

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



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DO NOT READ THIS IF YOU LOVE SUGAR!

The laboratory rats are agitated. Their teeth are chattering. They are nervous and cannot concentrate. Their physiological symptoms are equivalent to morphine withdrawal. But they are not on morphine. They are on sugar and they need their fix.

These rodents have been fed a diet of 25 percent sugar. If this seems like it might be too much, remember that your children routinely eat breakfast cereals containing more than 40 percent sugar and starch which is immediately converted to sugar. Never mind the kids' teeth or waistlines, **what is this sort of junk food doing to their brains?**

Government and local districts have been hard pressed to find enough money to truthfully investigate the dyslexia, hyperactivity and autism which are dramatically on the increase. The World Health Organization is predicting a 50 percent rise in child behavior problems in the next few years.

"Obviously there are many factors behind these problems, but to deny the role of nutrition or to try to ignore it, is indefensible" says Dr. Alex Richardson, senior researcher at Oxford University's Physiology Laboratory and co-director of the Food and Behavior Research Group. **The physical risks to children of a highly processed, highly refined diet lacking in natural proteins, fats, vegetables and fruits are now acknowledged, but the damage being done to their behavior, learning abilities and mood is not.**

Take sugar as an example. "If children eat a cold cereal breakfast and slurp a can of Coke on the way to school," says Dr. Richardson, "it puts them on an artificial high in terms of brain function, but that instantly stimulates the release of too much insulin which causes blood-

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SUGARLESS

Chocolate Bars are here! And simply delicious!!

Boost bar

Skip a Meal bar,

Fudge bar

Peanut/Fudge bar

Coconut /Fudge bar

Retail: \$2.95/2.2 oz

Club Price: \$2.07

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Any 3 for \$5.00

**Outrageously
GOOD!**



sugar levels to plummet. In a short time their brains are in a fog. They can't concentrate, they are irritable and find it hard to hold on to stable emotional reactions. They are on a blood-sugar yo-yo that is doing nothing for their proper brain function."

"It is widely accepted that diet influences our health yet we manage to decouple that relationship when it comes to behavior," says Bernard Gesch, also a senior researcher at the Oxford Physiology Lab. He doubts that any nutritional guidelines in the world mention behavior. **"Dietary standards are designed to stop bits dropping off you. They are not designed for optimum performance."**

Gesch worries that the massive changes in children's diets have not been systematically assessed for their effects on the brain. "If you pump in very high levels of sugar, the chances are that the youngster is going to get hooked on the stimulation of brain opioids. When you withdraw the sugar the child's brain is going to hurt. Basically the brain is a greedy organ. It comprises 2 percent of total body mass but uses more than 20 percent of all energy. It takes a third of the blood from the heart to supply it with the nutrients it needs to work." Like a car, if you only give it fuel, it soon begins to malfunction - **including behavioral changes.**

In 2002 Gesch released the results of a dietary experiment conducted at a young offender's detention center. More than 200 inmates took part in a double-blind, randomised, placebo-controlled test. Anti-Social behavior fell by 25 percent and violent incidents by 35 percent among offenders given multivitamin, mineral and fatty acid supplements. There was no change in the placebo group.

"It raises the important question of what would have happened to these men if they had been nourished properly in their younger years," he asks.

Are you guilty of not giving your child proper wholesome food for the most important meal of their day - breakfast? Are you too busy to fix a meal and instead use pop-tarts, donuts, cold cereals and other high sugar, nutrient poor "quickies" instead? Are you aware that the evidence points to foodless food as one of the

major causes of juvenile hyperactivity, slow learning and delinquency?

There is an answer you might consider. Food supplementation. You might think that supplements are for adults but you are grossly wrong! Supplementation at a young age can prevent many of the chronic degenerative diseases us old folks suffer from and will result in a more adjusted, happy child who will have the common sense to avoid the pitfalls involved in growing up.

Here is my prescription:

Ages 1-3	Agua Vitae	1 tsp daily
Ages 3-6	Agua Vitae	2 tsp daily
	Fish/Flax Oil	1 capsule daily
Ages 6-12	Agua Vitae	1 tablespoon daily
	Fish/Flax Oil	2 capsules daily
Ages 12 and up	Agua Vitae	1 tablespoons daily
	Fish/Flax Oil	3 capsules daily

Here is my challenge: Use the above for your child as well as reducing the amount of sugar they consume and if you don't see a considerable change for the better in four weeks, I will refund the cost you expended. Look for documentation of the benefits of Fish/Flax in the next newsletter. I had the pleasure of speaking at the same conference as Dr. Richardson and was amazed at the incredible changes made in young lives by including the fatty acids in the **Fish/Flax** formula.

