



WatersBioMed News

Dr. Waters Book is ALMOST READY TO PUBLISH!

Writing this book has been so inspirational for him! By referencing this book, he has been fanning the flame of passion he has for restoring health.

Improving diet, restoring gut health, reducing toxic metal load and of course offering chelation therapy for the last 40 years has been a rewarding experience and surpassed any dreams he had of helping his future patients when he received his MD degree. This book will be his legacy and he can't wait to share it!

Ozone Therapy

In early May 2024 I attended the annual meeting of the American Academy of Ozone Therapy. There were scientific presentations by dentists, medical doctors and veterinarians. Ozone therapy, the addition of a mixture of oxygen and a second form of oxygen known as ozone, can be added to blood and then reintroduced into the patient's body. It can also be injected into joints, tendons, ligaments, and muscle trigger points; and it can be passed through olive and other vegetable oils to make topical preparations for a variety of uses.

The basis of ozone therapy is ozone's ability to act as an "oxidant." This process involves removing electrons from an atom or molecule. Its opposite, "reduction," involves addition of electrons. Other ways to look at oxidation would be: the breakdown of rocks by the oxygen-rich atmosphere, the rusting of metal, and the breakdown/ weathering of wood.

The body uses oxidation to extract hydrogen ions and electrons from food to make energy, and oxidation is the process by which the immune system destroys microbes – bacteria, viruses, etc. In fact, the ultimate agents used in the final killing of microbes by immune cells and even antibody-germ interactions include hydrogen peroxide, hydroxyl radical and ozone itself! Yes, there is evidence that ozone is formed during the interaction of antibodies coating neutrophils, the main microbial slayers of the innate immune system; and that ozone is the penultimate executioner of the invading microbes.

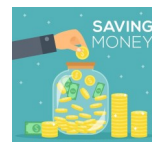
My introduction to "oxidative therapies" occurred early in my medical career with the use of high dose intravenous vitamin C for viral and bacterial infections. Vitamin C was

Point of Interest

Chelation therapy is important for all of us! Everyone is intoxicated to some degree with heavy metals such as lead, cadmium, mercury, arsenic and aluminum. These toxins have been shown to damage enzyme systems and contribute to disease such as cancer, diabetes, arteriosclerosis, autoimmune disease and osteoporosis.

Make an appointment to talk to Dr. Waters about the effects of toxic load today!

Packaged Sessions for Chelation IV Treatments



- Buy 10 treatments for 10% off
SAVE \$195
- Buy 20 treatments for 12% off
SAVE \$468
- Buy 30 treatments for 15% off
SAVE \$877.50

OZONE IV THERAPY BENEFITS



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Ozone Therapy continued

discovered in 1912 and first synthesized in 1933. The Hungarian biochemist, Albert Szent-Györgyi, received the 1937 Nobel Prize in Medicine for proposing that vitamin C was the substance that prevented scurvy, and thus named it the a-scorbutic factor or ascorbic acid.

By the mid-1940's, a physician named Frederick Klenner began using high dose vitamin C intravenously in acutely ill patients in North Carolina. He successfully treated polio, diphtheria, chicken pox, shingles, influenza, measles, mumps, hepatitis, and viral pneumonias. Vitamin C acts as a "flash oxidant" in killing viruses. I have treated a number of cases of acute mononucleosis in young people with high dose vitamin C, and they recovered within 48 hours to 5 days and were back at school, feeling well. Mono can often take 4-6 weeks or even longer to resolve.

Now I will give a short history of the use of ozone in medicine, its use in viral diseases, more recently during the COVID-19 pandemic. I will also discuss its mechanisms of action. Ozone began to be used as an antiseptic and to promote wound healing more than a century ago. Then, after appropriate apparatus were developed in Germany in the 1960s, which allowed exact dosages to be delivered, ozone was then added to blood and other tissues for medical applications. Therapeutic efficacy has been established for the use of injectable and topical ozone for infectious diseases, regeneration of connective tissue, pain management, autoimmune diseases and even cancer.

A search of www.pubmed.org, the National Library of Medicine, sponsored by the U.S. taxpayer and containing more than 37 million abstracts of scientific studies, now indexes almost 5,000 studies on the use of ozone in medicine and dentistry.

