



# Stents Overused

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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.

More than half a million people a year with chest pain are getting an unnecessary or premature procedure to unclog their arteries when drugs are just as effective, says a landmark study that challenges one of the most common practices in heart care.

Angioplasty, an expensive procedure in which a stent is inserted in an artery or arteries, was found to be no more effective than using aspirin or other blood thinners and changing lifestyle. An even bigger surprise: angioplasty gave only slight and temporary relief from chest pain, the main reason for doing it.

*Ed. Note: From a wholistic viewpoint, neither procedure - surgical or drug - is necessary to control heart disease. Thirty plus years of clinical evaluation and a nine month trial in a national university have proven that **Orachel** works to restore blood flow to arteries which have diminished diameters because of plaque. Additionally, nattokinase, a clot busting enzyme, has been added to the formula which makes it even more effective in solving the possible problems associated with cardiovascular disease.*

The study findings "are pretty explosive" said Steven Nissen, president of the American College of Cardiology. "I think this is going to shake things up pretty significantly."

This study also underscores the need to move slowly on potentially fatal procedures - which angioplasty is. Other recent findings have proven that stents tend to accumulate material which actually creates even more serious blockages than existed. Plus there is the fact that if you have plaque in arteries, it does not exist in just one or two places, it is literally everywhere. Temporary relief in one area may lead to catastrophic problems elsewhere.

The enthusiastic acceptance of this procedure before proper testing brings us directly to our next article...

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## Let's Place All Supplements Under The Same Rules As Drugs Namely Safety & Effectiveness

There has been a recent intensive push to regulate all supplements as we do drugs by placing them strictly under the FDA for testing for safety and effectiveness. Efforts to do this have been going on for as long as I can remember and they always seem to have the "you need our protection" ring to them. After all, the public should be protected from dangerous or fraudulent products.

But let's look at the areas where the FDA actually does have jurisdiction.

**HRT** Hormone replacement therapy was approved by the FDA as a treatment for menopause. After thirty years of experimentation on the female population, it was determined it caused high rates of strokes, heart attacks and cancer leading to death.

**Cox 2 Inhibitors (Vioxx<sup>®</sup>, et al)** These were hailed primarily as the answer for the inflammatory symptoms of arthritis. Just a few years after FDA approval and widespread use, it was reported that the products caused clots which led to strokes and heart attacks, leading to death. Two of the products were recalled but others with similar formulas are still sold.

**Hospital Admissions** The national average for all patient days in the hospital indicates that 25 percent are due to the direct side effect from prescribed drugs approved by the FDA. In fact, over 1.5 million medication side effects are reported each year - and these are only the serious ones that must be tallied. Side effects from non-FDA approved supplements are practically zero!

**Aspirin & Tylenol** These and hundreds of other over-the-counter drugs are approved by the FDA for general use. These two alone contribute to over 50,000 deaths

per year. We have no idea what the total death toll from approved over-the-counter drugs could be.

**Prescription Drugs** These are the crowning achievement of the FDA, the approval of a drug so dangerous it can only be prescribed by a physician. There is a legitimate question here though, in that many over-the-counter drugs were once prescription drugs that have run out of patent. Anyway, there are constant recalls of drugs approved but found to be killing people at such a rate that it is best to remove them from the list. The approved (for safety and effectiveness) **drugs kill over 150,000 people per year - that is 17 per hour or 411 per day.** (These are safe & effective?)

When I stand in judgement, I want to be sure it can never be said that I stood on that side of the fence. Now let's take a look at the food supplement arena not policed by the FDA:

|                         |          |
|-------------------------|----------|
| Deaths from vitamins    | <b>0</b> |
| Deaths from herbs       | <b>0</b> |
| Deaths from enzymes     | <b>0</b> |
| Deaths from amino acids | <b>0</b> |

You are brain dead if you want the FDA to control supplements the same way they control drugs!

