



Cold or the Flu Coming On?

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 you feel the first signs of a cold or the flu starting, **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 and 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 consumed into your bloodstream. Other forms only get absorbed at approximately 19%! 1 tbsp of liposomal C increases your blood level of C by almost 5,000 mg! If you want to avoid ever catching these viruses, use the Symplex I Plus, a **liposomal immune support**. Take one or two teaspoons daily! (There is 48 teaspoons in one bottle of Symplex I Plus).

Cartilage Deterioration

Vitamins C and D are believed to slow the loss of cartilage due to osteoarthritis, while research shows that a lack of vitamin D actually speeds the progression of osteoarthritis! So you get a double whammy with these deficiencies. As far as getting these nutrients from food, forget it. You would have to drink over a gallon of vitamin D fortified milk daily to even come close to getting a minimum restorative dose of vitamin D, for example. The massive research on the importance of vitamin D has irrefutably shown the prejudice and ignorance of those who set daily standards for nutrients. For years they have harshly criticized any offering over 400 IU daily; now all the scientists are saying the minimums should be at least 2,000 and up to 8,000 IU's per day! They also have people so paranoid about going out in the sun without sunscreen or big hats that we can't get our natural best source of vitamin D - the sun! And they want to lower our cholesterol abnormally, which makes sun exposure less

efficient because it is cholesterol which the sun's rays convert to vitamin D! What a twisted web we weave.....

Resveratrol

You are hearing more and more about this ingredient discovered in grape skins but now known to be contained in a few other fruits but in insignificant amounts but peanuts and peanut butter contain about one-half as much as grape wine. The amount in a deep red wine is about 2-7 mg per liter and the amount needed to really be effective is about 5 grams resulting in the required consumption of 700 bottles per day! This is your answer to those who use the excuse they need resveratrol to justify their excess consumption of wine. Obviously we need to concentrate this interesting substance which has been proven to be a great antioxidant, a testosterone stimulant, a powerful cancer inhibitor, an anti-aging factor without peer, an anti-angiogenic (prevents blood vessel growth in cancers), a neuronal cell dysfunction modulator, etc, etc. Wow - what a product.

But... as usual there is a catch: resveratrol is very poorly absorbed through the gut, in fact only 2 percent is absorbed. So that is why the many nutritionists and doctors using the product have been somewhat disappointed after using it. **But there is an answer - liposomal delivery. We can guarantee**

In This Issue

Colds and Flus, Cartilage Deterioration, Resveratrol, Try Bananas, What You Don't Want to Know, Stress, Arsenic, Osteoporosis, Glucosamine and more.



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.

about 80 percent of liposomal resveratrol will end up in the blood stream! With this absorption rate, we can begin to cash in on the many benefits this natural substance with no known side effects. Liposomal Resveratrol, Symplex 120 and Symplex C are the products now offered by LTH with the *liposomal delivery* system. These products are the “gold standard” of the many products containing resveratrol.

Don't Like Apples? Try Bananas!

All of us have heard “An apple a day will keep the doctor away” but may not like apples. Try a banana - it's even better: it has four times the protein, twice the carbohydrate, three times the phosphorus and five times the iron and vitamin A. They become a supreme fill-in snack for youngsters if you put some peanut butter on the banana. And for those who are fearful of peanuts, that is for another newsletter when I have more room, but rest assured that peanuts are one of the most nutritious foods known and any allergy concern is highly overblown.

What You Need, But Don't Really Want, To Know

Kids of today at age nine get about 3 hours per day of exercise. By age fifteen, that has dropped to 43 minutes. By age forty, it has dropped to an average of 5 minutes per day, most of which is swivelling the head to find a parking place closer to the entrance to the store, the rest is in finding the tv remote.

Obesity costs U.S. companies \$45 billion per year and accounts for more than 25 percent of the recent rises in health care costs. Could lack of exercise be involved? Plus an uncontrollable addiction to sweets and deep fried starches (chips)? In defense of the overweight, a healthy fat person will live longer than their skinny, chronically ill counterpart. You can be fat and healthy, but you need to exercise!

80% of Americans Are Stressed Today

Much of the stress is about personal finances and the future economic outlook of our country. Most of us ‘senior’ citizens have lived through some real ups and downs - I for one lived during the “Great Depression” of the 1930's and every glitch since then. Yes, it causes one to rearrange some priorities, but believe me life will go on and this great country will recover and move forward to even greater things. But during this time it might be wise to really concentrate on staying healthy - when you are sick, you are not able to assist your family in surviving. Drink less alcohol, get more sleep, stop

the junk food that is really “foodless food”, exercise and support your body with good supplementation which really doesn't cost, it pays!

Where's The Arsenic?

It might be in the chicken you ate last night! Chicken has been touted as an alternative to red meat because it has less saturated fat. (Although it does have a bit less saturated fat, that doesn't make it healthier - saturated fat is now known to prevent rather than cause heart disease.) But there is an insidious deadly substance lurking in most chicken meat--*arsenic*. The *Institute for Agriculture and Trade Policy* recently divulged the results of a study of raw chicken meat in Minnesota and California supermarkets and fast food restaurants. 55 percent of 155 samples of raw chicken purchased in super markets contained arsenic. All of the 90 samples purchased from fast-food restaurants contained arsenic! Most poultry producers feed chickens an organic form of arsenic, which is believed to be harmless, to control intestinal parasites. But there is evidence that some of this arsenic is converted the birds into a toxic, inorganic form of arsenic. Dr. Paul Mshak, an expert on arsenic and other toxic metals said, “*You don't want to have any more arsenic in any form in your body than what you absolutely can't avoid.*”

Solution #1: Buy organic - they are forbidden to feed arsenic to these birds. Solution #2: Use your Ozone Clean on chicken, fish, veggies, etc for one cycle (15 min). This will alter all contaminants (including arsenic and mercury) into neutral entities and kill any residual bacteria or dangerous organisms. Simple, easy and inexpensive. Ask LTH for more information.

