



Weight Control

If there is a subject in the field of health and nutrition for which there is almost universal interest. It is certainly weight control.

Everyone is concerned about it at some point—mostly on how to reduce the weight, a few on how to gain weight. This rather unusually long (for me) article is about how to lose weight and lose it without the pain and emotional trauma that usually accompanies such a protocol. And also about why you will probably keep the weight off once you have lost it. This is great news!

Why is it unusual for me? Because I have been a fatty almost all my adult life—gradually of course—but inexorably the three to five pound gain per year until I reached 238 lbs on a 5'8" frame. I was healthy, I exercised vigorously for at least two hours four days per week, but I was fat.

You must understand that **not all fat people are gluttons**. Some are genetically designed to more easily accumulate fat as a protective mechanism against famine (which existed in the past but doesn't in our society). Therefore fatties survived while the slender folk didn't during long periods of scarce food. We don't have that problem anymore but the innate programming survives.

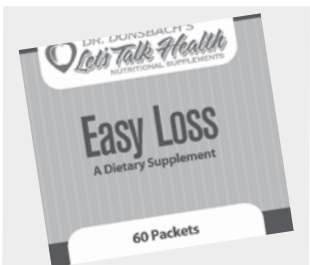
We also tend to need less calories per day to maintain our weight as we age—in fact **7 calories per day per every year after the age of twenty-one**. That

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"I had surgery on both knees and was up to 4 Vicodin per day. Then a few weeks ago I started taking Phenocane and WOW! What a difference! I haven't had any pain for over three weeks. It's almost like a miracle. You have brought a lot of pain relief to an old mailman."



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means at age fifty-one you need 210 calories less per day just to maintain your weight.

This is compounded by the fact that we normally exercise less, walk less, get more sleep, eat better and more regularly as we pass that hectic teenage and early years stage. We lose some muscle and gain some fat. Fat takes less calories to maintain than muscle does, so you are in another deficit.

All of which could be added up to about **500 calories less per day to maintain your weight at age fifty-one than at age twenty-one.**

500 calories is significant—there is approximately 3,500 calories in a pound of fat—it would only take you seven days to add one pound of fat if you ate the same amount of calories at age 51 as compared to age 21!

I go through all this boring mathematics to impress on you how easy it is to gain weight. Now we need to look at the other side of the equation—how much exercise is required to lose a pound of fat?

Walking is great; but it takes a long walk at a fast pace to accomplish what you need—at least two miles per day at a pace that causes you to huff and puff a bit and produces some perspiration.

There are all kinds of **benefits from exercise, not the least of which is the mental high** that almost always occurs.

But even the most dedicated exercisers can have difficult losing weight—I'm an example! 4 nights per week of 2 plus hours of vigorous tennis and my weight remained constant! Of course it isn't fair, I have a wife who eats more than I do and has never tipped 120 lbs.

I finally decided I needed help and I should have the smarts to concoct a pill that would decrease my desire to eat without in any way causing harm to my body.

Easy Loss is the Answer

I have personally used this new product for the last 2 months and have lost a total of 26 pounds. Following are the active ingredients that make it so effective:

Trioxin®

A newly discovered combination of flavones, Trioxin belongs in the flavone family & provides the body with the raw materials necessary to produce extended levels of *endorphins* which are probably the most potent appetite suppressing chemicals known. Produced by the brain, these **“feel good” substances are the best insurance we have for a happy life. Trioxin guarantees that we will always have the benefits of endorphin activity.** Expect to feel happier, more enthusiastic and more energetic than you have for some time.

CLA (Conjugated Linoleic Acid)

This offers many benefits including an **increased metabolic rate, a decrease in abdominal fat, a lowering of insulin resistance and an enhancement of muscle growth.** With credentials such as this, CLA is rising as the intelligent person's premier fitness aid. In a nutshell, CLA helps burn the fat we have, prevents fat from accumulating, while at the same time building more muscle mass.

