



Dr. Donsbach's

# Let's Talk Health News

September 2008



## We Talk a Lot About Exercise But What Does It Do?

We obviously know that regular exercise enhances our muscular body and allows us to do things that would be much more difficult if we were less fit. But I would like to encourage your continued use of exercise by informing you that exercise can improve your brain function, slow age-related cognitive decline and reduce the risk of dementia. **And the benefits last for years!** This is the first study I have read that used men and women over the age of 65 and the results were exciting! "Older adults using regular aerobic exercise showed increased neural activities in certain parts of the brain that involved attention and reduced activity in parts of the brain sensitive to behavioral conflict," said Dr. Arthur Kramer of the University of Illinois. He also found that even moderate regular exercise increased mental processes and increased mental capacity.

### The Lactic Acid Burn

Practically everyone who exercises vigorously has had a burning sensation in the muscles that usually is recognized for what it is - an excess of lactic acid built up because you stressed the muscle faster than you could get oxygen to it to produce enough energy for the task. When that happens, the tissues generate energy anaerobically by breaking down glucose into a substance called pyruvate. When the body has plenty of oxygen, pyruvate is shuttled to an aerobic (with oxygen) pathway and broken down into energy this way. But when oxygen is limited, the body temporarily

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converts pyruvate into a substance called lactate which lets glucose breakdown (and energy production) continue. Muscle cells can sustain anaerobic energy production for about one to three minutes, during which time lactate can accumulate to high levels.

The high lactate levels increase acidity in the muscle cells which inhibits further energy production. The result is a reduction in energy output which protects us from severe muscle damage that will result from overexertion. The burn comes from the temporary acidic environment which quickly changes once adequate oxygen become available which allows the lactate to revert to pyruvate and aerobic metabolism with more efficient energy production will continue. This is why so many of the athletes I counsel use stabilized oxygen to clear their hemoglobin of carbon monoxide so it can carry more oxygen. (That's another subject).

### Veins In Your Legs Have A Tough Job

Arteries all over the body have a pump to move the blood along, veins do not. In fact, the veins in your legs have an even tougher job fighting gravity to move the blood back to your heart and lungs for re-oxygenation. Many older people develop swollen ankles and then the swelling begins to move up the leg toward the knee. This is usually a condition known as venous insufficiency and is really deep vein varicosities - the veins have expanded which makes it even more difficult to move the blood and thus there is some leakage into surrounding tissue as well as stagnation. This is not good and should be immediately addressed by wearing support stockings which usually brings the situation under control. I am constantly amazed that so many are unaware of how important it is to support the legs when the swelling begins. Another factor that should be considered is the use of VariGone a formula

I devised some years ago which helps to strengthen the veins and is very successful in preventing the formation of leg ulcers and other serious problems as well as reducing both visible and invisible varicose veins (and hemorrhoids which are really just varicose veins).

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## Prescription Misuse

More Americans than ever are dying because they misuse prescription or over-the-counter medications by mixing them with alcohol or other drugs that intensify their action. The majority of problems occur with the ever-increasing number of patients who are on long term medication and they forget they are taking powerful chemicals which have serious side effects. Alcohol consumption can be especially dangerous.

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## READERS ASK:

*Why are you using sodium lauryl sulfate in some of your products? I read at various sites that it is bad stuff.*

I am well aware of the widespread internet rumors regarding sodium lauryl sulfate causing cancer, liver or kidney damage and other problems. First of all, I take the job of producing the finest quality health related products very seriously. I have been doing so since 1967 and have never had an incidence of using a product that was anything but the best possible. So it is with SLS, a foaming and dispersant agent that has a long history of safe use - safer than any other substance that produces the same results. It is used in extraordinary tiny amounts so the claims of danger are probably the same as many other substances which can become irritants when the concentration is high enough but under normal use are totally safe.

Anyway, as to the rumors (and that is what they are) which are widespread enough that the Washington Post and the Berkeley Wellness Newsletter both investigated them independently. Their findings were identical - there is no basis for the claims against SLS and such claims are a "sham" and a "hoax". You might also go to the Urban Legends website which provides additional reputable sources of information about SLS research. But thank you for caring.

*I have 'RESTLESS LEG SYNDROME' and have tried*

*many different supplements to control it, but none of them work. Do you have anything that might?*

Restless leg syndrome is more common than you might think and is often due to poor circulation but there is another factor that I think may be more important - iodine. When individuals come to me, I always have them do the "iodine spot test" to check their iodine levels. If this is low, I suggest the Healthy Life Protocol plus 2 capsules morning and night of Organic Iodine. I expect the restless legs to be calm within two weeks of beginning such a regimen.

*I heard that you have opened a new hospital in Tijuana. Is that true?*

As with most rumors there is some truth and some not-so-true components. Yes, a new hospital, built and owned by an internationally recognized cardiovascular surgeon has opened in Tijuana and has several floors dedicated to alternative/integrative medicine. I was asked to train the doctors in the use of the "Donsbach Protocols" which were developed at Hospital Santa Monica. Since my goal in life is to promote the use of noninvasive but effective therapies for chronic degenerative disease, I am happy to do all I can to help them make this venture a success. But for your information, I just returned from Tokyo, Japan where three new clinics have opened using the same protocols. I lectured extensively to the doctors over there and a contingent is coming to the Cancer Control Convention and then will spend a week at the facility in Tijuana for further training. This year has seen more advancement in the spreading of the word about wholistic health care than any in recent history.

