

Dr. Donsbach's

# Let's Talk Health News



August 2007



## Make Your Heart 20 Years Younger *Reduce Inflammation*

The plaque that builds up in your arteries does NOT “stick” to the wall of your artery! You must have an injury to the inner wall which will result in inflammation which then helps to initiate the whole process of plaque buildup.

The actual cause of the injury is still somewhat in limbo, it could come from an injury to the median wall of the artery, which would then answer the question as to why plaque never forms in veins since they do not have a median or middle layer as arteries do. But others hold that the injury is caused by a bacteria or virus which produces a local infection on the inner lining of the artery. I have to question that on the basis that the same bacteria or virus that is in the artery is also in the vein and we just don't see atherosclerosis in veins.

Regardless, inflammation can play a huge part in all this and **if we could reduce the inflammation, we could reduce the plaque.** We can reduce the inflammation! Natural COX-2 inhibitors (**RE-LEV-IT™**) can reduce inflammation as effectively as many of the dangerous prescription drugs and without side effects. In addition the use of our plaque reducing formula **Orachel™** has a 30 year history of helping restore circulation in previously occluded arteries. So you have a two-fisted approach to the disease listed as the number one cause of death.

If you have advanced artery disease and have been told you are a heart attack waiting to happen, you might wish to add the clot busting enzyme **Nattokinase** to the supplements you are using. Since **clots are the immediate cause of both heart attacks and strokes**, consider it now.

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Dr. Donsbach takes calls from around the world during his show and invites you to participate with your health or nutrition related questions.

If you miss the show, you can listen to Dr. Donsbach anytime. The show is podcast and available through iTunes. You can also search the show archives on the Let's Talk Health™ website at [letstalkhealth.com](http://letstalkhealth.com).

888.950.2190

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## Beware Of Avandia®

The prescription drug, Avandia®, is being seriously questioned as to it causing heart attacks and other cardiovascular problems. This is the second major anti-diabetic medication that slipped through the testing and is now found to be potentially fatal. If you are taking Avandia® and feel you need help, ask your doctor if he could prescribe Metformin instead. This is a well tested, relatively safe with only one side effect that is very, very rare and does what you really need, makes your body more sensitive to insulin. Also, change your diet to exclude all sugar and you might not require any prescription medication. (Remember my articles about from one-half to one teaspoonful of cinnamon helping type 2 diabetes? Or you might try **Diatrol Plus** from the Let's Talk Health™.)

## Five Minute Showers

Did you know that your body will absorb more chlorine and other chemicals in a five minute shower than drinking one quart of tap water??? This happens not only by absorption but by inhalation, that's right you breathe in the chlorine, etc. Of course your pores are open under the hot water and begin acting like a giant sponge, sucking up a lot of things you don't want in your body. Please consider getting a simple shower filter, most of them are acceptable and will take out the chlorine efficiently. It's inexpensive protection.

If you are tired of lugging water bottles around for drinking (no one drinks tap water anymore) you might consider doing what most of my patients do. They purchase an ozone generator for other purposes (like getting all the pesticides out of their fruits, vegetables, fish and meats) and double its value by ozonating tap water which results in water that is 99.999% pure! Ozonate a gallon of water (or half gallon) for 30 minutes and put it in the refrigerator for drinking the next day. Some even claim that drinking ozonated water cleared up their gastrointestinal problems. You will never be out of pure water or food with such a system.

## Baby Aspirin

Controversy still rages over whether to take aspirin to prevent blood clots which cause heart attacks and strokes. Plavix® is loudly advertised as the perfect blood thinner although tests using Plavix® versus aspirin found that there were no significant differences between the two - **except the price. The thousand times difference in price cannot be justified by results, so it must be greed - pure and simple.**

As to aspirin use, there's really no question that it thins the blood and could help prevent clots, but all the evidence is on very low dosages - as low as 30 mg with larger dosages not being more effective. And one very significant factor is overlooked - aspirin thins the blood for about 12 hours and then there is a slight rebound effect, making the blood thicker than it was before the aspirin. So the ideal way to use aspirin, if that is what you wish to do, is to take an 81 mg baby aspirin and cut it in half, then take one-half in the morning and the other half in the evening, hopefully 12 hours apart.

Of course, you might also choose a natural anti-heart attack/stroke product like **Orachel™** which contains nattokinase, a natural clot buster.