*VIOXX<sup>®</sup> is a registered trademark of Merck & Co., Inc.*

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## Weight Loss Encouragement

All of us who have super absorption and thus gain weight easily are relieved to find that we house a special bacteria that makes our use of food far more efficient than those who do not gain weight easily. These microbes enhance our ability to glean nutrients from food and thus make us "easy keepers" - which means that we can eat less and still look well nourished. Since weight loss is a simple arithmetic equation: **Calories in minus calories used equal weight gain or loss;** the successful way to control weight is to reduce the amount of calories consumed compared to those used. Since carbohydrate calories are the least filling of all, they are the ones we should restrict first. Taking into consideration whether or not you are an "easy keeper"

and whether or not you exercise will tell you how much food you need to cut back.

The biggest problem with cutting back food is our insatiable appetite - always leading us to snack on this or that. Using the **Easy Loss™** formula will **not only reduce your appetite but will make your mental attitude and energy increase to the point you are going to be too busy doing things to think that much of eating.** Consider planning your menu around the “*Glycemic Index*” which is included with every **Easy Loss™** order, keeping your choices to those foods with a less than 50 score. It works!

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## Alcohol and Heart Disease Alcohol and Cancer

I have long reported that no more than one alcoholic beverage per day is preventive for heart disease. We now know that is because it stimulates the growth of new blood vessels. More than one drink does not increase more blood vessel growth. But for the same reason (new blood vessel growth), if you have cancer you should stop all alcohol consumption, since cancer requires new blood vessels!

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## “Functional Foods” Will Solve Health Crisis (?)

Functional foods (foods embellished with nutrients) could present a solution to the crisis of chronic diseases that is crippling health care systems across Europe, according to Hans-Ulrich Klor of Universitat Giesen. Speaking at the Hearts and Minds Symposium in Brussels, Professor Klor said that since many chronic diseases, such as cardiovascular and coronary heart disease, are basically self-inflicted and lifestyle dependent, it follows that lifestyle modification is a cost-effective prevention and treatment measure.

What a revelation! - those of us in the alternative healing profession have been saying for decades that the quality of our food is so bad that we need to supple-

ment that food with basic nutrients.

My personal disagreement with the suggestion presented by the professor is that we will never be able to adequately supplement foods; the taste factor in food is so important to those eating it that adding vitamins A & D & C & E to ice cream or pasta just won't work. It is more practical and has more chance of working, to utilize a broad spectrum total nutritional support in a capsule form for everyone as a start in this battle to overcome chronic degenerative disease.

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## Insulin Insensitivity

You have heard the term, but do you have an understanding of it? Insulin is the hormone from the pancreas that gives a helping hand for glucose entry into the cell where the glucose can become part of the production of energy. Each cell is covered with a protective membrane that has receptors (doors) on it for special substances. Insulin is one of those special substances, but if the ‘door’ becomes resistant to insulin, glucose can't get into the cell. Then you have insulin insensitivity, usually resulting in diabetes. Overconsumption of sugar is the major cause of insulin insensitivity and **reduction of your sugar intake is the most effective way to cure it.**

*Ed. Note: You all know I do an international (everyone, anywhere can participate) talk show every Thursday from 10 am to 12 am PST. In ever increasing numbers, callers tell me that they have reduced refined sugar in their diet. If this becomes a trend, we will make an impressive impact on chronic degenerative disease. (To call in for the radio show: 1-888-273-7469. If you get a constant ringing, all lines are busy - hang up and dial again.)*

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## Are Antacids Harmful?

Who among us has not heard of the dire consequences of “to much stomach acid”? It is the ever-present beginning of an advertisement for one type of antacid or other.

But is it true that excess stomach acid is the cause of heartburn, gastroesophageal reflux, bloating and pseudo-heart attacks? Absolutely not! In fact, the reverse is usually true, there is not enough stomach acid

to properly digest foods and that improper digestion actually causes the symptoms.

Let's learn a about what happens: Food enters the digestive tract through the mouth where it hopefully is mixed with saliva. Then it travels down the esophagus and passes the one-way valve called the esophageal valve, and into the stomach. Here hydrochloric acid sanitizes the food by killing all bacteria and also stimulates the production of pepsin, the first of several protein digesting enzymes.

