



## Diet May Cause Pancreatic Cancer

A recent mainstream publication writes: "Research indicates that a diet full of starchy foods, such as white rice, white bread, white potatoes, pasta, starch and sugar laden desserts and snacks may increase a person's risk of pancreatic cancer, especially in people who are overweight or sedentary. It is suggested you round out your diet with unrefined grains, such as whole brown rice and whole-wheat bread, and less starchy vegetables, such as broccoli."

Such advice is old news to readers of this newsletter, but it does indicate that we are slowly winning the battle to inform others that diet is definitely a causative factor in most major diseases. Probably the most difficult leap for most to make is to overcome the sugar cravings that are so prevalent. Let me make some suggestions: Try a peanut butter and half sliced banana as a sweet treat. It tastes great and is very nutritious! An apple and peanut butter works very well also. If you can't use peanuts – use almond butter. Stevia is a great natural sweetener, you can make excellent cheese cake that melts in your mouth with stevia based sweeteners, my wife makes excellent oatmeal cookies with it too. Check out **Kurlu** for a sugar substitute based on stevia that you can use spoon for spoon, cup for cup as a replacement in any recipe calling for sugar. **Liquid Stevia** is an inexpensive replacement for sweetening cereals, coffee, tea – just 3 or 4 drops is all that is needed.

### YOU NEED TO KNOW MORE

Recently a new product arrived on the market – **NoGERD**. The dramatic success of this product for many who tried it make it appropriate to explain it further. Reflux is an extremely common condition in which gastric contents bypass the esophageal valve which guards the entrance to the stomach and allow

the acidic material to enter the alkaline esophagus. The result is extreme burning, sometimes for hours, that is intolerable. It interrupts both daytime activity and sleep at night. The common approach is to neutralize the acid with either highly alkaline substances or to inhibit the stomach's ability to produce acid. Neither approach is beneficial to digestion of food which is what we rely on for the nutrients we need to maintain life. **Yes, it's that serious!** So let's explore what NoGERD is, how it works and how you should take it.

**What is NoGERD?** NoGERD is a combination of two very effective soothing and healing agents for the upper digestive tract, especially the esophagus, stomach and duodenum. The targeted problems are gastroesophageal reflux, gastritis and ulcers. By removing the cause of these conditions, the body can quickly establish healing procedures.

**How Does It Work?** Although there are many factors involved, most gastric problems originate with a bacteria called *Helicobacter Pylori*. This microbe inhabits almost all humans but usually becomes active when there is

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inadequate hydrochloric acid in the stomach. Once this occurs, progression can become rapid, moving from gastritis to ulcers. The low stomach acid also causes retention of food in the stomach which leads to fermentation and gas. This causes pressure against the esophageal valve which can weaken and allow acidic stomach contents to reflux into the esophagus and produce the symptom called GERD, or more commonly, heartburn.

D-limonene, one of the ingredients in NoGERD has been well researched as to its effect on reacting with the Helicobacter Pylori, preventing it from adhering to the lining of the stomach or duodenum and actually destroying it. This allows the other ingredient, a special licorice root extract to assist in the healing of the ulcerated area. Licorice extract promotes the local concentration of prostaglandins that promote mucous secretion and cell proliferation in the stomach, leading to healing. Licorice does much more than promote the healing of the stomach, licorice has been shown to block the growth of Helicobacter Pylori, the cause of most problems in the upper gastrointestinal tract. Once elimination of the cause with subsequent healing is established, the individual can assist in restoring normal digestive function by the use of a broad spectrum digestive aid (Super Enzyme Plus).

**How Do You Take NoGERD?** Although it will vary in certain individuals, the normal dosage instructions would be to take two capsules in the morning on arising and two with the evening meal. Some individuals may require two capsules three times daily at first. You can take NoGERD along with your present antacid or acid inhibitor for two days and then use only the NoGERD as the symptoms will have already started to abate. Continue for two months and then reduce the dosage in half for one month and then you can stop with the problem resolved in most instances. Reports from users have been exceptional.

**How Long Does It Take To Feel Results?** Normally, the individual will respond favorably within two to four days. It is suggested that users remain on the product for two months, then cut dosage in half for one month and stop.

**What Side Effects, If Any?** There are no known side effects in the users to date. There has been a slight

citrus burping in a few instances which rapidly subsides. Most common comment: "My stomach feels relaxed, good!"

You have nothing to lose by trying this product and a whole lot to gain. As always, if you feel this product didn't work for you for whatever reason, give us a call for a full refund.

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## HOODIA HITS THE BIG TIME

The Bushmen of the Kalahari desert have long relied on a plant called Hoodia to survive. A little hoodia reduces hunger pains and quenches thirst and recently became a bright star in the nutritional industry. Now Pfizer the international drug company has invested a \$21 million dollar research project with finding the active ingredient so they can market a high priced drug appetite suppressant. It would be patented and under prescription only of course and probably in this concentrated state have significant side effects as all drugs do. In the meantime, Let's Talk Health members can benefit from the proven effects of this herb by using our Easy Loss protocol which really works. It contains hoodia along with several other nutraceutically proven appetite suppressants.

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## BEWARE MOTHERS AND FATHERS!