Its efficacy in the treatment of an array of diseases is well established, and its safety as a medical intervention is unparalleled. There are now over 100 studies of the use of ozone therapy for COVID-19 infections referenced in pubmed.org. Almost all those studies found ozone therapy to be effective in either shortening the time to recover from COVID-19, reducing death (as compared to standard therapy) and, in particular, reduction in mortality in very seriously ill patients. No study documented any serious toxic effects. Tellingly, none of the studies on the treatment of COVID-19 with ozone were done in the United States.

You might wonder how a toxic gas could possibly be useful as a medical treatment. In truth, the mechanisms of action of ozone treatment are much better documented than those of most of the drugs that doctors administer to people. The thousands of studies on the effect of ozone introduction into biological systems revealed the following:

- Because ozone is an oxidant, it creates free radicals and, in particular, LOPs (lipid ozonation products). The latter species include 4-HNE (4-hydroxynonenal), which is well studied and, along with the formation of hydrogen peroxide, triggers reactions at sulfur centers in proteins which then turn on 200 antioxidant-producing genes. Viruses and bacteria do not generally kill us. It is the inflammatory reaction they initiate that makes us ill. Ozone, as a mild oxidant, initiates an antioxidant reaction which protects us from an over-zealous immune system. These antioxidants include SOD (superoxide dismutase), catalase, and glutathione, the most important antioxidant in human biology.
- Amazingly, in addition to increasing antioxidant protection systems, the LOPs formed from fatty acids inhibit the very inflammatory pathways producing cytokines, such as TNF- α and interleukins that are causative agents behind the "cytokine storm" which occurs in sepsis and severe viral infections, such as COVID-19. Therefore, ozone therapy induces an immunomodulatory effect that promotes protection and dampens hyper-inflammation – without totally bludgeoning down immune activity so it can continue to fight the infection without causing excessive damage.
- If the above were not enough reasons for using ozone therapy in infectious disease, there is another centrally important reason. Ozone's effects on the endothelium, the single layer of cells lining the blood vessels from the heart to the tiny capillaries, is where "the tire meets the road." This is where nutrients and waste products are delivered and removed from every cell of our body. In fact, COVID-19 infection has an especially negative effect on endothelial cells. It is these cells which become impaired by the massive oxidative storm induced by the response to microbes such as COVID-19. Once impaired,

spasm of the vessels and formation of clots are the result, causing further deterioration of all body systems and, if untreated, death. To think that intubation and antiviral drugs like remdesivir could save a COVID-19 patient at this point is at best, foolhardy, as proven by the events that occurred in hospitals with seriously ill patients. Ozone induces the production of the above-mentioned 4-HNE which, on its own, has been shown to be an endothelial relaxing agent and, in addition, stimulates the production of another important antioxidant – nitric oxide (NO) – which is the preeminent regulator of vascular smooth muscle activity. NO dampens free radicals and regulates blood flow to ensure adequate delivery of nutrients and oxygen as well as removal of waste products from all cells and tissues.

- Since loss of oxygen delivery follows from both dysfunction in the vascular endothelium and the effects of COVID-19 and other viruses on the cells of the lung's bronchial tree, it would be helpful to find a method to deliver more oxygen at the cellular level where it is ultimately needed. Ozone does just that. Ozone stimulates the production of a substance known as 2,3-DPG (2,3-diphosphoglycerate). This molecule is synthesized when an increase in demand for the energy of life, ATP, is sensed. Since oxygen is an integral component in the system of ATP production, it is no surprise that 2,3-DPG induces an increased release of oxygen from hemoglobin. This increases the availability of oxygen to the mitochondria for the production of ATP.
- In addition to the regulatory effects on inflammation and anti-inflammatory signaling pathways of the ozonides formed in the blood, this molecule has been shown to interact with the proteins and carbohydrates on the surface of COVID-19 and other viruses. This alteration prevents them from binding to receptors on respiratory and other cells and this, in turn, halts entry of the viruses into such cells. It has been documented that inflammatory markers and viral load had been decreased in patients after a series of ozone administrations. This ozone-directed damage to viral particles disallows their ability to proliferate as well.
- It is well established that infectious processes alter the microbiomes of the gut, lungs, and other tissues. We also know that alterations in the gut microbiome increase susceptibility to infections in general. It is even now known that the microbiome of the gut can change the health and diversity of the lung microbiome. Finally, there is back and forth communication between the gut microbiome and the brain. All this documents that the microbiome is both a digestive organ and an integral component of the immune system. The cytokine pattern is altered in COVID-19 and other infections, favoring an inflammatory profile. Both a healthy and diverse microbiome increases the production of the inflammation-dampening cytokine, IL-10. Ozone therapy also increases IL-10 production as part of its immunomodulating actions.

