



# Let's Talk Health News

## Sluggish? Tired? Foggy?

Maybe it's time to rejuvenate your thyroid - that master of metabolism. When your thyroid is functioning at less than optimum, you can bet that you will feel sluggish, tired and foggy. It is estimated that as high as twenty percent of all adults have hypothyroidism that has not been clinically diagnosed.

And when the condition is diagnosed, the drugs used to combat it often yield little or no results. You see, the thyroid produces four different hormones and the drug addresses only one of these by replacing it. If you had four bad tires on your car, would you only replace one?

Even worse, the "hormone replacement" drug actually depresses the thyroid from producing any hormones because it begins to feel as if "someone else" is doing its job, so why work?

From a nutritional standpoint, the thyroid requires two special nutrients that might be deficient in your diet - in fact, I almost guarantee that you are deficient in one of them - iodine. We have long recognized that iodine is deficient in most American diets, but the advent of iodized salt was supposed to solve that. The anti-salt mania that is sweeping the diet arena has significantly reduced the adding on of salt to our food and there goes your iodine!

Japanese consuming traditional Japanese food consume an average of about 15 mg per day of iodine! You are lucky if you get 1/100 of that amount in your diet and that could spell disaster to one of the real bigshots of your hormonal system. The significance of this disparity in intake is demonstrated by the incidence of fibrocystic breast disease in Japanese women - insignificant while it is about 50% in adult American women. Breast cancer is not the major cancer in Japanese women, in fact it is quite low while it is the single most prevalent cancer in women in America! Coincidence? I don't think so. It is not a big stretch to say that adequate iodine (and thus

adequate thyroid function) could be a noteworthy aspect of all types of cancer prevention.

The second nutritional factor of the thyroid is tyrosine, an amino acid. Literature abounds in research on the relationship between tyrosine and depression, tyrosine and fatigue, tyrosine as an anti-stress factor - but the relationship is not made between these symptoms and hypothyroidism symptoms - they are the same! Tyrosine is the amino acid from which the thyroid makes thyroxine when it has enough iodine. These two nutrients are extremely essential for normal functioning of the thyroid and supplementation with these two when low thyroid function is suspected is almost always rewarded.

I am going to give you a simple test to see if you are hypothyroid and need iodine and tyrosine. Paint a spot on your abdomen the size of a silver dollar (about one and one-half inches in diameter) after your daily shower. Observe the amount of time it takes to disappear. Anything under 12 hours is very indicative of a need, but if the spot is still visible the next day when you shower, your thyroid is not deficient in iodine.

For those of you who are in need of such supplementation, you might try the Let's Talk Health Club's Organic Iodine which contains both iodine and tyrosine in an amount I have found effective in just four capsules daily.

### In This Issue

**Can Reflux Disease be Cured?**

**Tinnitus Remedy?**

**Lower Your Blood Pressure**

**Truth About "Studies"**

**Nutrient Absorption Breakthrough!**

**and more...**



Please note: The views shared in Dr. Donsbach's Let's Talk Health News are the views of Dr. Kurt W. Donsbach 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.

## Is It Really True That Reflux Disease Can Be Cured?

Tired of being bound to the purple pill? You've probably tried to stop using them but the results are disastrous. Gastroesophageal reflux disease (GERD) has as many as 40 million or more desperately trying to "live with it" by using antacids, acid blockers, and other remedies. Several drugs alleviate the symptoms but do not stop the cause of the condition.

In addition, the neutralizing or blocking of hydrochloric acid can have serious consequences down the road. First mineral absorption is affected which could result in osteoporosis. Secondly, the acid in your stomach sterilizes the food as it enters your body. If that process is not efficiently carried out, you are opening the gate for untold "critters" to take up housekeeping in various parts of your body. Thirdly, when proteins are not efficiently broken down into amino acids in the gut and are absorbed only partially digested, they can cause allergies that harass the dickens out of you.

I now have voluminous evidence that GERD can be stopped with a totally natural approach that solves the cause of the weakening of the esophageal valve which allows stomachic contents to enter the esophagus, a situation that was never designed to happen.

In my opinion, to solve this problem, you have to enter the front door, you cannot sneak in the back door. To assume that the way to treat acidic contents of the stomach that reflux into the esophagus is by reducing the stomach acid ignores the fact that more people don't have GERD than there are those who do. And they do not have low stomach acid!