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Questions

- Q.** *Can I use the Happy Life Protocol if I am pregnant?*
- A.** *The answer is absolutely yes, there can only be benefits from the use of such a broad spectrum supplement.*
- Q.** *I have recently been told I have Hep C in early stages, my viral load is 42,000. They say for the time being this is nothing to worry about. Any advice?*
- A.** *Any doctor who told you to relax with a low level case of Hepatitis C is out of his mind. This is a serious condition and can lead to death. Take care of it now while it still is in its infancy. I suggest **HepaClear - 4 each meal***

plus the Happy Life Protocol. Reduce all sugar and starch, eliminate alcohol and any drugs you do not absolutely have to take. *Check your liver enzymes every 4 months and call me.*

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MRS. D'S SUGARLESS CHEESECAKE

For those of you who know me, there are a few things that are very difficult for me to do without. Peanuts and peanut butter as an example. Eggs. Ribeye steak. Asparagus. Cheese - and this leads directly to cheesecake. My wife makes the best sugarless cheesecake on this planet and here is the recipe for you to enjoy!

Prepare Graham Cracker Crust:

1 1/4 cup graham cracker crumbs

1/2 cup melted butter

*1/2 cup **KURLU***

*Mix graham cracker crumbs, **Kurlu** and melted butter together and press onto the sides and bottom of a 9 inch pan.*

Prepare Filling:

3 - 8 oz packages of cream cheese (softened)

*1 cup **KURLU***

2 tsp vanilla

5 large eggs

Beat cream cheese, **Kurlu** and vanilla until smooth, add eggs, one at a time, beating well after each addition.

Pour into prepared pan and bake for one hour @ 325 degrees F.

If you don't get raves on this, call me and I'll come over and finish it off!

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Shedding the Pounds

Mayo Clinic says that you can shed an extra 20 lbs a year by making extraneous moves every day that are not exercise or necessarily productive. They are talking about making it a habit to get up and move every 45 minutes, tapping your feet to music when listening

or even drumming your fingers (not in the presence of others, please).

Women and Breast Cancer and Radiation

A study of 836 women in their postmenopausal years who had excisable lumps in their breasts and had surgery were found to live just as long if they skipped radiation as those who had radiation. So far this not been researched in younger women (and probably won't) but one could draw some conclusions and use the information when making the decision after surgery as to whether or not to undergo radiation.

After all, the truth is that radiation causes cancer although it may have some temporary inhibitory effect on an active cancer. There are just too many side effects and incidences of radiation induced cancers within a few years. If it doesn't help, why use it?

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Tidbit About Microwave Cooking

Microwave cooking does not zap vitamin and beneficial antioxidants in vegetables, unless you drown them in water while microwaving. Use little or no water and the nutrient content of vegetables after heating are superior to any other form of cooking. (I expect to hear from all of you anti-microwave folks).

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Water & Chlorine & Cancer & Chloramine & Worse

You have heard me suggest that you have your head in the sand if you are drinking bottled water and bathing or showering in tap water. Tap water which contains chlorine and flouride, both of them are potential cancer causing substances because they turn into carcinogenic substances such as chloroform and dichloroacetic acid when exposed to small quantities of organic matter which our water definitely has in it.

However there is an even more grim additive that is now being used - chloramine, a combination of chlorine and ammonia. Now mother told you never to put ammonia into bleach because the fumes could cause serious illness and even unconsciousness. The newest

study on chloramine indicates it is potentially far more dangerous than chlorine. Chloramine is linked to a byproduct iodoacids, which have been shown to be up to 300 times more toxic than chlorine byproducts. If your city is using chloramine to purify your water, do not drink it, do not shower or bathe in it, do not cook with it. We are feverishly working to perfect our whole house water purification system. In the meantime, use a shower filter when you are showering or bathing to keep these noxious chemicals from being absorbed into your body (**remember, the same amount of chemicals are absorbed in one bath as drinking 2 quarts of tap water**).

