

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



September/October 2006



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**MENOPAUSE SPECIAL**



**NEW FORMULA  
BETTER THAN EVER!  
INTRODUCTORY PRICE  
ONLY \$18.00!**  
(RETAIL PRICE - \$30.00)  
PRICE EFFECTIVE THROUGH OCTOBER 2006

## New Black Cohosh Extract: A Boon for Menopausal Women

Since the extreme negative press regarding hormone replacement therapy, menopausal women have been trying everything under the sun to relieve the hot flashes and mood swings so common in their age group. Of course this condition is also prevalent in those who have had menopause induced by a radical complete hysterectomy.

Alaboratory has concentrated the hormone-like substance found in Black Cohosh, an herb used by women for decades. As with all natural substances, there was always a great deal of fluctuation in quality which resulted in some users feeling the product was of little or no value. I have used my new product, MENOPAUSE CAPSULES, very successfully for my menopause patients with superb results. Heed this advice: Take three capsules morning and night until the symptoms abate, then reduce the dosage to two capsules morning and night and if this is still working try reducing to one capsule morning and night. It's quite unbelievable but true.

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*Would you like to learn more? This is an excerpt from Dr. Donsbach's September '06 issue of "Wholistic Life". To read the rest of this article, visit our website at [www.letstalkhealth.com](http://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.*

### Did You Know?

Let's Talk Health Members who sign up for our eNews on the Let's Talk Health website are able to save money on their purchases by taking advantage of special online offers exclusive to eNews subscribers.

To sign up as an eNews subscriber, go to our website today @ [www.letstalkhealth.com](http://www.letstalkhealth.com). On the left hand side of the home page, click the link that says eNews. Just fill in your name and email address and you will begin receiving the online special offers as well as valuable health tips from Dr. Donsbach regarding his thoughts on alternative health.

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



## Great News For Chocoholics

Some feel guilty when we eat chocolate because it has reputation as a “sinful” food - after all it is an aphrodisiac, it soothes our wounded pride when our feelings are hurt, and it tastes soooo good. But somebody got tired of feeling guilty and started investigating this bean that yields the “*Ambrosia of the Gods*”.

We find that chocolate has twice the antioxidants of green tea, is a natural anti-stress drink, and is several times more effective, when drunk, than the best cough syrups available. Use pure cocoa without sugar, mix with hot milk or hot water, add two tablespoons of honey and you have one of the best cough suppressants available. (Dr. Donsbach's latest chocolate creations can be found online at [www.letstalkhealth.com](http://www.letstalkhealth.com) or by calling *Let's Talk Health* at 888-950-2190.)

## Beware Of Statins

Consumers have filed the first-of-its-kind class action lawsuit against Pfizer, maker of the popular anti-cholesterol, statin-type drug Lipitor. The lawsuit alleges that Pfizer engaged in a massive campaign to convince both doctors and patients that Lipitor is a beneficial treatment for nearly everyone with elevated cholesterol, even though **no studies have shown it to be effective** for those over 65, and for women at any age who do not already have heart disease or diabetes. In fact the ASCOT study, the largest clinical trial on the effectiveness of statin therapy in women, found that **women** at increased risk of developing heart disease **who took Lipitor developed 10 percent more heart attacks** than the women who took the placebo. The proposed class action was filed in US District Court in Boston by Steve Berman, managing partner of Hagens, Berman, Sobol, Shapiro on behalf of several individuals.

**Drugs Cause Cardiac Arrest** - Another reason we have so much more heart disease today than ever before is the catastrophic effect that drugs have on the body, particularly when used together. We all know every drug is a poison. Supposedly the marketers have

tested them and found the risk of taking them to be less than the condition for which they are prescribed. We also all know that such has often been found to be untrue and death has followed their approved use. (The rest of this article may be found in Dr. Donsbach's full newsletter available online at [www.letstalkhealth.com](http://www.letstalkhealth.com))

## ACE Inhibitors Cause Birth Defects

A major class of drugs used to treat hypertension triples the risk of major birth defects and even death when used any time during pregnancy. Many are unaware of how many women of child bearing age are using these drugs because of the unconscionable eagerness to diagnose high blood pressure and prescribe dangerous drugs. Other blood pressure medications were also indicted in the report in the *New England Journal of Medicine*.

3.7 percent of pregnant women taking blood pressure medication birthed children with malformations. In the year 2005, sales income from ACE inhibitors alone accounted for more than \$5 billion dollars in sales, total of all blood pressure meds was over 20 billion dollars. Combine that with the sale of statins which approach 30 billion and you have the reason to promote drugs that cause many side effects and, in my opinion, are totally unnecessary.