We have to start our investigation with a bacteria (*Helicobacter Pylori*) that inhabits our stomach and to some extent our intestines normally. We haven't found any good functions yet for this organism, but we do know that when it begins to overgrow, several things occur. First, there is irritation of the gastric mucosa. Secondly, acid production goes down, because the bacteria invade the tissue that make hydrochloric acid on demand. Thirdly, ulcers occur, soundly documented by research. Fourth, food ferments in the stomach, causing pressure on the

esophageal valve which resists stomachic contents from regurgitating into the esophagus. Eventually, the valve weakens and bingo - you have reflux disease!

It appears that the correct approach to the problem is not to lower even further the acidity of the stomach which encourages the bacteria, but to destroy or at least lower the numbers of the bacteria that are causing all the problems. Nature has provided us with a marvelous oil extract that is deadly to the HbP but not to the tissue. It is called d-limonene and hundreds of satisfied users have reported that they have stopped their acid inhibitors within a week or so and within one or two months are totally free of all symptoms and do not have to even take the d-limonene!

Let's Talk Health Club markets a product called NOGERD which does the trick! I understand if you are a first time purchaser of this product, you will get the second bottle at half price - which should be enough to solve the problem!

---

## Zelnorm Pulled Off The Shelves!

I know you have all seen the enticing ads for Zelnorm, a drug for constipation. (Incidentally, why do we need a drug for constipation? Did mother forget to tell you about prunes?) "Novartis, the maker of Zelnorm, has voluntarily agreed to stop marketing the drug in the United States," says Dr. John K. Jenkins, U.S. FDA.

I only include this recall information to point out the ridiculous lengths to which drug companies go to sell prescriptions - all of which are poison! It is also interesting that the maker has not agreed to stop marketing the product in other nations - the side effect is increased heart attacks, strokes and death - which might be unaware of such events. Morals, anyone?

---

## Tinnitus And Melatonin

About 15 million Americans have severe tinnitus, the sensation of a ringing, roaring or humming sound. Difficulty in falling asleep and sleep disturbance is common among tinnitus sufferers.

A recent study gave people with tinnitus 3 mg of melatonin every night for 30 days. At the end of the month, all participants reported falling to sleep faster and sleeping sounder while taking the melatonin. Although it is difficult to quantify, the study indicated tinnitus volume decreased by 30 percent on an average which could be very significant to one with the condition.

---

## Lower Your Blood Pressure!

Dramatic new research documents that two oils will lower your blood pressure 10 or more points in 30 days or less. They are sesame and coconut oil, neither of which is popular on grocery store shelves but a certified organic blend will be marketed by Let's Talk Health very soon.

Use this combination as dressing for salads, or add it to your morning shake - it has a pleasant taste and offers many other benefits such as softer skin, inhibition of appetite, cardiovascular benefits, etc. This should be the preferred cooking oil in your home, great for frying too. Not only safe but really healthy! Call 1-888-950-2190.

---

## Your Bacteria Laden Mouth

More and more of you recognize the relationship between soft, spongy gums which bleed readily and serious diseases such as heart disease. Of all the areas of the body you have access to, the mouth is the easiest. Use the hydrogen peroxide based Tooth Gel and Mouth Wash and the PeroxyMints to keep the bacteria population in your mouth down and prevent contamination of other parts of your body. Once you try them, your whole family will love them!

---

## Did You Know That...

Blood pressure medicines known as beta-blockers can reduce your circulation, give you palpitations, fatigue, insomnia, dizziness, nausea and sexual dysfunction. EVEN WORSE, they reduce your cardiac output and limit your ability to exercise - which is essential to reduce blood pressure. BP medicines known as calcium chan-

nel blockers can elevate blood fats and trigger swelling, dizziness and nausea and they may actually damage the heart muscle. Try sesame/coconut oil instead.

---

## Are Studies Really Studies??

Every so often you see a study that "proves" vitamin E or C or DHEA is worthless and may even be harmful. So far, I have not been able to find one that used real scientific protocol to examine the substance being investigated. As an example, a recent publication stated that saw palmetto was useless for prostate patients - but failed to tell you in the article that they only used 200 mg per day in the study - about 1/10 of what I would use if I were trying to help a patient.