What is really scary is that the EPA admits they do not know what possible other chemicals can be formed during the degradation of chloramines. We may find terrible but slow acting effects that will poison us. **Please do not take this lightly, your skin absorbs a number of chemicals rather easily - chlorine and chloramine are at the top of the list.**

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My Unpopular Stand On Fruit

If I ever had an unpopular concept that I fully underwrite in the face of popular opinion, it is my stand that most ill people would be far better off never to drink fruit juice and to very sparingly eat fruit, and when you do, eat the low glycemic ones like cherries.

This is all based upon the simple fact that these foods create rapid rises in sugar in the blood and result in an overproduction of insulin which may be the very cause of their problem. In the case of cancer patients, glucose is literally the only fuel that cancer can use, so any reduction in fuel availability results in less energy for the cancer to reproduce and grow.

I do not eliminate fruits but emphasize a few low glycemic ones and only in a 4 : 1 ratio of vegetables to fruit. In other words, for every cup of fruit you eat, you must eat 4 cups of vegetables. It's good advice! And also a good reason to avoid a diet such as the popular but misleading *South Beach* diet which promotes both fruits and grains which are easily converted to sugar.

Prempro Drug Causes Memory Loss

Reeling from a study that proves Prempro (a menopausal drug) can increase the risk of breast cancer, stroke and heart attack, a new study now indicts the product for worsening memory and causing a loss of understanding of surroundings and events (read Alzheimers).

Prempro is used for menopausal symptoms and is a combination of synthetic estrogen and synthetic progesterone, both of which have been proven to not work in the body as the natural substances do. For those of you ladies suffering from menopause symptoms, please try **MenoEze**, a natural product with which we have had great success. Start out with one ounce morning and night, when symptoms diminish, you can reduce to 1 tablespoonful morning and night. I believe you will be surprised!

Editors Note: Do not be surprised that early senility is a side effect of using synthetic estrogen. This has a known history of causing clots which lead to strokes and heart attacks and small clots or increased viscosity blood can reduce the circulation to the brain, the most greedy of all organs for nutrients and oxygen.

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Flu Shots Don't Save Lives

When I lecture in the fall of the year, I am always asked as to my opinion of the flu shot. My answer is unequivocal: I don't get them, my wife doesn't and all those who listen to me do not get them.

Based on **more than 30 years of records**, a new study reports that **giving flu shots to the elderly has not saved any lives!** The way to eliminate the flu effects is to support your body's defense system and I don't know of a better way than to use a broad spectrum supplement (**Agua Vitae**) and specific supplements (**Formula C & F**) during the flu season. You can bet on the results and you will have no side effects such as is often endured after a flu shot.

But the most alarming side effect of this report is the conclusion: "We must have a new strategy for preventing the flu among our elderly, perhaps by expanding vaccination to school children, the biggest spreaders of the virus." **This is alarming, now they want to ex-**

periment on the little kids, after they have found out their useless experiment with the elderly didn't work! If I find out anything about such an approach, I will request that you join me to stop it. The injection of live, partially alive or dead viruses into our children is atrocious and criminal.

The amoral purveyors of such filth under the guise of science and health create a very special place in the afterlife for themselves. Incidentally, the Centers For Disease Control said the study will not change their mind on advising flu shots for the elderly. *(It doesn't work but give it to them anyway, after all the vaccine makers have to make a living too).* And that is another story, because the government guarantees that the vaccine makers will not be sued and that all claims will be handled by a government agency.

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Great News for Hot Chocolate Lovers

Tea has been getting a lot of press lately for its disease-fighting antioxidants, but researchers at Cornell University say cocoa has TWICE the antioxidants of tea.

According to the researchers hot chocolate is a greater source of antioxidants than if made cold, probably because the heat releases ingredients better.

What a great time for us! Just as we release our **sugarless hot chocolate powder**, science says it really is good for you, as well as great tasting.

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If You Are Suffering The Blues Regularly, Don't Forget Folic Acid & B-12

Push aside the anti-depressants and consider some proven natural restorers of your joy in life. Martha Morris, Ph.D. found that people with mild to severe depression have low levels of folic acid (folate) in their blood stream. John Butler, M.D. found that vitamin B-12 often is a perfect substitute for chemical antidepressants. I feel that **Elevate**, one of my formulations, has served my patients well. It contains several natural anti-depressants. You do have options other than drugs!

