0.3		
Platinum (Pt)	< dl	< 1		
Tellurium (Te)	< dl	< 0.8		
Thallium (Tl)	0.4	< 0.5		
Thorium (Th)	< dl	< 0.03		
Tin (Sn)	0.4	< 10		
Tungsten (W)	< dl	< 0.4		
Uranium (U)	0.1	< 0.04		

	RESULT	REFERENCE INTERVAL	WITHIN REFERENCE			
	mg/dL		<250	150-250	100-150	>250
Creatinine	84.3	35-225				

SPECIMEN DATA					
Comments:					
Date Collected:	12/5/2011	pH upon receipt:	Acceptable	Collection Period:	timed: 6 hours
Date Received:	12/8/2011	<dl:	less than detection limit	Volume:	
Date Completed:	12/9/2011	Provoking Agent:	EDTA	Provocation:	POST PROVOCATIVE
Method:	ICP-MS	Creations by:	Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.					
V13					

DOCTOR'S DATA, INC. • ADDRESS: 3755 Illinois Avenue, St. Charles, IL 60174-2629 • CLIA ID: NO: 140846471 • MEDICARE PROVIDER NO: 14883

Magnesium DiSodium EDTA vs. Calcium EDTA—Let the buyer beware!



There are a number of unqualified naturopathic and chiropractic practitioners engaging in an unproven form of chelation therapy. These individuals and clinics have not undergone training and certification by one of the medical academies offering courses in this treatment and the use of the only scientifically documented, proven to be efficacious form of this treatment- magnesium disodium EDTA. There have been NO studies demonstrating that calcium EDTA chelation, the treatment being used by these practitioners, is safe or effective for the diseases of aging.

For the best results for detoxification and health improvements, get chelation therapy from an experienced, licensed medical doctor using the method of EDTA chelation therapy that has been proven to work over 50 years.

Virus? Don't worry! We can help!

Serious viral infections have been in the news of late. However, no mention is made of prevention of infection or complications, let alone effective treatment. The answer for prevention and reduction in severity of viral infection is related to immunological resilience. This can be accomplished with diet and specific nutritional supplements.

Standard medicine has little to offer. There is good scientific evidence as well as my personal experiences that oxidative therapy such as intravenous vitamin C, UV light therapy and major-auto-hemotherapy with oxygen/ozone effectively resolves both bacterial and viral infections.

Call if you are ill with flu, bronchitis, sore throat, fever, etc. These therapies can also help shingles.





Creamy keto chocolate pudding made with coconut milk. This delicious sugar-free pudding takes only 20 minutes to make and is totally dairy-free. A wonderful low carb dessert the whole family loves.

Chocolate Coconut Milk Pudding

- 1 13.5oz full fat coconut milk
- 1/3 cup Swerve Sweetener
- 3 large egg yolks
- 1/4 tsp xanthan gum
- 1/3 cup cocoa powder
- 3 tbsp coconut oil OR 3 tbsp butter
- 1/2 tsp vanilla extract

*Does not taste like coconut!
Just chocolate yumminess!*

1. In a medium saucepan over medium heat, combine the coconut milk and Swerve. Bring to a simmer, stirring occasionally.
2. In a medium bowl, whisk the egg yolks until smooth. Slowly add 1/2 cup of the hot coconut milk mixture into the egg yolks, whisking continuously.
3. Slowly whisk the tempered egg yolks back into the saucepan of hot coconut milk. Reduce heat to medium low and sprinkle with xanthan gum, whisking continuously. Stir in cocoa powder and cook until mixture thickens, about 3 to 4 minutes.
4. Remove from heat and stir in the coconut oil and vanilla extract until smooth. Divide between 6 dessert cups and refrigerate until set, 2 to 3 hours.
5. Garnish with lightly sweetened coconut whipped cream, some berries, or some macadamia nuts.

www.alldayidreamaboutfood.com

CHELATION SPECIAL See insert for details

Waters Center for Biological Medicine

320 Race St ~ PO Box 357
Wisconsin Dells WI 53965

608-254-7178
www.watersbiomed.com

