



Dr. Donsbach's

Let's Talk Health News

July 2008



Curcumin and Your Heart

Curcumin, an amazing herbal concentrate from turmeric may help prevent or even reverse cardiac enlargement, a sign of impending heart failure. During heart failure, inadequate blood is circulated to support life. In a Canadian study, curcumin helped overcome cardiac hypertrophy, inflammation and heart muscle scarring in living mice. A similar study on rats performed in Japan showed that curcumin prevented heart enlargement in rats with high blood pressure and in rats that had undergone an experimentally induced heart attack. These studies indicate another important use for this very interesting herb. Let's Talk Health has 95 percent pure *curcumin* (some companies sell as little as a 5 percent grade curcumin) and our *Relevit* product is based on curcumin.

ELLAGIC ACID FROM POMEGRANITE AIDS PROSTATE CANCER

Pomegranite juice contains a considerable amount of ellagic acid which has been associated with inhibiting the new blood vessel growth necessary for cancer expansion. An article in *International Journal of Oncology* (Feb, 2008) indicated that when ellagic acid was in contact with prostate cancer, tumor size decreased and the density of blood vessels supplying the tumor declined significantly. In my opinion, this evidence can be applied to any cancer in the body. In a very short time, LTH will be adding a product (*Quercetin Plus*) rich in ellagic

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

acid and quercetin, nutraceuticals known to inhibit angiogenesis necessary for tumor growth.

DHEA KEEPS THE BRAIN (AND OTHER AREAS) FUNCTIONAL

Dehydroepiandrosterone (DHEA) is the prime raw material from which the body makes estrogen, testosterone and other hormones. Individuals with higher levels of DHEA performed better than women with lower levels on a test of executive function (general cognitive ability) and concentration and working memory. This finding does not surprise those of us who use DHEA on a regular basis - it just makes you feel better. I have long used DHEA for myself and my patients - at least 50 mg daily. You can get your daily dose of DHEA in *The Healthy Life Protocol* from LTH along with a plethora of other important nutrients that you would have trouble assembling if you purchased them one by one. I cannot encourage you enough to look at the formula and compare it to what you are presently using. Chances are it costs less and will give you a multitude of supplemental nutrition you are not presently receiving.

EXERCISE IS GOOD

We all knew it, but now it is proven that exercise makes you feel good whether you are healthy or not well. Many healthy individuals are a walking time bomb because they just will not exercise and will deteriorate at a rapid pace. They are ignoring a factor of health that is free and really produces results. I don't like to brag, but I play tennis (3 sets of doubles) always 3 and often 4 nights a week. Most of those I play with are 30 or more years younger than I am. I may not be as fast as some of these

young whippersnappers, but it is amazing how we all feel better by having a real competitive match night after night. Comments I often hear from these guys tell a story that is worth repeating: *"I really feel tennis releases stress from my body and lets me get along better with others."* *"The concentration necessary to play a good game keeps my mind more active."* *"Even though I'm tired when we quit playing, I feel refreshed and happy."* In essence these comments are similar to the comments from a study which indicated that fatigue and energy levels improve under a regular exercise regimen. I know that many of you are housebound or nearly so and exercise may not be an option. Please go to: letstalkhealth.com on your internet and open the short video presentation on **Whole Body Vibration**. It will be well worth your while to learn about the total body exerciser that gives you the same amount of physical exercise in 10 minutes on a cellular level as a 3-4 mile jog would - while you are just standing there enjoying! Sound impossible - its not! I consider the **Whole Body Vibe** the most significant and best home exercise device ever invented. Even those with severe physical handicaps can use it.

IS THE FLU JUST A SIMPLE DEFICIENCY OF VITAMIN D?

There has been an age old question that scientists could not answer: Why is the flu most prevalent in winter? Fever, sore throat, cough, body pains and nausea all signal the onset of this debilitating condition. A fascinating new theory seeks to explain why flu takes hold during the winter months and why it infects mostly the elderly and those who are more sedentary.

Dr. John Cannell is the chief author of a landmark theory that postulates that **influenza epidemics are intimately linked to declining vitamin D levels**. In California, Dr. Cannell works with patients at a maximum-security hospitals for the criminally insane. In recent years, he had become aware that vitamin D is a unique compound with profound effects on human immunity. He lists bone health, cancer prevention and blood pressure lowering effects as an indication that "vitamin D is really quite different from other vitamins."

Dr. Cannell postulated that many of his patients, because of their confinement and other factors, might be low on

vitamin D. Testing for vitamin D proved him right, his patients were very low in this important nutrient. He began prescribing 2,000 IU per day for all the patients in his ward. Subsequently a flu epidemic epidemic broke out in the ward below his, then rather quickly all wards seemed to be affected - except his. "My patients had intermingled with patients from infected wards before the quarantines" he wrote, "I felt certain that my patients had been exposed to the virus - but none of them contracted the flu."