Let's Talk Health Club

SUPER SPECIALS!

(Good Until May 15, 2005)

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

Hot Chocolate Powder

12 ounces Retail \$5.95
Special Buy 2 for \$7.50

Colloidal Minerals Plus

32 fl. oz. Retail \$20.00
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AllerKazaam & Oxy Nasal Spray

Buy 60 capsules AllerKazaam and get the Oxy Nasal Spray free! \$30 value!
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Diabetes is rampant. This works!
360 capsules Retail \$60.00
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Fish/Flax Capsules

120 capsules Retail \$15.00
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Important: Dr. D is available for two hours from 9-11 am Pacific Time every Thursday for free consultation. Call: 1-888-273-7469

Vitamin E Helps Restore Hearing!

Listen Up! Vitamin E may prevent or restore sudden hearing loss. Patients who had recently lost their hearing significantly improved after taking 400 iu of vitamin E twice a day, a new study found. Most of the patients who took the vitamin along with traditional steroid treatment got back 75 percent or more of their hearing, while half of those getting steroids alone recovered. Researchers feel that the antioxidant protective effect of the vitamin E prevented damage to the inner ear.

Ward Off ALZHEIMERS with Vitamin E And Other Nutrients

Several recent studies have implicated vitamin E in warding off Alzheimers disease. A Johns Hopkins School of Public Health Study revealed that in a study of 4,750 elderly people, those who took from 400 to 1,000 iu's of vitamin E and 500 to 1,000 mg of vitamin C per day were 64% less likely to show signs of the disease.

Niacin (at 25 mg per day) was found to be 80 percent effective in preventing Alzheimers in another study at the Rush Institute in Chicago.

What this all means is that our customers who use the **Happy Life Protocol** or even **Agua Vitae** on a regular basis should never have to worry about those "golden years" when we should be living life to its fullest because they are getting their vitamins C and E and niacin. **Nutrition (supplementation) is the answer to chronic degenerative disease** and we firmly believe that trying to find food with these amounts of protective nutrients on a daily basis is just not possible or practical. Daily supplementation is!

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STOP COMPLAINING!

Counselors say that complainers are the hardest people in the world to help. You can't satisfy them, but they won't let you stop trying. Joy is an attitude that you must follow to enjoy life (you can't have joy and complain at the same time).

The LTH Club Mail Bag with Mark Taylor, Nutritionist

Q. *Why is there calcium carbonate in CAL-Mag-Pot-Boron? That's the same kind of calcium in Tums and I was told that kind of calcium can't be used by the body. Katy, Branford, MO*

A. Despite what many health food store clerks will tell you, calcium carbonate is a perfectly acceptable form of calcium for use as a calcium supplement and is probably the most-studied form of supplemental calcium of all. We know that it is safe, is very soluble, absorbable and by far the most cost-effective form since it provides the most "elemental" calcium, weight for weight, of all calcium forms. Interestingly, studies have shown that, in terms of which calcium is best absorbed and utilized, it's not so much the **form** of calcium one takes as the **way** in which one takes it. For maximum absorption of calcium, whatever the form, it's important that you take it in divided doses during the day **with food**. For those over 40, we often suggest using **Super Enzyme Plus** with a meal, so that you have all the digestive components necessary to break things down. If you wanted a one line answer to your question it probably would be "because calcium carbonate is high yielding, easily broken down and is cost effective. That's why we use it."

Q. *I get terrible sugar cravings, usually in the midafternoon and evenings, and there is always so much junk food around the office and our home. What do you suggest? Anita, L.A., CA*

A. First and foremost stop feeding the cravings with sugar and sweets. You will drastically reduce your cravings for these foods if you stop consuming them. If you get hungry for a snack, use cream cheese on celery, whole fruit, nuts, string cheese, etc. These will satisfy your craving and eventually stop your interest in "foodless food!" Don't have it at your desk or at home. You might consider a capsule of **Boost** mid-morning and afternoon.

Recharge Your Batteries In The Afternoon

If your get-up-and-go gets up and leaves every afternoon try this:

Take a brisk 10-minute walk, even though you don't feel like it. You will reoxygenate your brain, raise your blood sugar and be ready for another three hour charge. It works for everyone - even you!