**41 percent of Americans take a multivitamin every day, most of them to offset their lack of adhering to a balanced, healthy diet. A very small percentage took supplements and ate a healthy diet. Where do you fit in???**

## More On Cinnamon

A Swedish research team has again confirmed previous studies from 2000 and 2004 showing the positive effect of cinnamon in the treatment of type 2 diabetes. This new study found a meaningful decrease in blood sugar in patients who consumed six grams of cinnamon with their rice pudding, versus those who ate their's plain.

Cinnamon has previously been indicated as a potential insulin substitute for those with type 2 diabetes - researchers have found that cinnamon contains a bioactive component with “insulin-like” effects. It was also determined that cinnamon increased the rate of glucose metabolism.

Here are some of the many benefits of cinnamon:

- Reduces blood sugar levels
- Reduces triglycerides
- Reduces LDL cholesterol
- Supports digestion
- Relieves congestion
- Relieves pain and stiffness
- Contains anti-inflammatories
- Prevents urinary tract infections
- Is a powerful antimicrobial

Where's the cinnamon??

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## Stop Alzheimer's!

How about a new use for an old friend? Recent research on alpha lipoic acid (ALA) demonstrated that older folks with memory loss and other pre-Alzheimer's signs were significantly helped with 600 mg per day of ALA.

Rationale for the benefits included the fact that ALA can remove toxic metals from the brain cells. And it is an important nutrient for the mitochondria, the brain cell furnaces. Also, ALA improves the blood flow to the brain.

With all these benefits, and probably more that we are not aware of, ALA should be one of the first things to reach for when a loved one shows signs of memory loss.

Since you are going to take that amount of ALA as a single supplement, I can tell you that such large amounts can tax the reserve of other nutrients. Use the **Healthy Life Protocol™** as a companion product when using ALA.

## E-Mail Your Congressman

**It is urgent that you help us flood your congressman, both senator and representative about Senate bill 762 and House bill 1249.** These bills are introduced to create a drug out of a harmless but effective food supplement - DHEA. The language is clear that it is desired to classify DHEA as an **anabolic steroid drug**.

Dictionary definition: “An anabolic steroid is any of a group of hormones that are derivatives of testosterone” - right there is a huge discrepancy. DHEA is not a derivative of testosterone, DHEA is one of the raw materials the body uses to make normal amounts of testosterone - it does not artificially raise testosterone levels, nor can it be used for muscle growth stimulation because it doesn't work. **Your congressperson may be taken in by false innuendo created by drug companies that would like to control this remarkable food supplement.** Call, e-mail or fax them today and let them know how you feel.

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## The Cause of Skin Aging

Believe it or not, most aging of the skin is not the fault of old age or bad genes. It is the result of **inflammation**. Yes, you heard me right - inflammation. Most of us think of inflammation as a visible swelling, like a bump on the head or the swelling with infections. But the fact is that most inflammation in your body goes on invisibly, and constantly at a cellular level.

These are not macro injuries, they are micro injuries usually caused by free radical damage that is not life threatening but is enough to produce the inflammation response. When the inflammation occurs, your body produces inflammatory chemicals called leukotrienes that can then damage cell membranes. They can react with the cell walls of your skin cells and the layer of cells immediately beneath the skin, breaking down collagen that gives your skin the form and fullness of youthful skin. When the cell membranes break down, you have wrinkles, age spots and sagging skin.

It is estimated that 50 percent of all skin aging is due to this micro-inflammation. What can you do about it? **Consider the use of one RE-LEV-IT™ daily, it might do more than relieve your stiffness and pain!** RE-LEV-IT™ is the most effective anti-inflammatory we know of today and is also the product more people praise than any other, because it gets quick results.

## Doctors Strike - Death Rates Plummet

In 1973 doctors in Israel staged a month-long strike and during that month, mortality fell by 50 percent. A couple of years later, a two-month work stoppage by doctors in Bogata, Columbia led to a 35 percent decline in deaths. And during a “work slowdown” by doctors in Los Angeles protesting against the sharp increase in liability insurance premiums, the number of deaths fell by 18 percent.

Once doctors were back at work full time, mortality immediately jumped back to the previous levels. In the U.S., where 40,000 people are shot to death each year, the chance of getting “killed” by a doctor is three times greater than being killed by a gun. There is a better way to treat our chronic health problems other than prescribing poisons. You be the doctor.

