



Dr. Donsbach's

NUTRITIONAL NEWS

...you can use!

MAGNESIUM BOOSTS BONE HEALTH FOR LIFE WHEN USED AS A TEENAGER

There are two main approaches to prevent osteoporosis. First, optimize bone mass acquisition during adolescence, and secondly, minimise bone loss after menopause. About 35 percent of a mature adult's peak bone mass is built up during puberty. Results of a double-blind study published in *The Journal of Clinical Endocrinology & Metabolism* indicate that the regular intake of magnesium supplements during this important age could significantly improve bone mineral density and improve chances of not becoming osteoporotic in later life. Do your teenagers a favor and give them ***Agua Vitae for Women or Agua Vitae for Men***, it will be a gift that is much appreciated later in life.

MORE DOCTORS AND RESEARCHERS SPEAK OUT ABOUT CHOLESTEROL

A recent conference entitled "*Heart Disease in the 21st Century: Beyond the Lipid Hypothesis*" was filled with speakers who did not believe that you should avoid saturated fats or limit your cholesterol or use polyunsaturated fats in your diet. In fact they presented evidence that was just the opposite - saturated fats are extremely important to good health, high cholesterol foods do not contribute to high cholesterol and polyunsaturated fats are bad for your health! Intensive study of research on lowering cholesterol levels was found to be wanting in extending life even one day, in fact there was a finding that lower cholesterol levels were associated with cancer and premature death! As an explanation, one speaker said "*Cardiologists and others have confusion about a statistical association of cholesterol with causation. It's as if they saw a house burning and determined that the bigger the fire, the more fireman are present, and then concluded that firemen cause burning houses.*" I know that those of you who have heard me lecture or read my books know that cholesterol causation of heart disease is a total myth. Furthermore if you

want to protect your self from heart attacks and strokes, the only reliable way is to use **Orachel regularly from the time you are 40 years of age and beyond.** We have many reversals of impending open heart surgeries to document that premise. If your are not using it, maybe you should consider it.

SELENIUM SUPPLEMENTS SLOW AGE-RELATED COGNITIVE DECLINE

Selenium has been reported as reducing the risk of prostate and lung cancer, boosting the immune system and being quite deficient in most of our foods. Now we come with a study that concerns cognitive performance as we age (there is a natural decline as we grow older). This study published in the journal *Epidemiology* indicated that selenium plays a role in protecting against cognitive decline as indicated in the relationship with plasma selenium levels and cognitive decline. Since no one wishes to lose their mental quickness, consider any of our multiple supplements including ***Agua Vitae and Healthy Life Protocol*** which contain a good dose of selenium.

MEN, LISTEN UP

I just received a letter from one of our members praising the product ***Prosta Plex***. He indicated he was getting up 5 or 6 times every night to urinate. He started taking ***Prosta Plex*** and within less than two weeks he noted a reduction and now two months later he gets up once nightly. Enough said!

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

God Bless,

A handwritten signature in black ink that reads "Kurt Donsbach". The signature is fluid and cursive, with a long, sweeping underline.

Dr. Kurt Donsbach