I would hope that you are beginning to understand that hydrochloric acid is very important in protecting you by sterilizing food and catalyzing the production of pepsin. Without these preliminary steps, you are asking for trouble later on in the digestive tract.

When you consume antacids, you are making an attempt to neutralize the very acid that protects you and sets the stage for the proper digestion of your food. If the vast array of microbes we ingest along with our food is allowed to continue in the digestive tract, you are setting the stage for colonies of these bacteria to set up residence further down in the tract. This can cause diarrhea, irritable bowel syndrome and other discomforts.

Continued use of antacids may cause a sluggish digestion which actually results in reflux of stomach contents upward past the esophageal valve into the esophagus where it gives rise to intense burning pain.

When you have digestive symptoms, the first thing you should try is a complete enzyme with each meal. I prefer ***Super Enzyme Plus*** as it contains the hydrochloric acid and pepsin which are so necessary to begin digestion. After consuming food "an acid stomach is a happy stomach".

The enzymes produced by the pancreas and the bile produced by the liver are mixed with the gastric contents after they leave the stomach and digestion proceeds: proteins are broken down to amino acids, fats into fatty acids and glycerol, and starches into simple sugars. This should be a relatively easy journey, but it must

have a proper beginning in the stomach - and it cannot be easy if the normal functions are constantly inhibited by the use of drugs such as any of the antacids.

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## Spearmint Tea Good for Women, Bad for Men

Drinking two or more cups of spearmint tea could reduce the level of testosterone in women who exhibit the growth of hair on their faces and chests. Researchers from a university in Turkey conducted trials on women with the condition known as hirsutism, and have published in the *Phytotherapy Research Journal*.

A spokesman for the research team said, "Current therapies use either oral contraceptives to suppress androgen production or spironolactone that prevents the body responding to androgen (testosterone). This study shows that spearmint could be a good natural alternative to women who have these symptoms."

Interestingly, the research was sparked by evidence that drinking spearmint tea reduces a man's sex drive. So the best advice for men is to avoid spearmint.

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## Eat Dark Chocolate (Without Sugar)

Eating flavonol-rich dark chocolate boosts blood flow in the brain and reduces the risk of dementia. This according to a report at the prestigious American Association for the Advancement of Science. My advice is to look for certified dark chocolate made without sugar because even dark chocolate with sugar is bad. I have spent the last four years perfecting a gourmet sugarless dark chocolate - try it, you'll like it!

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## Contraceptive Drugs Cause Cancer

A literature review from the World Health Organization concludes that oral contraceptives appear to have different implications for varying types of cancer. On the one hand, ovarian and endometrial cancer rates appear to be lessened by the hormones, but liver,

cervical and breast cancer risks increased. As a result of this work, the International Agency for Research on Cancer has elevated its hormonal menopausal therapy classification from “possibly carcinogenic” to “carcinogenic.” The study found that the overall lifetime risk of cancer among women who used HRT increased about 17 percent.

*Ed. Note: The hot flashes, the emotional instability, the dryness that characterizes menopause can almost always be alleviated by **Menopause Capsules** which utilize concentrates of certain herbs, particularly Black Cohosh, which are considered phytoestrogens and have no side effects.*

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## Coffee Has 3X More Fiber Than Orange Juice

Dietary fiber content of coffee is rather surprisingly three times more than an equivalent amount of orange juice. And if you drink the instant kind, it is even higher than that! You might question why I report all this good stuff about coffee after condemning it for many years. First of all the truth must be told and secondly those of you with the “addiction” need some ammunition to defend yourself.

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## Calcium/Vitamin D for PMS

Believe it or not, the Archives of Internal Medicine presented a study that indicates calcium and vitamin D may be helpful in warding off the dreaded premenstrual syndrome. In a study of 3,000 women which spanned 10 years, researchers found a significant decrease in episodes as well as severity of symptoms in women who had the highest calcium and vitamin D intake.