Let me explain. High blood pressure is a phenomenon that occurs in each of us at various times, depending on the circumstances. It is usually caused by an increase of the hormone cortisol which temporarily constricts the arteries so that more blood can get to our extremities and brain. This rise in cortisol usually occurs when surprise, fear, anger or other emotional divergence from a normal relaxed state occurs. Usually within minutes or hours this cortisol is diluted, used up or otherwise disposed of and everything goes back to normal.

Under no circumstances can such a response be categorized as abnormal - **it is a totally normal response to a change in our environment and is part of the “fight or flight” mechanism.** Unfortunately, doctors have made this into a “boogie man” disease

which leads them to prescribe life shortening, impotency producing, fatigue inducing, poisons to reduce it. All in your interest of course, after all “everyone” knows that high blood pressure is a **killer** of incredible proportions. It causes heart disease, stroke and any number of other diseases.

**Show Me The Evidence!** - If you base your knowledge on drug company propaganda, then you probably believe such poppycock. But the facts are that **heart attacks and strokes are, in the overwhelming majority, caused by clots**, not by burst blood vessels from hypertension! Studies reveal that individuals who follow their doctors advice (“you have to take this medicine for the rest of your life, there is no way to reduce high blood pressure”) actually live five years less than a matched group with high blood pressure who refused to take their medicine.

*(The rest of this article may be found in Dr. Donsbach's full newsletter available online at [www.letstalkhealth.com](http://www.letstalkhealth.com) where you'll also find Dr. Donsbach's new latest book entitled **What Your Doctor Won't Tell You About: HEART DISEASE, STROKE AND HYPERTENSION.**)*

### Skip Radiation and Live Longer

Women with breast cancer who had a lumpectomy and skipped radiation had better five year survival rates than women who had radiation. The radiation also caused severe side effects which lowered the quality of life for those who were given this traditional treatment for breast cancer. You might wonder why procedures that not only might not work but cause significant side effects continue to be used by the majority of oncologists. The field of medicine has a history of slow change, remember that they didn't wash their hands for years after it was proven that infections were spread by their hands. We don't like to hear it, but...

**Special Note:** You may download Dr. Donsbach's newsletters for free at [www.letstalkhealth.com](http://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.

## SUPER SPECIALS

for September/October

### NEW MENOPAUSE CAPSULES

A recent breakthrough in concentration of the active phyto-hormone found in Black Cohosh now allows us to literally give a 100% guarantee to anyone who tries our new formula.



Retail Price .....\$30.00  
**Special Introductory Price .....\$18.00**

### Healthy Life Protocol™



- MULTI PLUS
- ORACHEL
- FISH/FLAX
- DNA/RNA
- DHEA
- OXYGEN-MAX
- MELATONIN

A total energy and wellness daily supplication protocol. Dr. Donsbach has improved on his previous Happy Life Protocol with ingredients not found in previous formulas to provide this more complete, cutting edge system for your daily health and well-being.

Retail Price .....\$112.86  
**Special Club Price.....\$79.00**

### PORTABLE FAR-INFRARED SAUNA



#### Ozone Generator Included!

Dr. Donsbach's Far-Infrared Sauna not only has the purifying benefits of far-infrared sauna, but he has included an ozone machine to help the detoxification process. Don't miss your chance to save nearly \$300 on this amazing sauna. This sale won't last forever.

Retail Price .....\$1850.00  
 Club Price .....\$1295.00  
**Super Special Price.....\$999.00**

For the rest of the product specials, go to our website at [www.letstalkhealth.com](http://www.letstalkhealth.com) or call our customer service agents at (888) 950-2190.

# RE•LEV•IT™

## Fast Acting Pain Support Formula†

### Hear what RE•LEV•IT™ customers are saying...

*"My grandfather at 80 years old went from crutches back to his Karate (actual sparring) using Energy Food for Joints and RE-LEV-IT™."*

*"I had surgery on both knees and was up to 4 Vicodin per day. Then a few weeks ago I started taking RE-LEV-IT™ 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."*

*"I was diagnosed with inflammatory arthritis two months ago, it travels around the body from joint to joint and very painful and I started using Dr. Donsbach's RE-LEV-IT™ about three weeks ago, I have NO PAIN NOW!"*

*"When you told me how RE-LEV-IT™ helped you with your pain, I ordered some for myself and I took two caps as soon as I received it... by that afternoon I was pain free. My back is curved and there is nothing that can cure it but to have relief from the constant pain is so wonderful. I also gave some of the RE-LEV-IT™ to my daughter who has a stabbing pain in her hip and down her legs... it worked for her too."*



**\*SPECIAL SEPTEMBER/OCTOBER PRICING! - ONLY \$25**  
RETAIL PRICE - \$40.00

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