In addition, ozone therapy has been shown to promote the switching of the macrophages, the important white cell that destroys and eats up pathogen -- from an M1 phenotype (inflammatory) to an M2 type (reparative) phenotype. Also, ozone has been shown to increase Regulatory T-lymphocytes, which, in turn, balance the various cytokine synthesis, resulting in an immunoregulatory action on both the immune system and on the microbiome. Finally, ozone therapy has been shown to improve the symptoms of post-COVID-19 (or "long COVID) syndrome. It is proving to be a safe, effective treatment virtually all infectious processes, especially when used in conjunction with intravenous vitamin C.

To illustrate just how powerful these therapies can be, I will describe my own recent illness. On a Sunday afternoon I felt confused and developed a fever. I had a painful rash on my scalp near my right ear since the prior Thursday afternoon. By evening the fever spiked to 102° F. and the rash progressed to a typical shingles outbreak. By Monday, I was very ill and bedridden. On Monday morning, I went into my office and received blood ozone therapy followed by 25 grams of vitamin C intravenously. I felt somewhat better initially, but my fever spiked to 103° F Monday night. I returned to the office Tuesday and had ozone and vitamin C again. Wednesday I was able to work. No fever developed Wednesday night, and by Friday I was virtually well. No pain in the crusty rash on my ear and scalp, and in a few days that condition resolved.

If you or anyone you know has ever had shingles, my story appears miraculous! This just never happens with shingles with "standard" therapy. Standard therapy basically includes only antiviral drugs which are marginally effective.

Current Patients:

Should you develop any type of systemic infection – upper respiratory, gastrointestinal, with fever, or a cold with a sore throat or shingles – please call the office and ask the staff about coming in for ozone and vitamin C infusions. The earlier you come in, the faster you will get well.



Dr. Waters is now working three days per week, therefore, his time is quite limited when he's in the clinic. We want to make the best use of his time, and also Lisa's, so we are implementing the following to best meet the needs of our patients overall.

- We are focusing the practice on IV Therapies such as Chelation, Ozone, *etc.* (see page 5) so treatment plans going forward will include IV therapy in addition to supplements, natural hormone replacement, LDA, *etc.*
 - If you only come in on a yearly basis to continue your prescriptions, it will be best for you to find an other doctor to continue this for you.
- Dr. Waters is not a primary care doctor. If you are having acute issues, for example you may need an antibiotic, you should reach out to your primary care physician or go to an urgent care facility.
 - If you have a cold/virus, we can offer Ozone/Vitamin C infusions. Please call to discuss if you feel you would benefit from an immune boosting IV.
- Referrals will only be made if you see Dr. Waters in office and he recommends another facility. Referrals can be complicated and require recent medical records and information on your complaint. We have found that you will get in faster if you utilize your primary care doctor who is part of a larger system, such as UW/ St. Mary's/Marshfield/*etc.*
- Outside lab orders. We realize that patients want to benefit from their insurance/Medicare when possible. Please note that more and more labs are refusing outside orders. There is also the question of if your insurance will pay for certain tests. We are not responsible for coding or making sure the testing will be covered.
 - Getting a lab order from your primary physician would be the best way of making sure the testing will be covered by your insurance.
 - If you have outside lab testing done, please make sure we have a copy of the results at least 3 days prior to your appointment with Dr. Waters to review them.
- Can we all just agree that our Nurse Lisa, is AMAZING?! Yes, agreed! That being said, she works SO HARD to help answer questions, get clarifications, *etc.* Here are a few things that will help us help you:

When do I need an Office Visit with Dr. Waters?

If you need a change in your prescription or a new prescription

- Changes in prescriptions and/or new prescriptions will not be made through the staff.
 - *If you only need a refill, please call the pharmacy and they will fax us the request.