*My son is almost 4 years old and has constant ear infections. The doctors are now saying they need to put tubes in his ears. Is there anything that can be done about this naturally?*

Yes, fortunately there is. First of all, if you have an ozone generator, use a practice stethoscope and ozonate the ears this way. That quickly stops the infections with just two or three applications. Secondly, you can put a few drops of three percent hydrogen peroxide in the ear twice daily to create an environment that microbes do not like. And, since he is prone to infection, I suspect he is getting too much sugar and not enough "real" food, and is probably deficient in vitamins A and C. Formula C & F mixed in

water and drunk throughout the day will assist here. Use 2 rounded tablespoonfuls in a pint of water (shaken thoroughly to dissolve) and have him drink that every day for at least 10 days. It tastes good, so no worry!

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## Resveratrol Fights Diabetes

Research carried out by scientists at the Peninsula Medical School in England has found that resveratrol can protect against the cellular damage to blood vessels caused by high levels of glucose in diabetes. This was published in the journal *Diabetes, Obesity and Metabolism*. The elevated levels of glucose found in the blood of patients with diabetes causes both micro and macro vascular complications by damaging mitochondria, the tiny power plants within cells responsible for generating energy. When they are damaged they can leak electrons and produce free radicals. This can lead to kidney disease, eye disease (retinopathy), and neuropathy. The researchers indicated that resveratrol “both protects against and mends the damage” caused by the free radicals. Chalk up another victory for this exciting nutrient. The only problem with resveratrol for human use is the extremely poor absorption rate. Significant amounts must be used to reach therapeutic levels - but the new liposomal forms of resveratrol are absorbed better than 90 percent. Request more information about the liposomal products now being carried by LTH Club - they are a true breakthrough in nutritional supplementation.

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## Is Your Shower Dangerous To YOU?

The chlorine added your water is a disinfectant that is irritating to your skin and sinuses, aggravates asthma, allergies and respiratory problems. There is a growing body of scientific evidence that shows that chlorine may actually pose greater long-term dangers to your body than the problems which it was used to eliminate. Most individuals are unaware that absorption and inhalation during a hot shower can give blood levels of chlorine equal to the drinking of a quart of tap water. Research conducted jointly at Harvard University and the Medical College of Wisconsin indicated that chlorinated water may be linked with an increased incidence of bladder and rectal cancer. It is so simple to purchase a shower filter for every shower in your house and avoid all this contamination. They last for at least two years and are inexpensive. As an LTH Club

member, you can purchase them with even more savings. Your health is worth it!

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## Polycystic Ovarian Syndrome (PCOS)

Polycystic ovarian syndrome is probably the major cause of infertility. The condition is characterized by cysts on the ovaries, elevated insulin levels, elevated testosterone levels and some of the worst emotional problems I believe I have ever seen. I have had the privilege of treating several patients with PCOS and found that the following was an effective protocol. First we have to embrace a very low carbohydrate diet which lowers the insulin levels which in turn, lowers insulin-stimulated testosterone levels. A regular (daily) 45 minute exercise program was instituted and a very broad spectrum nutritional supplement protocol (Healthy Life Protocol) was used. In addition to this, the success of supplemental iodine on cysts in the literature led me to use 2 capsules of **Organic Iodine** 2 times daily. The response in just a few days is remarkable and a blessing to both the patient and their families. A new person literally emerges - those of you who have this condition know what I am talking about.

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## Summer Cold?

If this suggestion does not work, I want you to call me personally and tell me that I don't know what I'm talking about. When the cold first comes on, use one zinc lozenge (it must be zinc acetate to work) every two hours. Do not chew, but let it dissolve in your mouth. Use about 7 of the lozenges. Also take one tablespoonful of LTH's new liposomal vitamin C every three hours for 4 doses. I predict that within 24 hours you will be symptom free! If you can't start immediately but the cold has progressed, the same protocol, except it will take two days of dosing with the zinc and liposomal C. The secret is in the delivery system - many forms of zinc have been tested as a lozenge - and the only one that worked to actually kill the cold virus was zinc acetate as found in LTH's product. The liposomal vitamin C is the only way you can get almost 100 percent of the C into your bloodstream. Other forms only get absorbed approximately 19%! 1 tbsp of liposomal C increases your blood level of C by almost 5,000 mg!

# Introducing...



## Cindy Cartmill - Our Customer Service Supervisor.

Cindy comes to Let's Talk Health with a heart for you... our Let's Talk Health customers. Many of you may recall her from the early 1980's when she worked with me at our headquarters in Huntington Beach, California.

Cindy's commitment to outstanding customer care makes me especially proud as both her father and Let's Talk Health mentor.

You may contact Cindy directly at: 1 (888) 950-2190 x128 or by email at: [cindy@letstalkhealth.com](mailto:cindy@letstalkhealth.com). Please communicate with her regarding any questions or concerns you may have regarding your orders.

We are working hard to make sure our award-winning formulas are making a difference in your life.

Yours for Health,

Kurt W. Donsbach D.C., N.D., Ph.D.  
Founder, Let's Talk Health, Inc.



Dr. Kurt Donsbach with his daughter Cindy –  
Let's Talk Health's Customer Service Supervisor



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