## Your Thyroid & Iodine

There is probably no greater general interest subject than thyroid function. Low functioning thyroids are common in both male and female, although it has been my experience that females are far more apt to have hypothyroidism than males.

Let's start with what the thyroid is and what are its functions. The thyroid is a butterfly shaped gland which lies at the base of the throat. **Thyroxine (T-4) is the hormone secreted by the thyroid and it converts into triiodothyronine (T-3) as needed to control the body's metabolic rate.** If the body produces too little thyroxine, many of its normal chemical processes slow down, a condition known as hypothyroidism.

It has long been known that in the absence of iodine, the thyroid will begin to swell, producing what is called a goiter. In certain areas of the U.S. where there is no iodine in the soil and therefore none in the food consumed, we had what was called the goiter belt, because so many of the residents developed goiters. This led to the iodization of salt, which did reduce the number of goiters.

However, frank goiter is a sign of advanced hypothyroidism and what can be called sub-clinical hypothyroidism is still quite prevalent. I became quite enamored with the work of a physician (Dr. Broda Barnes) who was considered an expert on the thyroid and who criticized the criteria for diagnosing hypothyroidism. His contention was that it actually was quite prevalent even in the presence of “normal” T-4 levels. Thus doctors testing for blood levels of T-4 found adequate levels of this hormone so ruled out hypothyroidism.

**Dr. Barnes claimed that adequate iodine was not only necessary for the production of T-4 but also for the conversion of T-4 to T-3 the active hormone.** Adequate iodine might be present to produce some T-4 hormone but if this could not be converted to T-3 then the functions governed by T-3 stimulus would suffer.

His test was much more physiological in nature - the patient painted iodine on their abdomen and counted the hours before it disappeared. If it was still visible 24 hours later, you had adequate iodine and were not hypothyroid. If it disappeared in less time - such as 6 or 8 hours, then you were probably very hypothyroid and Dr. Barnes would recommend Armours Thyroid, a natural form of thyroxine.

**It is my opinion that Dr. Barnes overlooked a very fundamental fact - it is the lack of adequate iodine and an amino acid (tyrosine) which are at the root of the problem. Just supplementing the diet with natural thyroid will help symptoms but does not solve the underlying problem. So my approach has been to give the patient Armours Thyroid which has been blended with tyrosine and also supplement the diet with iodine.**

## The Controversy

Now we can get into the controversial part of iodine therapy. At one time (50 years ago when I was studying for my degree) iodine was literally a magic medicine. It was always used for infections, for pneumonia and bronchitis, lack of it considered to be the cause of mental slowness and even today, **iodine deficiency is considered to be the most common cause of preventable brain damage in the world.** But a single paper written by two researchers changed iodine use completely. This poorly documented paper gave the impression that iodine use was not only archaic but not necessary and could even be dangerous, citing hyperthyroidism as a side effect. Almost overnight the use of iodine in medicine was stopped and in its place we have a fear of one of the most critical nutrients in our diet.

As I have mentioned, iodine is grossly deficient in our soil, the ocean being the only real source; but **another mineral, selenium, works hand in glove with iodine and is necessary for proper iodine function.** Selenium is another trace mineral almost totally absent from our food supply. **This is another wake-up call for the use of broad spectrum vitamin and mineral supplementation for all of us!**

To move forward, iodine is also the missing link in **fibrocystic breast disease! Several studies found that adequate iodine supplementation reversed this condition within a few months.** It is interesting to note that Japanese women living the traditional lifestyle and eating traditional foods will often consume from 50 to 80 mg of iodine daily and a low intake would be in the 15 mg range. These women have the lowest rate of breast cancer in the world!

And that is where the controversy really comes -- although iodine is "grand-fathered" as a supplement, the suggested daily intake is only 150 mcg - with apparently no reason for such a low dosage. It is universally accepted that several grams (1 gram is 1,000,000 mcg) of iodine is needed to reach a toxic level and then the symptoms would recede as the dos-

age is reduced. **We often used from 50 to 100 mg of iodine in respiratory conditions and I never saw or heard of side effects.**

Almost one year ago I was one of the speakers at a medical conference on the thyroid. I met several very interesting doctors who were using iodine as a treatment for a variety of disorders very successfully. From this information, I decided to formulate an iodine supplement which would benefit my patients and others who might have need of a functional level iodine supplement. This is now being presented as **Organic Iodine** caplets. My normal suggestion is 2 caplets with morning and evening meals for two months, then 1 caplet morning and evening for a prolonged period. I have been taking 2 caplets morning and evening for 8 months now and feel I will probably continue. One of the physicians had been taking that amount of iodine for over six years and was very pleased with the response not only on his patients but on himself.

