

Dr. Donsbach's Let's Talk Health Club News



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Accidental (?) Addicts

For those of you who don't want to face reality, this will not be a good article to read. You will have facts and figures about drug addiction—particularly about stalwart, upstanding citizens who have pain, are prescribed an addicting substance, known to be so by the doctor—who fails to properly caution the patient. These individuals, who oftentimes have never had as much as a traffic ticket are suddenly immersed in a need so great that it transcends morality, common sense and inherent respect for self and the law.

These people become addicts who will lie, cheat, steal prescription pads, buy from underground dealers and as long as they can get their "medicine" live what might be considered from the outside as a normal life. Oftentimes the wife or husband is not aware. But eventually it has to come to an end because by their very nature, addicting substances require more and more in order to achieve the same amount of effect, in this case usually pain relief.

Prescription: 1 or 2 Daily

This all starts out very innocuously, patient has intractable pain, goes to doctor, prescribed narcotic pain reliever and the stage is set. It is a fact that not all individuals will become addicted when using an addicting substance under controlled circumstance. But there are those whose biochemistry is such that one of anything is never enough. They are usually obsessive/compulsive in behavior. Their body does not react in a normal way, but immediately wants more and more. The prescription may be 1 or 2 daily but they often find themselves consuming 20 to 30 capsules per day and suffering if they cannot get that many. These are truckdrivers, housewives, nurses, doctors, CEO's, workers—there is no class or gender distinction.

A recent government study indicated as many as 31 million citizens use prescription medicine for non-medical reasons. This must be distinguished from so-called "recreational drugs" (i.e., marijuana and Ecstasy) which have the potential for addiction but are not as addictive as pain relieving
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Get the Latest LTH Catalog!

If you did not receive one of our new catalogs that were distributed in September, or would like to pass one on to a friend, please call us today at 888.950.2190.

**We'd be happy to
send you one!**



prescriptions such as Vicodin and OxyContin, for example. Although often under-reported and understated, more individuals die of overdosing on prescription drugs than those who die from heroin, cocaine, and other “illegal” drugs. We have spent billions in controlling “illegal” street drugs and thousands of officers are involved in trying to stop the flow of these “illegal” drugs; and everyone admits we are losing that battle—but now an even bigger battle is emerging and we are doing literally nothing, even though citizens die every day.

Prescription drugs and illegal drugs are essentially of the same composition. In the past six years, the number of prescriptions written for these drugs (primarily OxyContin and Vicodin) has more than doubled EVERY two years.

What's The Answer?

It isn't an easy problem. Approximately 20 percent of our population lives in chronic pain, some more severe than others. It is not humane that they should live that way if there is an answer. Prescriptions for these two medications could be put on a master computer that pharmacists could check before filling—with today's technology an instant picture of the individual could be entered into the computer for matching if they used an alias. Of course there is always a way to beat the system but doctors would be alerted much more often that there is a potential problem. Counseling could be instituted to reduce the abuse.

And finally, **doctors might consider a natural product like Phenocane which is not addictive, has no side effects and is extremely effective for pain** before going to the “heavy medication.” **From personal experience, I can tell you that we have taken patients off their addictive medicines by substituting Phenocane at our hospital. It's that good!**

Important Notice To Prostatol Users

The long awaited book which discusses prostate cancer, PSA, Prostatol, two clinical studies done in Europe by oncologists and urologists and comments from users is now available. **All those of you who are users of Prostatol can get one copy free** by calling 1-888-950-2190; if you have not purchased Prostatol from LTH, it is available for \$5.00 postage paid.

The response to this product in reducing PSA readings is rather dramatic. Letters like: “Good news, I just got a PSA check after having reduced my Prostatol to 2 per week. It was 0.4! I'm now going to one per week. I think we owe a word of gratitude to Dr. D” come in all the time and are indicative of the long term effect of this product for most users. It is not a product you have to use high doses for long times.

It Isn't Easy

The walking the straight and narrow is not easy in this life. We have churches galore to assist us in living the righteous life, but I have always believed and taught that it is much easier to be good when you are healthy and a lot harder when you are in physical discomfort. Oftentimes, you don't even know that something is wrong, just that you are not feeling right and do negative things you wouldn't normally do.

Several studies—in schools and in prisons—have demonstrated that when one is fed a diet low in carbohydrates the transgression rate goes way down. Unfortunately the politicians would much rather fund a bureaucracy to study misbehavior than admit it is as simple as food. That wouldn't cost much to fix. No pork barrel to feed from.