Guarana

A well-known herb, guarana tends to raise metabolism which promotes fat burning and raises energy levels. Although it contains caffeine, the caffeine is released at a very slow rate as compared to the caffeine in coffee. You get a slower, gentler, longer lasting lift that is not harsh on the body. One packet contains approximately the same amount of caffeine as a weak cup of coffee or can of cola. **If you are caffeine sensitive, you may want to reconsider your use of this product.**

5-HTP (5 hydroxytryptophan)

This is the immediate precursor material from which the body makes **serotonin**, a neurotransmitter that is extremely important to the body. Anti-depressants work by extending the life of serotonin but do nothing to assist the body to produce more. **5-HTP is the perfect supplement to create more serotonin naturally & gives you the opportunity to benefit from the great mood-lifting effect it produces.** And there you have it—a revolutionary, truly new and different way to overcome excess weight—**with success and without discomfort. A final note of caution:** you must abide by the “no food after 6 p.m.” rule. You must eat a hearty breakfast. If you do those simple things, you will have success! (*You can request a free copy of the Glycemic Index with your next order or it will be automatically included with your order for Easy Loss.*)

Are You Hypothyroid?

Very few topics I write about bring more response than the subject of low thyroid function. For those of you who have no clue as to what hypothyroidism is all about, answer these simple questions:

- Are you always fatigued or exhausted?
- Are you irritable or impatient?
- Are your hands and feet usually cold?
- Do you often feel depressed or anxious
- Is your hair lifeless and your skin dry?
- Do you tend to gain weight without eating too much?
- Are you losing your enthusiasm for life?
- Do you have insomnia?
- Are you listless, forgetful, disconnected?

I think you are getting the idea—the thyroid very definitely affects how you feel and how you relate to life! It is a ticking time bomb for some that will result in major depression or even manic-depression.

The most serious problem is that most doctors rely totally on a blood test that is grossly inaccurate and overlook a majority of low thyroid function diagnoses. **And to repeat, the major organ affected by low thyroid function is the brain.**

There is a very serious form of thyroid malfunction commonly called Graves Disease, characterized by protruding eyes, rapid heartbeat, and a swelling of the thyroid (goiter). If the thyroid swells sufficiently to be observed (it doesn't always and never in the beginning of the condition) then most doctors will suspect thyroid.

But the initial phases of thyroid disease may not show obvious symptoms for years. In most instances the symptoms are indicative of a stress or emotional disorder and patients are referred to a psychiatrist who will obligingly give you a fancy psychiatric diagnosis. It is indeed unfortunate that in many cases of hypothyroidism, doctors fall back on the catchall diagnoses of stress, anxiety, or depression (because these are symptoms of the real disease) and overlook the root cause of these symptoms.

I wish to emphasize this fact: **thyroid malfunction is potentially very serious and can alter personality, totally take away ones enjoyment of life and eventually lead to certifiable mental disorders.**

That such a critical condition is considered all too casually by many professionals relates to their concept of the thyroid—in their mind a gland that helps control metabolism. The thyroid does far more than that: it produces the thyroid hormone, an imbalance of which can produce **skin problems,**

irregular heartbeat, congestive heart failure, high blood pressure, muscle dysfunction, gastrointestinal disturbances, mental confusion, severe depression, sexual disinterest, extreme fatigue and almost terminal apathy. WOW!

Yes, your thyroid is that important. The real problem lies, in my opinion, on the way hypothyroidism is diagnosed. Hormone readings of TSH (thyroid stimulating hormone), thyroxine levels and other blood parameters may lead one to believe you are in the "normal" range when the normal range may be far too broad.

I propose that the test initiated by Dr. Broda Barnes, once considered to be one of the premiere experts on thyroid, is a far better test with the added convenience of being able to be performed at home. The procedure is as follows:

- Take a non-digital thermometer and place it on your bedside table.
- In the morning, upon awakening, place thermometer in armpit and hold arm close to body for ten (10) minutes.
- Read temperature and record.
(Menstruating females should wait for ovulation to cease.)
- Repeat three times. Average readings.

Normal is 97.8 degrees F. Anything under that is varying degrees of hypothyroidism, the lower it is the worse the condition. It is not unusual to find readings of 96 degrees F.

I believe, based upon almost five decades of observation that this is the most accurate way to diagnose and create a treatment program for these individuals.

Treatment Protocol

The description of all the physical problems that are symptomatic of thyroid malfunction can sound pretty grim. When physicians diagnose hypothyroidism, they usually prescribe levothyroxine under the brand names (Synthroid, Levoxyl, Levotheroid) a pharmaceutical which mimics the thyroid hormone T4.