Here are some of the symptoms of hypothyroidism:

- Continuous feeling of fatigue
- Aching muscles
- Cold hands and feet
- Weight gain without eating more
- Coarse, dry, thinning hair
- Dry skin
- Heavy menstrual periods
- Forgetfulness
- Loss of libido
- Slow heartbeat
- Mental sluggishness

If you feel you are deficient in iodine, you might consider a 2 month supplement program with this powerful, but inexpensive, nutrient. I highly recommend it!

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## Introducing NoGERD

40 percent of all Americans have a more or less serious problem with their upper intestinal tract: indigestion, hiatal hernia, gastritis, gastroesophageal reflux disease, ulcers, belching, burping and bloating. Ulcers

notwithstanding, the most intense of these conditions is often referred to as “heartburn” but is really the invasion of acidic stomach contents into the much more tender alkaline membranes of the esophagus and has been popularized as “**Gastro-Esophageal Reflux Disease**” (GERD).

The natural protection against this reflux of stomach contents is the one-way esophageal valve that will only allow the stomach to regurgitate under extreme circumstances such as a toxic presence that it wishes to immediately evacuate. At that point, the stomach will begin cramping rather violently and vomiting results. GERD is not that severe and is probably the result of low production of stomach acid which causes the stomach contents to remain for longer periods of time in the stomach before moving on to the duodenum.

Under normal circumstances, the valve at the lower end of the stomach, the pyloric, will open when the stomach contents are adequately acidified - that is the signal. If your stomach acid content is low, it takes much longer and the contents tend to ferment. This produces an enlarged stomach from the gas which also is constantly pressing against the esophageal valve. Over a period of time, the valve weakens and small amounts of the stomach contents reflux into the esophagus causing intense burning. Allowed to continue, this will often lead to cancer of the esophagus (Barret's Esophagus).

The preceding information is exactly opposite of what you have been led to believe from the billion dollar ad agencies who tout **Tums®**, **Roloids®**, **Prilosec®**, **Nexium®**, **Zantac®**, **Prevacid®**, **Pepcid®**, **Maalox®** and a host of other acid modifying products. But the truth is that individuals suffering from these disorders (“too much stomach acid”) whose stomach acid is tested almost always find that they actually have serious deficiencies of stomach acid.

If that is true then why do these “acid neutralizers” give relief? When the stomach, a normally acid to very acid organ is exposed to concentrated alkaline substances it opens the pyloric valve in a reflex defensive action

that dumps the too- alkaline contents into the more alkaline media of the duodenum. Problem solved - temporarily! Now proteins are in the digestive area where they are supposed to have been broken down into peptides in the stomach - and if they are not broken down - they are capable of acting as an allergen. Also the stomach acids sterilize the stomach ingredients so that the bacteria count is very low. If that has not been accomplished, more problems for the lower digestive tract! In summary, due to misinformation, serious lower intestinal problems and malnutrition can result from the lack of proper exposure of foodstuffs to an acidic environment in the stomach. **To use acid neutralizers, or worse, acid production inhibitors (Protonix®) can and does jeopardize your health.**

So, what can you do? First of all, check out my contention on the low acid vs high acid by using a digestive enzyme containing betaine hydrochloride with every meal. Often two or three will be needed to do the test properly. This alone may solve your problem, but if you have serious symptoms, **you might try a new product containing d-limonene and deglycyrrhinated licorice**. Use two caplets morning and night for one week then use 1 caplet morning and night. I have often seen this restore normal function in less than one month in extremely serious GERD patients.

The product I am referring to is called **NoGERD** and is available from Let's Talk Health™. This is one product that can change your life for very little change.

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## More On Iodine

20 percent of all iodine in the body is stored in the skin, specifically in the sweat glands. Lack of iodine in the sweat glands manifests as **dry skin** with a **decreased ability to sweat**. Iodine also concentrates in the stomach and a lack of iodine in the stomach manifests as **achlorhydria** (lack of stomach acid production). Iodine is used by the stomach to concentrate chloride which is necessary to produce hydrochloric acid. Not widely recognized is the fact that low hydrochloric acid in the stomach leads to stomach cancer.