But another arena which really bothers me is the churches which are there to lead and guide us who serve donuts and coffee or pie or cake at every function including Sunday service. I would like to believe that my God will one day awaken these leaders and show them that their jobs would be much easier on a sugarless diet.

Move Over Aspirin: Enter Tomato Juice

About three issues ago, I warned you that if you are taking aspirin to thin your blood, you should take it morning and night to prevent a negative surge in the clotting time. I still stand by that totally but suggest you consider this alternative.

A daily dose of tomato juice can be even healthier than you think. A study at the University of Newcastle revealed that after drinking 8 ounces of tomato juice a day for three weeks, **diabetics experienced a reduction in blood clotting and platelet stickiness decreased significantly** following the tomato juice ingestion. My suggestion, just

as with the aspirin, have a glass twice daily—about 12 hours apart. Of course you know that both vitamin E and magnesium are reliable and efficient blood clot preventers and reducers. **Both of these substances are found in Orachel.**

Drug Studies Are MISLEADING!

Have you ever wondered how drugs which have been approved by the FDA after years of research, costing on an average of 100 million dollars per product can possibly be found to be killing people within 6 months or so after introduction? I could not believe that the FDA was so much in collusion with the Pharma Giants that they would overlook studies that must have shown a problem.

Now I know what happens. The FDA does not see all the studies that are done on a particular product—only the studies the maker wants to submit are used as a basis for approval. Obviously the negative studies are not reported because millions of dollars would be rendered useless. From a business sense, it makes real good sense but leaves much to be desired from a humanitarian point of view.

According to a particular researcher, (Dr. William Douglass) only 13 percent of the research actually done on a product is ever used in any application. Seems like a lot of research was either negative or useless. Although there is a regulation that says all research, good and bad, must be reported, there is no penalty for not doing so. Really an effective regulation! **Just remember, all drugs are poisons, the less you use the healthier you will be as evidenced by poor nations who cannot afford our drugs.**

Dr. Forced To Resign Because He Wrote a Book!

Dr. Michael Holick was forced to resign his position at the dermatology department of the prestigious Boston University Medical School because he wrote a book called *The UV Advantage*. Dr. Holick cited references in his book proving that the sun is not our mortal enemy, that exposing the skin to UV light produces vitamin D which is very important to good health and even in treating disease.

Of course the anti-sun society, made up primarily of dermatologists, could not have one of their own make the profession look stupid for suggesting loads of sun block for everyone. Dr. Holick's book is well worth reading.

Vitamin D Prevents Falls

I just have to follow up the previous report on the good doctor by reporting on a significant evaluation of five different studies on the benefits of vitamin D. We all know it makes stronger bones. But this study showed that adequate intake of vitamin D actually reduced the incidence of falls by the elderly. **I have often voiced my opinion that the fall does not break the bone, a broken bone caused the fall.**

This research seems to uphold my opinion, since those who had adequate vitamin D not only had stronger bones but had 22 percent less falls. Since it prevented the falls and there is no other possible reason for less fractures, I am forced to conclude again that low vitamin D levels means weak bones which may spontaneously fracture causing a fall.

Get out in the sun! Expose some skin! You will be healthier for it! Use Agua Vitae!

Be Happy And Live Longer! Negative Thoughts Can Put You In An Early Grave

Positive thinking can not only make you feel better, it can add years to your life! A study at Yale University found that elderly people can literally think themselves into an early grave! How you feel about getting older is the key, say the psychologists.

They interviewed 660 Ohio residents age 50 or more and asked true or false questions, such as: "As you get older, you are less useful?" The results concluded that those individuals who had a good outlook on their golden years lived an average 7.6 years longer than the gloom-and-doom crowd.

A positive attitude toward aging is more important to survival than low blood pressure or low cholesterol. The study made two points:

1. Negative self-perceptions can diminish life expectancy. 2. Positive self-perceptions can prolong life expectancy.

My take on this is that I am sure they are right but the most important thing is that those with the positive attitude had more fun!

Hepatitis C Breakthrough!

Alpha Nutraceuticals has just acquired the exclusive patent rights to a new treatment for Hepatitis C and other viral diseases. This is truly the definitive treatment for this pandemic disease.

This treatment developed by Dr. James Burris, a physicist, is trade named ViraClear. ViraClear is extremely effective in treating all viral diseases without the patient having to suffer any of the side effects attendant after orthodox therapy; i.e., flulike symptoms, fatigue, etc. Orthodox treatment consists of a two-year, two-drug program which causes these adverse side effects and yet can only claim a 15%-20% containment (not cure!) of this condition. Dr. Burris encountered only slamming and closed doors when he attempted to get researchers at medical universities to try this simple yet extremely effective treatment for a raging epidemic spreading throughout the world. Excluded from these venues, Dr. Burris then approached Alpha Nutraceuticals; who conducted a most thorough and complete in-depth study and research of the hundreds of patients who had undergone treatment with the ViraClear therapy and verified the results, a patent acquisition occurred.