It is their contention that if the body has enough T4 it will manufacture T3 in adequate proportion. Their negative attitude toward natural thyroid extract is that the natural is not stable and gives unreliable results.

Without a true basis in fact, I contend that this is more of a continuous effort to monopolize medicines. Enough of that, let me share with you what I feel is the proper approach to low thyroid function.

Iodine

Iodine is to the thyroid what meat is to the lion. Although an overabundance of iodine can also affect the thyroid negatively, it is far more common that a deficiency can cause hypothyroidism. It is estimated that over 300 million people worldwide have chronic goiters because their soil is deficient in iodine therefore they consume very little iodine. Without iodine, the thyroid swells under the influence of the Thyroid Stimulating Hormone produced by the pituitary and you have a goiter. There is a safe way to find if you need iodine. **Buy some dark iodine in a small glass jar in your drug store. Paint a spot on your abdomen the size of a silver dollar immediately after your daily shower. Observe this spot the next day before showering. If it is gone, you are deficient in iodine.** Continue to paint the spot every day until the spot remains visible on your skin for 24 hours, then stop. You have all the iodine you need at this time.

Natural Whole Thyroid

This is derived from dehydrated pig thyroid and contains all the thyroid hormones including T3 and T4. Normally only one tablet per day is needed. Continue this until the underarm temperature test becomes normal. Many wholistic doctors prefer this form of thyroid supplementation.

Tyrosine

This is an amino acid which is absolutely necessary for the body to produce thyroid (as well as noradrenaline and dopamine) hormones. I cannot overemphasize the importance of this raw material for the production of adequate hormones. With the glut of fad diets that abound today, it is easy for one to overlook some of the important protein foods which supply us with these amino acids. I recommend 500 mg of tyrosine three times daily for all my hypothyroid patients.

And there you have it. A synopsis of a subject on which a book should be written but a simple and effective means of literally self-treating a common condition often overlooked as a cause of many and varied symptoms.

Homocysteine

This is a naturally occurring breakdown product of the amino acid methionine used by the body for many functions including detoxification. Normal levels are about 6 to a maximum of 12. When homocysteine levels rise much above that problems are associated with the rise, mostly coming from a toxic inflammatory process it initiates.

Dr. McCully first alerted us to the dangers of high levels of homocysteine with his work on the increased incidence of heart attacks and strokes in people who had increased levels—with or without high levels of cholesterol. (That of course was of great interest to me because I had more ammunition to fire at

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the cholesterol alarmists.) In 1969, McCully wrote his first paper on the real problem—homocysteine precipitated clots which were the immediate cause of heart attacks and stroke. Now Dr. McCully comes with a new revelation. In his study of youngsters, he finds that almost all who had high levels of homocysteine also had osteoporosis, resulting in scoliosis (curvature of the spine) and increased risk of fractures.

Theoretically this can easily be transposed to the elderly who have high rates of osteoporosis. And sure enough, a study published in the Journal of the American Medical Assn. early this year reported on a Japanese study of elderly stroke victims who also had a high incidence of hip fractures. The Japanese researchers divided a group of stroke patients into two groups and gave one group a supplement of vitamin B-12 and folic acid (known to break down homocysteine) and a placebo to the other group.

All were followed for two years then the amount of hip fractures in each group was tabulated. The results were dramatic: in the placebo group there were 43 hip fractures. In the B-12/folic acid group there were 10 fractures—a **77% reduction! In addition, the treated group's homocysteine levels dropped 38%.**

There can be no better reason to be taking the **Happy Life Protocol** on a daily basis. All the nutrients to supply all the body with what it needs and certainly the B-12/folic acid to break down homocysteine and help prevent osteoporosis with its ugly consequences. I might point out that the B-12/folic acid combo doesn't restore bone density, it prevents it from progressing. **Mineral Forte** (4 daily) and **DHEA** (1 daily) along with the **Happy Life Protocol** are what my patients demonstrate to be the answer to bone density rehabilitation. Within six months tests reveal amazing progress.

Take The Test

Signify by (1) mild (2) moderate (3) severe
 If score is more than 7, do the under-arm test
 for hypothyroidism.