The major symptoms surveyed were anxiety, depression, headaches and abdominal cramps. This study is unusual; for a journal read by internal medicine physicians to actually acknowledge that nutrition plays a part in a recognized condition is a major step in the right direction. To recognize that there could be an alternative to drugs for a condition is significant.

*Ed. Note: My personal experience in dealing with this condition indicates that magnesium and vitamin B-6 are probably every bit as important as*

*calcium and vitamin D. When I recommend **Agua Vitae for Women**, a high percentage of users note results within the first two months of use and continued use produces elimination of symptoms.*

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## Drug Companies Discover “Natural” Works!

According to one of the developers, a new drug for arthritis sufferers delivers disease-fighting antioxidants and flavonoids which improve patients’ arthritis symptoms including discomfort, stiffness and loss of mobility.

The makers say that the new drug (Limbrel) is designed to correct nutritional deficiencies, delivering disease-fighting antioxidants in a more concentrated form than is usually possible with diet alone.

Positioned as an alternative to Ibuprofen and Aleve, Limbrel offers no side effects as compared to gastric bleeding commonly found in the aspirin family which includes Ibuprofen and Aleve.

*Ed Note: Limbrel may very well be an alternative to Ibuprofen and Aleve, but let me share my experience in that Limbrel still has considerable ground to cover before it even comes close to **RE-LEV-IT** as far as effectiveness is concerned. The overwhelming response reported from use of **RE-LEV-IT** in arthritis pain is really amazing.*

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## Microwave Ovens Safe or Unsafe?

My patients are always asking how I feel about the use of microwave ovens. Let me offer some facts I have gleaned over the years. Food cooked in a microwave oven loses less nutrients than the same food cooked on a stove top or in an oven. This is probably due to less time and lack of dissolving of nutrients.

However the container used could make all the difference in the world regarding safety! Do not use plastic containers, do not cover the food with plastic wrap - both of these can leach harmful chemicals (xenoestrogens) into the food under the intense heat. The preferable container is made of glass or ceramic.

Microwaves do not radiate the food with harmful rays, they do not destroy vital food factors any more (actually less) than other forms of heating food.

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## How Does Caffeine Work?

With ever-increasing amounts of coffee and “energy” drinks containing caffeine being consumed, it might be important to know why this stimulant works. Everyone who uses caffeine experiences a “lift” that seems to energize them to perform their functions more efficiently. They are absolutely right!

Caffeine, the chemical in these beverages that produces the effect, causes increased activity in the frontal lobe of the brain where short term memory resides and also in the anterior cingulum part of the brain, which controls the concentration and attention span. This increased activity means you are more able to focus, you have more attention and your task management is better.

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## Low Cholesterol Dangerous!

A study from the University of North Carolina, Chapel Hill, cautions that a very low cholesterol level may lead to impaired mental function, depression and anxiety as well as a host of neurological and hormonal dysfunctions. This is significant news in light of the extraordinary efforts on the part of literally all doctors to put everyone on cholesterol reducing drugs which have their own side effects.

The study found that men with LDL levels between 91 and 135 were six times more likely to have Parkinson’s disease than men with LDL levels higher than 135. This is particularly scary because doctors consider LDL’s of 130 as the point at which statin drugs should be administered.

A “new” benefit discovered of higher cholesterol levels were that the body uses cholesterol to help rid itself of environmental toxins that may be contributory to Parkinson’s and other ailments.

The study concluded with advice to people who do not have a high rate of cardiovascular disease in their families to think very carefully before beginning treatment to lower cholesterol. It also stated that it might be time to reconsider the belief promoting low, lower and lowest cholesterol levels as a benefit for cardiovascular disease. We might just be creating even worse conditions with an erroneous concept.