ViraClear works beautifully and simply: a subclavian catheter is inserted into the patient; the indwelling catheter contains an electrode comprised of pure silver and copper. This energized electrode, now in the body's blood stream, releases silver and copper ions, thereby producing lysis of the cell wall of any virus in the blood stream.

The amount of ionization is carefully controlled for a continuous period of six weeks, 24 hours a day. It is not uncommon for the viral load to reduce by 50 percent in the first two weeks and be undetectable at the end of the six week period. There are no side effects but the catheter must be flushed every day so it is desirable for the patient to stay at or in the vicinity of the hospital for the entire time. Given the severity of the illness and the ineffectiveness of the orthodox treatment, ViraClear is a bright and shining hope particularly for the Hepatitis C patient who has had meager treatment options. For further information on the possibility of enrolling in the ViraClear program, please call: 1-800-359-6547.

Cholesterol Fluctuations

Cholesterol levels are not a major issue for me as you very well know but here is an interesting fact: cholesterol levels naturally fluctuate throughout the year. A study published in the Archives of Internal Medicine and researched at the University of Massachusetts Medical Center traced 517 healthy people for a year and observed that their cholesterol levels tended to rise in winter and fall in summer. The biggest changes occurred in those with elevated cholesterol levels and in women, with their levels fluctuating by as much as 18 points! Remember this before you stress out!

LTH Club Has A New Resource

Mark Taylor, a licensed acupuncturist and experienced nutritionist, has joined the staff of the Let's Talk Health Club. Mark has extensive experience in the alternative health field and will be available to answer questions and assist you in making educated choices regarding your food supplement purchases. To contact Mark, call 1-888-950-2190.

Another Victory For Phenocane!

Literally every day we hear success stories from Phenocane users—those who suffer from migraines, knee problems, low back pain, arthritis, etc. But this story stands alone. We heard from a mother with two children and they both suffered from **chronic tonsillitis** every fall and winter. This year when they both showed the first sign of a sore throat, she gave each of them two capsules of Phenocane. The next morning both children had almost no inflammation or swelling in their throats and could swallow easily! Talk about an anti-inflammatory!

Talk With Dr. D

Every Wednesday and Thursday from 9 to 10 a.m. Pacific time you can talk to Dr. D about your problems. The lines are pretty busy so if you get more than 5 busy rings all lines are probably on hold. Call back in 4 or 5 minutes and keep trying because it might be worth it. The number to call is 1-888-273-7469.

Sinus Problems and Fatigue!

Are you waking up in the morning tired, mental outlook in the gutter? Some of you have felt like this for so long you think it is normal.

But it could be from chronic sinus infection (40 million sufferers in U.S.) which some researchers indicate is the leading cause of chronic fatigue syndrome. The cause of sinusitis is often fungus which is much more resistant to antibiotics than bacteria. **Anyway, if you have chronic sinusitis, I suggest you try the Oxy Nasal Spray—3 times daily each nostril—and AllerKazaam, 2 capsules in the morning and 2 at noontime.** Also cut out sugar and wheat—you have an excellent chance for complete relief!

Germs vs. The Immune System

It wasn't until the 1860's that Louis Pasteur figured out that microorganisms exist and can make us ill. After Pasteur's find, the consensus of opinion became that all disease was caused by germs. But centuries before humans knew what germs were, we were finding ways to keep them at bay. Sanskrit writings from around 2000 B.C. indicate humans boiled water to purify it and the Chinese used moldy and fermented substances to treat wounds thousands of years before penicillin was discovered.

Now with all of the vaccines and antibiotics so prevalent and those ubiquitous bottles of antibacterial soap, we may have gone too far in protecting ourselves while overlooking what works. Good hygiene is the first line of defense but despite all the precautions we meticulously subscribe to there are germs that will not be washed away and are relentless—and there will always be people who get sick and those who don't!

The difference, of course, is your immune system—have you and **how** have you been supporting it? A plate of french fries will stop its patrol powers for more than 48 hours! The rancid oil is used to prepare them can be more damaging to the immune system than some drugs!

We are now in the flu and cold season, so have some Formula C & F on hand and you will be doing yourself a big favor! Use it at the first symptom of either; just one tablespoonful in four to six ounces of water, four times a day will stop either a cold or flu in its tracks.