This rather convincing evidence should have you checking your vitamin D intake. How many days do you get direct rays of the sun on even 20 percent of your body, much less a majority? Most will say: Never! We have become phobic about sun exposure and it has led to a massive amount of deficiency present in our society. Let's Talk Health will soon be offering a 2,000 IU vitamin D capsule for those who wish to supplement their diet with a real preventive amount. At present our multiple presentations such as **Aqua Vitae** and **Healthy Life Protocols** offer 400 IU on a daily basis which is the directed governmental amount for supplementation. We shall be increasing that in the near future also.

PROBIOTICS

Probiotics can have amazing benefits. These bacteria, which can include lactobacilli and bifidobacteria, are key players in the digestive and immune systems. Not only do they help break down food and absorb nutrients, they also limit the number of harmful bacterian in your gut and help regulate your immune system. In fact, you can't really be healthy unless your "good" bacteria are in top shape.

These bacterial allies grow naturally in your intestinal tract, but they get clobbered by poor diet and particularly by antibiotics. Unfortunately, most doctors haven't been taught about probiotics or how much they contribute to health. We're learning more all the time, recent studies suggest that the presence of inflammation and chronic disease in the elderly can be altered favorably with the use of probiotics.

Another study shows that patients with irritable bowel syndrome who took probiotics had a marked reduction

in their symptoms - particularly distension and abdominal pain. Let's Talk Health offers *Intestinal Flora*, one of the most potent probiotic formulations on the market. Here is the formula I use when suggesting the product to a patient: 4 capsules mid-morning without food and 4 capsules in the mid-afternoon without food for 10 days. Do not use for 10 days then repeat the dosage. This should firmly reimplant your friendly bacteria and you will be fine until your next round of antibiotics.

HOT HELPS!

Many of you like your food with spices like chili pepper to make it "hot". You might be doing yourself a big favor. Consuming chili peppers raises your metabolism, which raises your temperature and calorie burning ability. You can also use cayenne pepper powder to stop bleeding - it burns but is effective. And everyone knows how liberal use of cayenne will open up your sinuses like nothing else.

AMERICAN DOCTORS LAG BEHIND

Doctors in Europe routinely prescribe fish oil for heart-attack survivors but in the U.S. it is the rare doctor who will use this safe, effective and very natural remedy. Numerous studies have indicated this practice improves survival after heart attacks and reduces fatal heart arrhythmias. Dr. Terry Jacobson, a preventive cardiologist at Emory University, said: "*Most cardiologists here are not giving omega-3s, even though the data supports it - there's a real disconnect. They have been very slow to incorporate the therapy*". Those of you who use either the *Healthy Life Protocol* receive the benefit of not only the fish/flax oil capsules but get a healthy dose of *Orachel*, our premiere formula for healthy hearts and circulation.

BLACK COHOSH HERB HALTS GROWTH OF BREAST CANCER TUMORS

Extract of black cohosh may halt the growth of breast cancer cells, according to a new study conducted by the French company Naturex and published in the journal "Phytomedicine." The study was funded by the National Institutes of Health and the Komen Breast Cancer Foun-

ation. The action is considered to be due to an increase in apoptosis which is programmed cell death. Black Cohosh is an ingredient in our *Menopause Caps* and is typically used by a woman at the time she is vulnerable to breast cancer.

CURCUMIN AND CANCER

Curcumin has long been known to provide potent anti-cancer benefits. It has been found to suppress genes that promote cell growth and help induce programmed cell death (apoptosis). Studies have suggested that high consumption results in lower cancer rates. Curcumin has one major drawback, it is poorly absorbed from the gut into the blood stream. Our research department is intensely interested in developing a *liposomal* version of curcumin that will be very efficiently absorbed, allowing the benefits possible from this herb to be utilized. Look for it within three months or less. In the meantime, LTH Club offers the finest quality, highest potency curcumin capsules available, and at an affordable price.

MORE ON CURCUMIN

Curcumin was studied by a joint Korean-American committee as to its effect on diabetes. Significant improvements were reported for insulin resistance and glucose tolerance, scientists at Columbia University reported. There were no reported side effects of the use of varying dosages of curcumin.

COGAMED OIL AVAILABLE

By the time you receive this newsletter, LTH Club will have our new *Cogamed Oil* available. This combination of coconut and sesame oil is destined to become one of your favorite oils, not only for salads and other kitchen purposes, but for health benefits. I have reported in the past how sesame oil lowered blood pressure in just 60 days better than drugs in a study in India. It increases the production of nitric oxide which relaxes blood vessel walls and promotes blood flow through arteries. Nitric oxide also inhibits platelet aggregation, reducing clots. Ask for the introductory special when you call LTH.

Featured Products

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

LOVE YOUR HEART



"My mother was suffering from high blood pressure due to an adrenal artery blockage. Her BP was running 190+. After six weeks of an Orachel regimen, her BP dropped to the low 150s. She is 83 years old and will not go a day without her Orachel." - Paul, Virginia



Orachel™

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

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