Thousands of users of Gardasil Human Papilloma Virus Vaccine have gotten sick from its use. Side effects ranging from seizures and numbness to dizzy spells, fainting and paralysis have been reported. More than seventeen girls a week in Australia have experienced such reactions after receiving the vaccination, although no details are being released. (*Ed. Note: This is common procedure with all vaccines – side effects are noted in the records but never shared with the public*). As of November 30, 2007, 496 adverse reaction reports were filed with Australia's Therapeutic Goods Association. Of these, 468 listed the cervical cancer vaccine as the sole suspected cause of the problem. In the U.S., over 4,000 girls have reported adverse reactions from Gardasil **including at least ten deaths!**

**But here is the real shocker: The maker of Gardasil**

**(Merck) reports in their literature: “Gardasil does not protect against some “non-vaccine” HPV types”.** Some state have already passed laws mandating that this vaccine be given to girls as young as twelve years of age. The law now states that you must vaccinate your child with a vaccine that does not protect fully, can have fatal side effects and which is used to overcome a virus that the body clears up 90 percent of the time on its own.

Here are the statistics in the U.S. as of Nov. 2007:

- 4,414 Adverse reactions to Gardasil**
- 10 Dead
- 65 Life threatening
- 2760 Required a visit to emergency room
- 1,000 Plus still requiring medical care
- 102 Girls disabled in one way or another

Please consider that viruses only can inhabit a cell that is undernourished and weak to begin with. A strong immune system almost always will overcome such viral invasion. Remember that your immune system is only as strong as the quality of food you consume – if your children are surviving on a predominance of “junk food” they are going to be vulnerable to such attack. As for the legal representatives that pass such laws, a daily colonic might, although I doubt it, relieve the mental constipation that is so rampant.

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## ALL OF YOU READERS KNOW

**Clots cause** heart attacks and strokes. Nattokinase dissolves clots. But nattokinase now has a friend – Chocolate. The American Heart Association says that chocolate lovers’ blood clots more slowly than those who do not consume chocolate. Yea for sugarless dark chocolate! (See price list).

Sun blockers are harmful in and of themselves because of their ingredients. But an overwhelming body of evidence has now implicated **a lack of sunshine on the skin as a major factor in breast cancer**. A study followed 4,000 women and evaluated the effects of long-term sun exposure. Women with a light skin color who had high sun exposure had half the risk of developing advanced breast cancer as women with low sun exposure. Sun exposure may work to prevent cancer because it increases

the levels of vitamin D in your body. It is well accepted that high vitamin D levels are associated with low cancer rates in general and vice versa.

**Drugs are not the answer to Attention Deficit Disorder.** Research has shown that treating children who have ADD or ADHD with drugs is not effective in the long term. After three years of treatment, drugs such as Ritalin and Concerta work no better than behavioral therapy. Long term use of the drugs often stunt the growth of the children and the makers’ published benefits have now been proven exaggerated. The initial study’s author who promoted the drug approach to therapy, was recently quoted: “I think we exaggerated the beneficial impact of medication in the first study. **There’s no indication that medication is better than nothing in the long run.**” Please, parents reconsider your decision to medicate your children. Take away their sugar and pop, make sure they consume a good diet morning, noon and evening, supplement their diet with essential oils (Fish/Flax capsules – LTH Club - are superb) and limit their television hours. It works!

**Postscript:** The latest push to sell drugs is to diagnose adult ADD/ADHD, thus allowing the prescription of a new category of drugs for adults. The only one approved, Strattera, was just found to cause serious liver damage. The race to find and exploit the sale of new and dangerous drugs never stops. Physical ailments are never the result of a lack of poisonous drugs! Try the Healthy Life Protocol instead.

**Tonsillectomies and adeno/tonsillectomies are no longer considered good medicine.** The tonsils are the single largest lymph nodes in the body and we know how important they are. Removal limits one of the major defenses the body has against infections. In fact, when the results from an area where tonsillectomies are still routinely done on children were compared to an area where only a very low percentage of tonsillectomies were performed, the incidence of recurrent infections was about the same in both groups. However the surgical group had significant (requiring medical attention) complications from the surgery – 7.9% with several deaths. The conclusion of the study: “Any modest benefit associated with surgery is not enough to justify the significant risk, morbidity and cost of the procedure”.

# Featured Products

DR. DONSBACH'S  
*Let's Talk Health*  
NUTRITIONAL SUPPLEMENTS



## Healthy Life Protocol

Total Wellness/Energy Protocol in Convenient Packet Form!

**Club Price Only: \$79.99**  
**Auto Ship Price: \$69.99**



## RE-LEV-IT™

Got Pain? Relieve Pain Naturally with RE-LEV-IT ("Relieve it") - an All-Natural, Powerful Pain Support Formula Without Peer!

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This Trio of Oral Care Products Will Clean and Freshen Your Mouth Like Never Before With Hydrogen Peroxide.

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All-Natural Energy Drink Provides Brain Clarity, Muscle Energy, Vitality & Stamina for Hours.

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## Orachel™

Health for Your Heart. Oral Chelation Formula to Chelate (Clean Out and Open Up) the Entire Cardiovascular System.

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## Super Enzyme Plus

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Exciting Weight Loss Formula - Now Better Than Ever with Hoodia Gordonii for Even Faster Results!

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Formulated to Meet Your Unique Needs! You Won't Find a Better Multiple Than Agua Vitae!

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