Heart Attacks & High Blood Pressure Don’t Have to be Killers!

Cholesterol has very little if anything to do with either of these conditions. It is impossible to explain all this in such a small space as we have here but if you are interested, please consider reading our new book: “What Your Doctor Won’t Tell You About Heart Disease, Stroke and High Blood Pressure, subtitled “High Blood Pressure Is NOT A Disease”.

This effort clearly states the evidence that has been sadly lacking in the popular but erroneous theory that the eating of fat has something to do with heart disease or that high blood pressure is a disease at all. You must have an open mind to even consider reading this, but I can assure you that once you start you will become very interested in the facts of the biggest health fraud ever perpetrated.

One of the sections deals with a product developed by Dr. Donsbach called Orachel™ which overcomes the symptoms of heart disease by actually restoring the flow of blood to the damaged areas and prevents future plaque formation. Documented by a double blind university study, no less. You just might save your life by reading this book...

Would you like to learn more? This is an excerpt from Dr. Donsbach’s March ‘06 issue of “Wholistic Life”. To read the rest of this article, visit our website at www.letstalkhealth.com and click on the Newsletter Archive section. If you do not have access to the internet, please call us at (888) 950-2190 and we’ll be glad to send you a copy.

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Avian Flu Worrying You?

There is so much ballyhoo about the avian flu in the media, that everyone knows it is just about to hit, it’s not a question of “if” but of when. I do not believe it. Please be rational and at least take the time to read this. These are facts, not theories.

1. Viruses are extremely tiny, one celled organisms that rely on scavenging amino acids from another source to reproduce themselves. The normal circumstance is for a virus to get into an injured cell and begin to use its amino acids to create new viruses. This replication can occur so rapidly that the host cell bursts, spewing out hundreds of new viruses which will look for other weak cells.

Have no delusions, viruses do not easily penetrate a strong cell, that is why individuals with healthy immune systems do not get colds, flu, etc. Viruses also prefer cold (below 98 degrees F.) and low oxygen levels to be aggressive and multiply explosively.

2. Viruses are pretty much species specific. A great deal of mutations must occur before a virus, which might inhabit a bird and cause death or not as the case may be, would be able to crack the defensive code of a human and infect a human cell. (This is far too extensive to explain here, but for those who are interested, a free copy of the whole explanation is available to members of the Donsbach Foundation, simply by requesting and sending a $2 donation to cover postage - membership information on page 8.)

3. We are spending billions of dollars of taxpayers money to create a vaccine for a virus which we do not even know the structure! That’s right - a virus has been found in a few dead birds, but no one knows if that virus caused the death of the birds! Furthermore, because of their nature, viruses are constantly mutating and that is why flu vaccines really do not work as was reported in the media just last year. But here we are with another “pandemic” facing us for which we have no answer but will spend billions to make a useless vaccine which will probably kill more people than it protects.

4. The body instinctively knows how to control viruses. It creates a fever - remember viruses like temperatures below 98 degrees. To stifle a fever is to allow the virus to multiply without control and is the worst type of medicine to apply. To induce a fever, such as with a far infrared sauna (www.letstalkhealth.com/store), can be the best protection against, and treatment for, any virus.

5. A highly oxygenated body will scavenge the virus before it can reach a count that is dangerous to the body. I have long used hydrogen peroxide and ozone to create a hyperoxygen environment in the body. The aforementioned far infrared sauna with an ozone generator pouring in ozone can be therapy par excellence! Sitting in one of these for one hour every day or every other day can be a tremendous detox as well as protection against and destruction of viral contamination.

Now that sounds simple - and it is - but we should not lose sight of the “weak” cell which becomes the breeding ground for viruses. You have weak cells because you are malnourished. How many individuals have reported to me that they just do not get colds or the flu anymore after stopping sugar and using an excellent complete food supplement. (See the new Healthy Life Protocol - pg.4) Your immune system is strengthened and you will have an internal environment that is resistant to all unwelcome “creatures”. I know that all the news “hype” has probably caused great concern for many of you. But I ask these questions:

1. What vaccine really has stopped any viral condition?
2. Who is benefitting???
3. Who is paying for the studies which are predicting all these doomsday prophecies??

I remember the “Swine Flu” debacle of 3 decades ago. Everyone was sure that it was going to decimate our population. Manufacturers made a vaccine that not only was totally useless but proved fatal for many. Have we another disaster in the making?
The Difference

Chocolate is getting a lot of good press lately, everybody on television, newspapers and magazines are talking about how good chocolate is for you. It contains powerful anti-oxidants, it helps lower blood pressure and it helps relieve stress.

The one thing that is not mentioned is that all the research was on pure chocolate which is dark and bitter. Milk chocolate often is a far cry from being real chocolate and contains many, many other ingredients, the main one of which is sugar which everyone knows we are getting too much of. I thought you would like to see the difference between two chocolate bars, one made for the general market and the other made for the health conscious person who does not want to put garbage into his or her body.

Commercial Chocolate Candy Bar
Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Milk), Lactose, Lecithin, Natural & Artificial Chocolate Flavors, Corn Syrup, Milk Fat, Sugar. 15 grams sugar, 0 grams fiber, 1.5 grams protein.

No-Sugar Chocolate Candy Bar
Ingredients: Organic Chocolate, Organic Peanut Butter, Organic Corn Bran, Organic Oat Bran, Palm Oil, Sorbitol, Xylitol, Stevia. 0 grams sugar, 6 grams fiber, 12 grams protein. (No competition - and it is delicious!)

The no-sugar-added, low glycemic chocolate bar can be a real food supplement as well as a treat. It does not take much knowledge to determine the food value of each. The American Heart Association has published research which documents blood pressure drop after using dark chocolate without massive amounts of sugar.

A tasty, sugar free, dark chocolate bar is now available at www.letstalkhealth.com, it easily serves the purpose of alleviating your urge to eat sugar as well as being a marvelous nutrient and a surprising palate pleaser.

Special Note: You may download Dr. Donsbach’s newsletters for free at www.letstalkhealth.com where you will find these and other wellness topics.

If you do not have internet access, please call our customer support agents at (888) 950-2190 and they would be glad to send you a printed copy.
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- Dr. Kurt W. Donsbach

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• **DHEA** - “The Master Hormone” and adrenal normalizer.†
• **Oxygen-Max** - Oxygen boost in a highly effective liquid.†
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†These statements have not been evaluated by The Food and Drug Administration. This product is not intended to treat, cure or prevent any diseases.

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