If you have new issues, complicated questions or want to make changes in treatment plans

- As much as we love to help our patients over the phone/email, our staff can not relay complicated information back and forth between patient and doctor. It's not effective for you.
 - *Simple questions or clarifications can be handled over the phone or by e-mail.

If you have new test results or new information to share with Dr. Waters

- This includes any testing or scans, *etc.* done at our facility or by another doctor. Dr. Waters will not be able to review this information for you until your scheduled appointment.

If you are on a prescription medication from Dr. Waters or having IV treatments or LDA, you must come in to the office for a lab order and a lab results visit on a yearly basis.

- On a yearly basis, you will need 2 visits, a lab order visit and a visit to review the lab and have a physical. Both should be in office, unless okayed by Dr. Waters, and be within one month of each other. He prefers all appointments be in person.

Just give us a call and we'll answer your questions if we can or get you scheduled

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 as Magnesium EDTA intravenously, lowers serum calcium and initiates its removal from microcirculatory and other locations. Oral vitamin C cannot bring serum levels high enough to kill 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 Indications



Chelation

- Heavy metal toxicity or overload
- Diabetes
- Peripheral vascular disease
- Cardiovascular diseases
- Neurological conditions
- DNA damage
- Calcium imbalance (calcification)
- Osteoporosis

Vitamin C

Acts as both an anti-oxidant and pro-oxidant

- Cancer (immune boosting)
- Chronic Fatigue
- Fibromyalgia
- Inflammation
- Infection

Alpha Lipoic Acid

Key to both detox and burning sugar and fats into energy

- Cancer
- Antioxidant
- Free radical scavenger
- Crosses blood brain barrier
- Diabetes, Type 2 blood sugar management
- Diabetic neuropathy
- Amanita mushroom poisoning
- Alcohol induced liver disease
- Cataracts
- Glaucoma
- Alzheimer's
- Memory impairment due to trauma or stroke

EPL/PPC

(Essential Phospholipids/PhosphatidylCholine)

These substances are integral components of all cell membranes. They determine how well the ion channels and other proteins work and thus the ultimate health of all cells

- Hepatitis/Cirrhosis
- Fatty Liver
- Prevention of gallstones
- Renal Insufficiency
- Dyslipidemia
- Atherosclerosis
- Angina pectoris
- Hypertension
- Dementia
- Multiple Sclerosis
- Insomnia
- Psoriasis
- Any Inflammatory Condition

EPL/PPC is best used in conjunction with Ozone and Chelation Therapy!

Glutathione

The main detoxifier of metals and chemicals that recycles vitamins and is useful in all degenerative disease especially neurological

- Mycotoxins
- Radiation Treatment
- Peripheral Vascular Disease
- Neurological Conditions
 - Parkinson's
 - Schizophrenia
 - Alzheimer's
 - Autism

If you are interested in IV therapies, please call to set up an appointment to discuss them with Dr. Waters and he will write an order to get you started.



Sarah made this and added fresh whipped cream as a top layer! Yum!

Recipe from Ruled.me

Keto Peanut Butter Silk Pie

Crust

- 1/3 cup butter melted
- 1 3/4 cups almond flour
- 4 tbsp cocoa powder
- 1/3 cup low carb sweetener powdered

Topping

- 1 oz dark chocolate melted

Filling

- 8 oz cream cheese softened
- 3/4 cup creamy peanut butter
- 1/2 cup low carb sweetener powdered
- 2 cups heavy whipping cream room temp
- 2 tsp vanilla extract
- 1/4 tsp xanthan gum

use organic ingredients when available

1. In a bowl, combine the dry ingredients for the crust. Then add in the melted butter and mix together using a fork until dough looks crumbly.
2. In a 9-inch pie pan, press the crust into the bottom of the plate, trying to keep the crust as even as possible. Set aside by placing in the refrigerator.
3. While crust is in the fridge, combine all of the ingredients for the filling in a separate bowl. Using an electric mixer, whisk together until smooth and creamy.
4. Pour the peanut butter filling over the chocolate crust and smooth the top using a spatula. Place back in the refrigerator for 2-3 hours or freeze for 30 minutes or until filling has firmed up.
5. For the topping, melt dark chocolate. Using a spoon, drizzle chocolate over the top of the pie. Cut into slices and serve. Enjoy!

Note: you can adjust the sweetener amounts to taste!

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