To those who are prone to either malady, may I suggest as a **preventative that you take just one tablespoonful a day in water.** Formula C & F is another of our most successful products because it works!

Let's Talk Health Club **SUPER SPECIALS!**

(Good Until Jan. 5, 2005)

We have several new products, try them out and let us know what you think of them.

Meal Replacement Protein w/Cinnamon

Buy as many as you like at 50% off the retail price of \$40 per 2 lbs.
\$20 each

OXYMAX

Sublingual Oxygen Drops
2 fluid ounces Retail \$12.00
Special: Buy 3 for \$17.00

DHEA

The Grandmother Hormone
60 capsules Retail \$20.00
Special: Buy 3 for \$28.00!

SILYMARIN PLUS

Detox and support your liver
90 capsules Retail \$20.00
Special: Buy 3 for \$28.00!

ALLERKAZAAM Capsules

Get rid of the stuffy nose!
60 capsules Retail \$26.00
Special: Buy 3 for \$40.00!

BOOST Capsules

Proven Safe Energy
60 capsules Retail \$24.00
Buy 3 for \$32.00!

Pregnant? Don't Have Your Teeth X-Rayed!

Journal of the American Medical Assn. just printed an article saying women who had their teeth x-rayed while pregnant had a 3 times greater incidence of low birth weight babies! Makes you very cautious about x-rays of any kind!

Meal Replacement Supplement for the Diabetic, Hypoglycemic, Overweight, Insulin Insensitive

In today's world **the biggest health epidemic is not cancer or heart disease—it is sugar intolerance in the form of Syndrome X, early onset type II diabetes, hypoglycemia, polycystic ovarian syndrome, etc.** Our extensive use of concentrated sugar coupled with a reduction in exercise has finally caught up with us and what was formerly a disease of a few, and usually only in the final trimester of life, is now a reality in our teenagers!

It is predicted that by the year 2010, **fifty percent of our children will have type II diabetes** before they reach 20! Is it any wonder what with the 200 plus pounds of sucrose (table sugar) they are consuming in their soft drinks, snacks and desserts? I am a realist and understand it will take considerable time to educate everyone on the real dangers associated with high sugar consumption which leads to serious nutrient depletion—because high sugar foods are “foodless” foods.

I now offer Meal Replacement Powder for those experiencing and exhibiting nutrient deficiency. This product is a complete scientific meal replacement for those who are nutrient deficient and are experiencing cardiovascular and visual problems brought upon by your previous inadequate diet. Using Meal Replacement Powder for only one meal per day will significantly alter the biochemistry of your body.

Many of the nutrients contained in Meal Replacement Powder are known to reduce insulin insensitivity, the major cause of adult onset diabetes and other sugar related disorders. But I would like to make you aware of a specific ingredient and one you most probably do not associate with lowering blood sugar. It is the spice, cinnamon. This spice has been found to amazingly assist in lowering bloodsugar when using 3 to 5 grams daily. Meal Replace-

ment Powder contains an abundance of nutrients but very specifically contains 3 grams of cinnamon per serving. This product is easily mixed with water or milk and results in a delectably delicious beverage, thick, creamy and loaded with nutrients that could not be obtained in a seven course meal! This product is a meal replacement and just one serving contains 50 percent or more of vitamins, minerals and a hefty dose of protein which will seriously affect your glucose utilization!

You will note increased glucose tolerance within two weeks of using Meal Replacement Powder or return the empty container for a full refund. This guarantee becomes null and void if you continue to consume refined sugars in any form.

To use Meal Replacement Powder in lieu of eating a meal, follow these steps:

1. Mix 100 grams (four scoops) of the powder into 16 ounces of water, milk or soymilk.

To use MRP as a food supplement,

1. Mix 2 scoops twice daily in 8 ounces of water, milk or soymilk. Use ice cubes if desired.

Break a raw egg into it and enjoy the benefits provided by the egg. The important point is to use it, particularly in the morning when it is easy to be tempted by carbohydrates!

Meal Replacement Powder contains an advanced and proprietary, timed release protein blend **superior for absorption and glucose control to any other mixes of this type.** You will recognize the value of this product within days of using it. This product will be on our special list for this month—buy one or any amount and enjoy a 50% discount.

Joe, having just finished an extensive course of analysis with his psychiatrist remarked to his friend:

“I always thought I was indecisive.”

His friend said: “And now?”

Joe said: “I’m not so sure.”