Osteoporosis

We have become suddenly and painfully aware of osteoporosis or loss of bone density. Fifteen years ago, the only ones warning of this were the “alternative” practitioners and they were chided for yelling “fire” when it didn't exist. But now we are hearing advertisements for dozens of products to strengthen your bones and doctors have yearly tests available for bone density determinations. Unfortunately the drugs cobbled up to treat osteoporosis have short term benefits but long term detriment because they harden the outer shell of the bone but allow the inner bone to become spongy and friable. Thus any sharp stress often fractures the brittle outer part of the bone and healing is very slow.

Most of you have heard me say and write that the Healthy Life Protocol is the answer because it not only has all the minerals necessary for proper bone density but it contains DHEA which

assists in normalizing hormonal balance which is necessary for proper bone metabolism. And that has worked quite well for those who used it faithfully, bone loss stopped.

But information I have recently gathered makes me feel that there is much more that can be accomplished. The elderly who fracture a hip or pelvis will not die from that injury - but they often die from the complications of enforced inactivity, such as pneumonia. Plus the inactivity produces bone loss all of its own. You need the stimulation of walking with its mild concussive force which builds strong bones.

Not to digress, I have formulated a new product to be known as “**Dense Bone**” which will be available in Jan. It will consist of three major ingredients and will be available alone or as an addition to the Healthy Life Protocol and known as the **Golden Healthy Life Protocol**. Here are the ingredients:

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| 1. High Potency Vitamin D3 | 2,000 IU per capsule |
| 2. High Potency Vitamin K2 | 1,000 mcg per capsule |
| 3. Strontium | 340 mg per capsule |

The documentation of this approach to osteoporosis is so large as not to be able to print in this newsletter, but for those of you interested, call and request our brochure on *Dense Bone* and we will be happy to send it - for those who use the internet, it will be available on our website: letstalkhealth.com. I am seriously enthused about this product and will look forward to your comments. (*The strontium contained has no relationship to strontium 90, a radioactive substance.*)

Glucosamine Boosts Pain Relief

Glucosamine is suggested for the restoration of cartilage in arthritis support formula, but new information indicate it actually boosts pain relief when taken with natural pain relievers such as RE-LEV-IT. I guess that is why so many are happy with the results when they use both RE-LEV-IT and Energy Food for Joints as a support for arthritis.

Are You Taking Prozac, Zoloft, Paxil, Effexor, Luvox, Celexa, Lexapro, Wellbutrin, Serzone or Remeron??

Medications prescribed to make depressed patients feel upbeat and happy may be having a deadly opposite effect. The FDA has asked the makers of 10 antidepressant drugs to add or augment **suicide related warnings** on their labels; and are urging doctors to monitor their patients for signs of suicide. But such warnings come too late for many who reportedly have already died from the drugs' side effects.

A well-known rock singer shot himself after taking Prozac

and his wife blames the drug totally. A famous comedian's wife shot him as he lay sleeping and then shot herself. Insiders know it was from the side effects of Zoloft, not infidelity. There are thousands, yes thousands, of legal cases against the drug makers - but they blithely go on selling their deadly products to one and all who unknowingly place themselves at fatal risk. (**Ed. Note:** *What would happen if even a whisper of such goings on referred to a supplement?? It would be banned immediately and the purveyor and manufacturer jailed! But it is legal to kill with prescription drugs - continuously even after knowledge is available of the danger.*)

Feeding Your Child for Lifelong Health is the title of a book I just came across with some great info on feeding young children. One particular comment:

“Families following the latest nutritional guidelines may actually be putting their children's health at risk. Why? Because the reduced-fat, high-fiber diets that may make sense for an adult don't have enough vitamins, minerals and other nutrients essential for growing bodies. With the current emphasis on eating less red meat and fewer eggs, it's virtually impossible for kids to eat a balance diet. The biggest gaps are in mineral nutrition - as an example, kids aren't getting the calcium they need because they are drinking more soda and juice and less milk than kids did 20 years ago. These deficiencies can have a long-term effect on the growing brain, so it makes good sense to use a daily supplement in addition to their food intake.”

As a personal observation, I constantly see adults serving children the same size dessert that they consume when the child weighs one-fourth as much. Or giving a child who weighs 40 or 50 pounds a soft drink that has 12 teaspoons of sugar in it - you get the message. We have so many great reports on our Agua Vitae for Kid's, and I can personally guarantee that you will be happy if you try it. You'll be doing them a favor!

Drugs ARE Dangerous!

Many have some knowledge that aspirin can cause fatal bleeding and other side effects but are unaware that *Ibuprofen* and *Naproxen* are of the same family and cause the same side effects. They account for some 20,000 deaths per year! And I will bet that none of you know that *anti-depressants* can also cause fatal hemorrhages, particularly in users over eighty years of age. The risk increase - 50 percent greater than those who do not take them, is considerable, and can easily be avoided. Try Stress Eze for anti-depressant effect and RE-LEV-IT instead of the aspirin family of drugs.

Merry Christmas from Let's Talk Health



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Let's Talk Health
3441 Main Street, Suite 104
Chula Vista, CA 91911

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San Diego, CA