*Ed. Note: The use of well formulated food supplements has prevented cardiovascular problems for over thirty years without side effects or creating new disease. Check out **Orachel and Healthy Life Protocol**.*

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## Gingivitis May Cause Serious Problems In The Future

Inflammation or infection of the gum tissue (gingivitis) can be likened to a smoldering coal just waiting to be fanned into an acute problem, either locally or far removed. Lowered resistance, poor nutrition and stress can be the fan that leads to serious heart problems, chronic lung conditions and other chronic disease. Low grade infection and inflammation are now linked to many chronic degenerative diseases.

Clean up your mouth with the great tasting duo, **Hydroxy Tooth Gel** and **Hydroxy Mouth Wash** - you will know bacteria are gone! Also put a bit of insurance in your pocket or purse: **Peroxy Mints**, the most effective breath freshener ever! You shouldn’t be without!

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## Black Cohosh Scam??

*Black Cohosh No Better Than Placebo Against Hot Flashes*, screams the headline. The article then goes on to say that taking a supplement containing the herb, black cohosh, was no better than a placebo in a clinical trial. But when I looked at the study I found that this study was DESIGNED to fail!

The study utilized 160 mg of black cohosh herb per day, a miniscule amount if you are looking for results. On a scale compared to aspirin, it would be similar

to taking 1/5th of an aspirin to determine if aspirin relieved pain.

I really feel upset when I see major news sources who refuse to do any research before reporting. Any herbal text will tell you that the effective dosage of black cohosh begins at 600 mg daily and it is upward from there.

More than that, the headline was a total misrepresentation of the results of the study - at the end of the study, the black cohosh participants had a 35 percent reduction in symptoms (even at the low dosage) as compared to a placebo group which recorded a 21 percent decrease in symptoms. That is a whopping 70 percent improvement over the placebo!

*Ed. Note: Is there any question in your mind that this was deliberate, slanted, inaccurate reporting - do you wonder why?*

Black cohosh is only one of several very important supports for the menopausal woman. Over the years, I have fine tuned a complex formula that my patients tell me works quickly and effectively. Why not try Menopause Capsules for one bottle if you have the need? It will convince you that natural formulas will do everything that hormone replacement will - without the dangerous side effects of clots - leading to heart attacks and strokes.

*"With your talents and industry, you may promise yourself everything - but health - without which there is no happiness. Attention to health should always be a priority and the time necessary to secure it should be devoted in preference to every other pursuit." Thomas Jefferson, 1787*

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## Are You Taking Nexium®?

Beware! Taking Nexium® or Prilosec for your gastroesophageal reflux may lead to bone density loss and increased incidence of bone fractures. The study was published in the Journal of American Medical Assn. and was well controlled, using over 135,000 patients. The significant finding in the 40 percent taking either of the above drugs demonstrated twice the number of fractures as compared to those not taking hydrochloric acid inhibitors.

*Nexium® and Prilosec® are registered trademarks of the AstraZeneca group of companies.*

The probable reason for this was the reduced absorption of all nutrients, including minerals, in a stomach that was inhibited from secreting those digestive juices necessary to make nutrients ready for absorption.

There are multiple reasons for GERD (gastroesophageal reflux disease), but excess hydrochloric acid is not one of them. GERD often occurs when fermentation results in excess gas, leading to pressure in the stomach. The pressure finds it easier to reverse the normal one-way esophageal valve than to open the pyloric valve at the other end of the stomach. This results in acidic stomachic contents refluxing into the alkaline esophagus causing rather acute burning sensations.

I feel that there are two things you should examine before taking these powerful, side-effect laden drugs:

1. You can't have fermentation without concentrated sugars in the stomach. When consumed with concentrated protein, the sugars become locked in the stomach where the protein is being prepared for further digestion. Now fermentation results as the sugar reacts with bacteria. Reduce all concentrated carbohydrates as much as possible.
2. Consider using a complete digestive enzyme with every meal. This product should contain betaine hydrochloride, pepsin, bile salts, pancreatin and maybe bromelain and papain.

My experience says you will probably say goodbye to your difficulty within the first three days of adhering to this regime.

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

God Bless,



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