Sugarless Chocolate

That's right! ***Sugarless and absolutely delicious mouth watering chocolate*** is here!!! Chocolate has been around forever or as early as the 14th century as we know it and has always been highly regarded either as a health tonic, aphrodisiac, sleep inducer, etc. The following treatise on chocolate is from Dean Edell, M.D."

Our Love Affair With Chocolate

Chocolate is cheaper than therapy and you don't need an appointment." I don't know who said this, but I love it. First of all, it's true, and second, science has found that chocolate can be good for you—unless you're eating a pound a day. Being obese because of chocolate is not OK.

Most of us eat chocolate because it tastes good, but it contains ingredients that can fight bad cholesterol and help prevent heart attacks. It also has an active mood-altering chemical, but probably not enough to affect you.

Americans love chocolate—we eat about ten pounds a year per person, and most of the consumption occurs between eight p.m. and midnight. Chocolate is misunderstood, too. Eating it contributes very little to your total energy (the caffeine content is low) and calorie intake, and, contrary to popular belief, it doesn't cause acne. And not all chocolates are created equal: Dark chocolate is about twice as good for you, because it contains a higher amount of flavonoids that release cancer-fighting antioxidants in your body.

Chocolate also relaxes the inner surface of blood vessels and helps prevent high blood pressure and hardening of the arteries. It helps decrease the clumping of platelets in blood, reducing the chances of blood clots, heart attacks, and strokes.

One study involving 7,800 Harvard University alumni shows that the moderate consumption of chocolate, equivalent to about three candy bars a month, increases longevity. The bottom line: Chocolate makes us feel good because it's good for us.

So Dr. Edell is in the company of various esteemed professionals, such as Brillant Savarin, the famous French gastronome and magistrate who said: "It has been shown as proof positive that carefully prepared chocolate is as healthful a food as it is pleasant; that is nourishing and easily digested... that it is above all helpful to people who must do a great deal of mental work." And this was in the 17th century.

Dr. Edell's ruminations about chocolate don't discuss the amount of sugar used in chocolate or chocolate confections. And sugar is the ingredient that concerns nutritionists and all of us. Sugar is the thorn on the rose and the hidden enemy in chocolate.

Knowing that everyone truly loves chocolate led me to my big chocolate experiment. **Make chocolate without sugar but also without maltitol which makes sugarless chocolate taste like medicine!** Then everyone could enjoy it without guilt or concerns for their health. **After many unsuccessful attempts I finally did it! A chocolate product without sugar that actually tastes like chocolate and is absolutely delicious! I am not exaggerating!** This chocolate has been given to people of various age and social groups and the consensus of opinion was unanimous! Delicious! and "Where can we get it?"

We have the equipment and technology and are making a variety of chocolate bars and fudge, chocolate syrup and a most extraordinary choco butter—this is our chocolate flavored peanut butter—either chunky or creamy.

The next time you call to place your order, just add some chocolate to it and find out for yourself just how delicious our chocolate truly is!

And if for some unfathomable reason, you don't like it... tell us why!

P.S. Research just published indicates that one ounce of sesame oil and 2 ounces of dark chocolate per day for one month reduced blood pressure by as much as 30 points! I am investigating and will do a study to verify such a simple remedy.

To All My Friends,

All of us love the holidays, it seems to bring out the best in most of us and we take a little time to let others know we appreciate them. I can't express enough the appreciation I have for those of you who have supported me through thick and thin over the years. You have heard my enemies accuse me of all kinds of things, given me moral support when I was battling the government (the last time for over six continuous years) and let me know that the battle was worth it.

With God's grace and your help, we not only survived but grew consistently through it all. Although I have talked about it before, this year end will mark my change of pace—from the business world to my real love, education. I have set up a non-profit foundation—the International Institute of Natural Health Sciences—which will publish groundbreaking information on nutrition, herbology, and other alternative health approaches. Many of you have requested that I set up a home study course similar to the Donsbach University of yore.

I am doing that and will be ready right after the first of the year. No degrees, but authentic certificates of completion of very legitimate courses in many facets of the healing arts.

This newsletter will now be published by the foundation, and I will be available for lectures on health and in general having lots of fun! I will continue to be at Hospital Santa Monica one day per week to see all patients and monitor protocols. My Big Book that I have been working on for literally years should be completed within the year. It is designed to be a complete reference on the things I have learned in 47 years of playing doctor and will be presented in 2 or more three ring binder formats which will be updated yearly (most books are out of date by the time you buy them—except fiction).

Anyway, alot about myself. Let me give you the biggest THANK YOU on behalf of myself and the staff of Let's Talk Health and our very best wishes for a tremendous holiday season.

Kurt W. Donsbach



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