

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



November/December 2006



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## IT'S COLD SEASON ARE YOU READY?

NEW



ONLY \$7.00!  
(RETAIL PRICE - \$10.00)

## COLD & FLU

## NEW FORMULA NOW WITH ECHINACEA!

## At Least 700,000 Hospitalized From Side Effects Of Drugs

Harmful reactions to some of the most widely used medicines, from aspirin to antibiotics, sent **MORE than 700,000 Americans to emergency rooms every year** according to a governmental study. (These are the reported cases, there are untold thousands that are never reported.) This does not include deaths due to prescribed drugs which have been estimated at about 150,000 per year.

This monumental study by the Centers for Disease Control should emblazon on everyone's mind the extreme risk of using poisons to treat illness. **It should also encourage individuals to research natural alternatives which are almost always free from side effects and in double blind studies are often even more effective for a given condition than drugs.**

The outrageous advertisement of more and more drugs are causing more and more individuals to demand from their doctor a prescription of new drugs for easily solved problems such as sleepiness, stress, menstrual difficulties, etc. You are risking a trip to the hospital when you use a poisonous drug to alleviate symptoms easily solved with a change in lifestyle and proper nutritional supplementation, both safe and simple. Take charge of your own health!



## New Catalog & Website

We are excited to announce that we are near completion on our brand new website and printed catalog.

Make sure and sign up today as an eBlast Subscriber so that we can let you know as soon as they are available.

Signing up is easy. Simply go to our website at: [www.letstalkhealth.com](http://www.letstalkhealth.com) and click on the eNews.

*Sign up today and start saving on your Let's Talk Health products!*



Dear Club Members,

There is something special about the holiday season as we celebrate family and faith. It is also a time to reflect on the many blessings we enjoy on a daily basis.



We are thankful for the thousands that have found improved health and vitality through our wholistic “products with a purpose.” As a member of the Let’s Talk Health family, you are part of an ever-increasing number of people around the world who are discovering the benefits of alternative health.

As we end this year, we want you to know that we will soon be publishing a brand new catalog with your favorite Let’s Talk Health products as well as enhancements to some current formulas and a number of brand new products to help meet your health needs.

In addition, we will be launching a brand new website @ the same address: **letstalkhealth.com**.

The new site will have many new features including new search capabilities, greater security features and more audio and video content from Dr. Donsbach.

Thanks again for your commitment to health. If you have any questions or comments on how we may better serve you, please contact me directly @ 619.591.0131 or [jim@letstalkhealth.com](mailto:jim@letstalkhealth.com).

Yours for healthy living,

Jim Cartmill  
Presidents & CEO  
Let’s Talk Health Nutritional Supplements

PS – Make sure and check out our new Dr. Donsbach sugarless chocolate. It was just featured at the Ryder’s Cup Golf Competition in Ireland to rave reviews. RE-LEV-IT™, our number one best selling pain support formula, was also featured and is now back in stock.

## Beware of New Drug For Adult Onset Diabetes

*Januvia*, Merck’s new one-a-day drug to treat type 2 diabetes, lowers blood sugar without weight gain. And it only costs \$5 per day. Gosh, how wonderful, but does it effectively lower blood sugar without side effects? Well, just a few side effects: runny noses, coughs and nausea.

Analysts and physicians said *Januvia* offers a “modest” reduction in blood sugar by increasing the amount of insulin but does nothing to increase the effectiveness of the insulin present. It is estimated that 90 percent of all type 2 diabetics have enough insulin, but the insulin is not effective in reducing blood sugar. More of a non-functioning product, in this case insulin, doesn’t really address the problem in my opinion.

There are several substances in the natural field that do increase the sensitivity and effectiveness of insulin. They are all combined into a really effective product called “*Diatrol*” and you should consider this if you are interested in really solving the cause of the epidemic type 2 diabetes.

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## Fall Colds

It’s the season for the sniffles, colds and bronchitis. Please have on hand our new improved *Cold and Flu Formula* which now contains Echinacea. This works even better than before and that was close to perfect! And since we are talking about colds and the resultant sore throat - get some quick relief from the use of our specially formulated zinc lozenge, proven to give symptomatic relief in minutes. They taste good and are easy to carry to work or shopping. A little known benefit is their use in crowds where the cold virus is prevalent. Their use will help prevent these nasty viruses from taking up residence in your mucus membranes.

## Is Your Glass Half-Empty?

Going through life with a bit of a negative attitude can be changed overnight if you increase the “feel-good” hormone known as serotonin. Most anti-depressant medications rely on trying to slow down the breakdown of serotonin but do nothing to help replace it.