A study on DHEA misled you with their conclusion that DHEA does not improve "body composition, physical performance, insulin sensitivity, or quality of life". Nutritionists don't give DHEA for those reasons, and conveniently buried in the study (but not listed in the report) were the following: "improvements in bone density, exercise performance, stamina, blood sugar levels, and body composition were noted in some of the subjects". When the author wrote the report, he just happened to overlook these common benefits of the use of DHEA.

And the crowning fact that is never noted: Deaths from drugs are in the several hundred thousand per year; deaths from vitamins, minerals and herbs are non-existent. If you want to write about harmful commonly used health related products, write about aspirin or tylenol which kill twenty thousand per year and permanently reduce the quality of life of untold others.

---

## Urinary Tract Infections

Urinary tract infections are pesky, irritating conditions that often are difficult to clear because the bacteria set up housekeeping in the mucous lining of the tract and are not easily accessible to antibiotics. They are almost always associated with a common inhabitant of the human - E. coli.

Picking up an E. coli bug from your pet might also lead

to a urinary tract infection, a study finds. University of Minnesota researchers made the connection by studying the incidence of pet owners among those who had urinary tract infections. (ed. note: I'm not sure I will buy this bit of research because E. coli is so prevalent in both man and pets, so where it came from is certainly up for grabs; but it gives me a great chance to tell you about a formula of mine: UTI which contains lots of vitamin A and C as well as mannose which loosens the bacteria's hold on the mucous membrane and you flush out the creatures next time you void. Try it you'll like it. Mix in water and drink, it tastes good and works!)

---

## WAKE UP!

Those of you who know me know that I have been studying, using, designing, and formulating supplements made up of vitamins, minerals, amino acids, enzymes, fatty acids for 52 years. My, how things have changed - the internet has allowed free communication from everyone - and the one fact that has been exposed lately and that I have had problems with for years is absorption. We can't blame poor absorption of nutrients on poor digestion only, we have to accept that the human digestive tract is designed to not absorb all nutrients with great efficiency because an excess might be detrimental - this is true of iron and vanadium for example. Other reasons for poor absorption might be the size of the molecule - coQ10 and glutathione are an example of large molecules that do not absorb at a high percentage rate.

About two years ago, I heard about liposome technology and how individual nutrients could be made to be absorbed with incredible efficiency. The liposomal formula I first investigated was vitamin C which is normally absorbed with about 20 percent efficiency. We know that vitamin C is safe in extremely large quantities and is often used at 25 or 50 grams per day intravenously in seriously ill patients. Oral use over 6 grams a day (1,200 mg absorbed) results in massive diarrhea, indicating very poor absorption.

I found I could take 15 grams of vitamin C in a liposomal form without any loosening of the stool whatsoever. The claim by the company was that it would result in approximately 80+ percent absorption, and I have no

reason not to believe them. That means I could get the equivalent of a 12 gram intravenous infusion by taking 15 grams orally - incredibly convenient and certainly less expensive!

Then my imagination went bonkers, as it is wont to do, and I thought about CoQ10 and Glutathione - nutrients that are fantastically effective when used intravenously but much less so when used orally. Parkinson's disease could be controlled with an oral nutrient solution; think of congestive heart failure, chronic lung conditions, etc, etc.

I couldn't wait to get my lab associates to begin work - to date we have completed the vitamin C, glutathione and CoQ-10 liposomal products which will be available soon for public use. I am working on a multiple nutraceutical for adjunctive cancer support based on voluminous evidence that certain substances are extremely effective in stopping cancer cell growth at certain concentrations unable to be reached in oral preparations available.

If you haven't seen an old man dance then come and visit me - I am ecstatic with our results and predict this will change the way we look at oral nutritional supplementation. As usual, you friends are the first to know.

---

## Muscle Cramps

I'll bet you think you know what causes muscle cramps, right? Things like calcium and magnesium? Maybe yes, maybe no. You see there are many possibilities depending on the circumstances surrounding the cramp. The cramps that have you jumping out of bed do not have the same cause that fearing you are going to drown sensation a swimmer has when his leg seizes up; or that of the runner who falls in agony; or the weekend athlete who cramps up. It can be simple atherosclerosis, a diminution of blood supply which robs the muscle of nutrients and oxygen; or potassium deficiency; certainly calcium and magnesium can be involved; sodium is a player and don't overlook hypothyroidism. I've eliminated serious cramping by giving iodine in large quantities. The body is a puzzle.