- Abnormal hair loss _____
- Cold hands & feet _____
- Abnormal dry skin _____
- Irritable, impatient _____
- Constipation _____
- Fatigued, exhausted _____
- Slow pulse _____
- Depressed, anxious _____
- Increased appetite _____
- Insomnia _____
- Weight gain _____
- Listless, forgetful _____
- Sleep apnea _____
- Dry, lifeless hair _____
- Yellow palms _____
- No enthusiasm _____
- Muscle cramps _____
- Lack of interest _____
- Increased sleep _____
- TOTAL** _____

(Old) High Homocysteine Levels =
 Heart Disease & Stroke

(New) High Homocysteine Levels =
 Osteoporosis

Eating Healthy Foods ~ The Powerful Effects of Ozone

Today's life is often a hurry-scurry existence. Just to have the time to prepare your own meals is a real sacrifice of other things that need to be done. Most of us go to the grocery store and pick out some great looking vegetables and assume they are fit to eat. Were you aware that the U.S. exports 5,000,000 tons of pesticides banned in the states and then turns around and purchases large quantities of fruits and vegetables from the same countries we sold the banned pesticides to? Did you know that Consumer Reports indicated that most fruits, particularly pears and peaches, were unfit to eat as purchased in the grocery store? Why? Because of pesticide contamination! Well, you might say, I'll wash them well in detergent and that will solve the problem. No, it won't! These sprays have adhesives added to them so they stick to the fruits' outer skin with a death grip. "Then I'll buy organic." That is a good solution, but not usually practical. True organic produce is only available in sparse areas and usually in sparse amounts. So what to do?

Immerse your fruits & vegetables in concentrated, ozonated water for twenty minutes and the single oxygen released from the ozone will oxidize the pesticides into non-harmful substances and create a food that will not only tickle your palate but last for almost a full 100 percent longer than normal because all the decay producing bacteria which are present will have been destroyed by the oxidation. What is ozonation? Ozone is stable oxygen (O₂) that has an atom of elemental oxygen (O₁) loosely connected which forms ozone (O₃). When the ozone is in the presence of chemicals or bacteria it releases the O₁ which enters into a chemical reaction with these substances and either destroys them (bacteria) or oxidizes them (pesticides) into a non-harmful substance. Ozone is known in science as the most effective cleanser that exists.

How do you get ozone into your home, you might ask. You can purchase an ozone generator which not only will give you perfectly fine fruits and vegetables, but allow you to neutralize the mercury in fish, the antibiotics and hormones in chicken and beef; as well as cleaning the air in your home of bacteria, viruses, etc. A truly miraculous device!

Must be big as a TV set. No it is not! About the size of your telephone directory and probably not as heavy. And complete with a see-through bucket with a large ozone dispersant for ozonating food. Costs \$650.00 at retail but Healthy Items is offering it to you readers for just \$399.00 plus shipping.

This is truly a healthy value and could come in very handy during the holiday season. Call these friendly folks at 1-888-422-2981 if you are interested. The side benefits of healthy air in your bedroom, a luxurious experience of an ozone bath, elimination of mildew and musty smells are just a few of the other uses of this great device.

DID YOU KNOW?

Did you know that a bill is about to be introduced into Congress that would reverse the role regarding claims about food supplements? Instead of the vendor having to prove to a reluctant, recalcitrant FDA that a claim is valid, the FDA must prove that the claim is invalid? Be on the lookout for further information so that you contact your senator and representative about your desire to see this happen. There is already strong support in the field but the powerful pharmaceutical companies will fight this one to the wall.

“Let’s Talk Health Live”

Let’s Talk Health Live is Dr. Kurt Donsbach’s weekly talk show on alternative health. His show airs every Thursday from 9:00 am to 11:00 am PST. It is a streaming audio program that allows you to listen to a true pioneer of the alternative health world.

In the near future, we will be archiving the shows so that you can listen at your convenience. If you have any health-related questions, please call the show at 888.273.7469. You can also email your questions to jim@letstalkhealth.com. We know you will enjoy the show!



Since it launched in November, this online radio show has met with such tremendous success and often has a long line of listeners in the queue. We have already expanded the number of call-in lines so that even more of our faithful Club members can have access to the doctor. If you have ever wanted to talk directly with Dr. Donsbach...this is your ideal opportunity. Simply call 888.273.7469 on Thursdays from 9am to 11am Pacific Time.



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