The lachrymal glands of the eye use iodine to help create tears, when iodine is in short supply, **dry eyes** result. Iodine is also used by the parotid and submandibular glands of the mouth, lack of iodine can result in **dry mouth**.

Russian studies done some years ago showed a relationship between iodine deficiency and the presence of **cysts in the ovaries**. The greater the iodine deficiency, the more ovarian cysts a woman produces.

**Iodine improves insulin sensitivity** thus can be of benefit to diabetics. Nobel Laureate Albert Szent Gyorgyi, the physician who discovered vitamin C in 1928 commented: "When I was a medical student, iodine in the form of potassium iodide was the universal medicine. Nobody knew what it did, but it did something and did something good."

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## Beware Of Arthritis Meds

Humira® and Remicade®, two arthritis drugs were recently written up in the Journal of the American Medical Association as increasing patients' risk of cancer by 300 percent and doubling their risk of serious infections. Considering that both of these serious drugs inhibit the immune system, there is every reason to look elsewhere for relief. At this time, **RE-LEV-IT™** and **Energy Food for Joints** are undergoing a comparative study against several of the popular drugs for arthritis. Users are ecstatic with results and lack of side effects.

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## "It Tortures You With Pleasure"

So says a character in the film *Chocolat*, referring of course to that most delectable of all candies - chocolate. But today we have a distinction between healthy chocolate and that which really is not acceptable. Unfortunately the bulk of what is known as chocolate is almost everything but healthy. Often the major ingredients are sugar, milk and flavorings with just a hint of real cocoa, which is where the real benefits lie.

Cocoa has a higher antioxidant rating than apples, blueberries, green tea, red wine, purple grapes and any number of other touted foods. In fact, to my knowledge, cocoa is the greatest of them all.

Scientists have pondered the question as to why many are literally addicted to the consumption of chocolate. Although there was some evidence of the sugar content being involved, a significant number of "addicts" consumed dark chocolate without sugar. The result of the study was that chocolate kicks off chemical reactions in the brain, specifically mood-lifting endorphins.

One recent study by Oxford researchers found that just showing mouth-watering pictures of chocolate to subjects turned on the brain pleasure centers. Another factor was the texture of prepared chocolate drinks or candy. The smoothness, the feeling of melting in your mouth were also considered to be part of the mystique that chocolate enjoys.

Chocolate consumption amounts to 12 pounds per person per year. My premium, gourmet dark chocolate really proves that delicious, sugarless dark chocolate is possible. Your consumption continues to grow although we may have some trouble shipping during the hot summer months. We are working on that but in the meantime, keep ordering.

**Research showed the antioxidants vitamin E and alpha-lipoic acid slowed the loss of sight from retinitis pigmentosa - yet more evidence linking antioxidants to improved eye health.**

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*Remember to love your family and your neighbor without condition - then life will become the joy it should be.*

God Bless,



Please note: The views shared in Dr. Donsbach's Let's Talk Health News are the views of Dr. Kurt W. Donsbach D.C., N.D., Ph.D. and are not necessarily the views of Let's Talk Health™, Inc. Please consult your physician for any medical questions you may require. Dr. Donsbach's opinions have not been approved by the Pharmaceutical Association, the American Medical Association, or the Food and Drug Administration.

# Featured Products

DR. DONSBACH'S  
*Let's Talk Health*  
NUTRITIONAL SUPPLEMENTS



## Healthy Life Protocol

Total Wellness/Energy Protocol in Convenient Packet Form!

**Club Price Only: \$79.99**  
**Auto Ship Price: \$69.99**



## RE-LEV-IT™

Got Pain? Relieve Pain Naturally with RE-LEV-IT ("Relieve it") - an All-Natural, Powerful Pain Support Formula Without Peer!

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## Oral Care System

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All-Natural Energy Drink Provides Brain Clarity, Muscle Energy, Vitality & Stamina for Hours.

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## Super Enzyme Plus

Aids Digestion When Hydrochloric Acid Levels Are Low Assisting With the Elimination of Indigestion.

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Exciting Weight Loss Formula - Now Better Than Ever with Hoodia Gordonii for Even Faster Results!

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Formulated to Meet Your Unique Needs! You Won't Find a Better Multiple Than Agua Vitae!

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Let's Talk Health  
3441 Main Street, Suite 104  
Chula Vista, CA 91911

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