My **Stress Eze** formula not only relaxes the sympathetic nervous system but provides the immediate precursor to serotonin - 5-HTP, allowing the body to make this important brain component at will. You will be amazed at the better outlook on life within the first day of use (normal beginning dosage is 3 capsules at breakfast and lunch, then reduce to 2 each time and eventually most can get by with 1 capsule). For your information, the success of our **Easy Loss** is in no small way due to the presence of a therapeutic amount of 5-HTP. Investigate these products for a happier more positive life.

## All-In-One Supplements

It is very important that you consider the ingredients when you choose a multiple vitamin-mineral as your supplement. Many, in fact most, do not give you adequate amounts of the ingredients that really need supplementation such as selenium, Co Q-10, chromium, adequate B-12 and folic acid, lutein, cysteine, enough vitamin A and D, melatonin, oxygen support - I could go on and on. Supplementation should be complete, if you have no particular problem, in one presentation and not require you to purchase extra bottles of this and that. You might consider the **Healthy Life Protocol** when you make your next decision. It is considerably less expensive than purchasing single ingredients and is very conveniently packaged in two packets which you use in the morning and evening. Best of all it is the most complete supplement you can find.

The Let's Talk Health Newsletter is published by Let's Talk Health, Inc. and features articles by Dr. Kurt Donsbach, D.C., N.D., Ph.D. The views expressed by Dr. Donsbach are not intended to replace any medical advice you may require. His views have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent the medical conditions or diseases highlighted in this publication. They are only intended as nutritional support information.

## FEATURED FORMULAS

### L-LYSINE & PROBAX

*The incidence of recurrent attacks by the herpes simplex virus which cause painful lesions, including herpes I (cold sores) and herpes II (genital herpes), is somewhere around 50 percent of the world's population. The combination of L-LYSINE and PROBAX has been found*



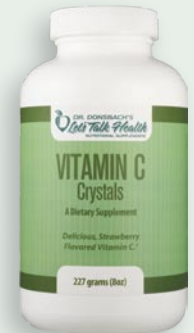
*to assist in the early relief of the pain of herpes. This protocol also helps to reduce the severity and duration of attacks once underway and to reduce the recurrence rate of herpes outbreaks.*

PROBAX Retail Price.....\$10.00  
 PROBAX Club Price.....\$7.00

L-LYSINE Retail Price.....\$10.00  
 L-LYSINE Club Price .....\$7.00

### VITAMIN C CRYSTALS

*Vitamin C is known to reduce the duration of colds and is an effective antihistamine for those with allergies. Vitamin C helps the adrenal glands control stress, helps fight infection, is a cancer preventive and is beneficial in many other ways as an antioxidant. Since man is incapable of making Vitamin C, supplementation is a must. Vitamin C Crystals are delightfully strawberry flavored with no sugar of course. Great for kids with colds.*



Retail Price ....\$15.00  
 Club Price ..\$10.50

### STRESS EZE

*A natural formula to “take the edge off,” allowing you to enjoy your life more fully. Clinically tested by Dr. Donsbach, this calming formula could be just what you need in this fast-paced world: a nerve relaxant that doesn't take away your mental energy!*



Retail Price.....\$20.00  
 Club Price .....\$14.00



*To learn more about Dr. Donsbach's products and hear about current specials, go to our website at [www.letstalkhealth.com](http://www.letstalkhealth.com) or call our customer service agents at (888) 950-2190.*

# COLD & FLU

**Protect yourself this cold & flu season**

Dr. Donsbach's new COLD & FLU FORMULA with high doses of vitamin A, vitamin C and bicarbonates can help stop a cold or flu in it's tracks. The bicarbonates normalize the body's pH, so that the virus or bacteria can't take hold. The vitamins A & C help strengthen the respiratory tissues. Each tablespoon of this formula contains: 100,000IU vitamin A, 1,000mg vitamin C, 1,000mg bicarbonates **and now includes 20mg of Echinacea**. Echinacea is considered an effective therapeutic agent in many infectious conditions including upper respiratory infections, the common cold and sinusitis. The herb is also a mild antibiotic that has shown effective against staph and strep infections. Good to have it on hand in your medicine cabinet and begin taking at the first sign of a cold or flu.

**\*SPECIAL CLUB PRICE - ONLY \$7**

RETAIL PRICE - \$10.00

\*These statements have not been evaluated by The Food and Drug Administration. This product is not intended to treat, cure or prevent any diseases.

**NEW FORMULA**  
**NOW WITH ECHINACEA!**