ADHD DRUG SERIOUSLY HARMS THE LIVER SPECIAL WARNING GIVEN

The Food and Drug Administration has issued a warning that the drug **Strattera**, used mostly for Adult Attention Deficity Disorder, but may also be used by children, may cause sever liver damage resulting in irreversibgle which may lead to death or a need for a liver transplant. They listed these signs to watch for:

Itchy skin (pruritis) Dark Urine Jaundice Unexplained Flu-like Symptoms Upper Right Side Tenderness (liver) What they really should be doing is to recommend a sugar and wheat free diet with a good food supplement like **Agua Vitae** and add some omega -3's in the form of **Fish/Flax Oil capsules**.

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Low Level Lasers (Healing Light)

Most of you folks do not know me well enough to know that I am an incurable gadgeteer, particularly of the medical variety. If something new comes out, a six year old child jumps up inside of me and screams - **I want that!** Therefore my house and office have a rather significant collection of all kinds of things. But one of the more serious interest I have had is in the field of low level lasers. The first one I bought cost me \$10,000 (I bought three). The next one was \$5,000, two others in the \$3750 range, some in the \$1500 range, one for \$600 - but now I have found one that I really like in the "everybody can afford it" range.

First of all you have to know how incredibly useful a low level laser can be for you. Any fall, abrasion, trauma, chronic pain is fair game for the laser. My dog and I were playing and he acidently bit me on the finger - it immediately started to bleed and hurt like fury. I ran for the laser and directed it over the area. In less than five minutes, the pain was totally gone, the bleeding had stopped, there was no longer any redness around the area and the damage was, for all intents, repaired. A guest who was there was very

amazed at the almost instantaneous healing. I have used it many times on individuals who had chronic pain and more often than not just one 15 minute "treatment" will give remarkable relief.

The one I am quite excited about is considerably larger than most others and covers an area of over 20 square inches (4" x 5") which makes it very efficient for back problems and other larger areas. It come complete with straps so you can strap it on the area you want to treat and it will turn itself off when the time is complete. It also has an infrared heating option that really makes it feel good for chronic problems, although you would not use it for acute injuries.

Anyway, this unit retails for \$250 and the member price is only \$170 - which really makes this a bargain! We use one a lot in the hospital for mouth problems such as radiation or chemo sores which won't heal, they respond like a champ. Let us know if you are interested.

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REDUCES PAIN

Stimulates natural endorphins.

ANTI-INFLAMMATORY

Reduces 7 inflammatory enzymes by 75 percent.

INCREASES BONE REPAIR

Stimulates fibroblastic and osteoblastic proliferation.

DECREASE SWELLING

Stimulates lymphatic drainage.

ANTI-VIRAL & ANTI-HERPETIC

You have all this available when you have a low level laser.



Dear Dr. Donsbach,

I write this letter of gratitude and thanks for the love, miracles, good medicine and sound nutrition we received while at Hospital Santa Monica. From the daily doctors visits to the carefully prepared meals, the kitchen staff was always very responsive to any request made. I especially enjoyed the laughter and singing - these were in fact the finest ingredients in every meal which was delicious. I want to thank you for them, each of them, please let them know. They could not be replaced. Beautiful people! Isabelle was a joy to be around. She kept our room spotless and well stocked with everything. She was so good to us, she always brought warmth and love. We will miss her. Please let us know how much we appreciate her. Also please extend our acknowledgement and gratitude to Alicia, Norma and Dante. Their professionalism and willingness to serve, compliment the staff at Hospital Santa Monica. It was a gift to work with them. They are jewels.

Please thank Dr. Barboza for the organic coffee and all the advice he gave. All the other doctors were superb, Dr. Seimandi, Dr. Cruz, Dr. Munoz and Dr. Quintana; and we never have had nurses so kind and responsive. My grandmother, a medical "through away", was cured with nutrients by Dr. Royal Lee and it seems fitting that when we have problems we should come to one who worked with him. You have no idea how we feel inside for the progress that occurred while we were at HSM - a true miracle! Thank you for your genius in creating non-toxic treatments for cancer which work. Thank you for getting up when you were knocked down. I admire and adore you - you are one of my heroes.

Sincerely,
Dr. M.N.



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