

WHOLISTIC LIFE

A Publication For Those Interested In Wholistic Health

Volume Two

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HEART ATTACKS AND HIGH BLOOD PRESSURE DON'T HAVE TO BE KILLERS!

Cholesterol has very little if anything to do with either of these conditions. It is impossible to explain all this in such a small space as we have here but if you are interested, please consider reading our new book: "*What Your Doctor Won't Tell You About Heart Disease, Stroke and High Blood Pressure*", subtitled "*High Blood Pressure Is NOT A Disease*".

This effort clearly states the evidence that has been sadly lacking in the popular but erroneous theory that the eating of fat has something to do with heart disease or that high blood pressure is a disease at all. You must have an open mind to even consider reading this, but I can assure you that once you start you will become very interested in the facts of **the biggest health fraud ever perpetrated**.

One of the sections deals with a product developed by Dr. Donsbach called *Orachel* which overcomes the symptoms of heart disease by actually restoring the flow of blood to the damaged areas and prevents future plaque formation. Documented by a double blind university study, no less.

You just might save your life by reading this book, although it is only available in English at first printing. Translations are being worked on as you read this for several languages.

REAL SPECIAL NUTRIENTS

The nutrients contained in the formula known as *Orachel* were very specially chosen for their benefit to the cardiovascular system and to help the body control blood pressure. But these nutrients also have several other functions that might interest you.

Ginkgo Biloba There is a rich health history when it comes to ginkgo biloba. There are over 120 clinical studies published on it. Ginkgo's antioxidant bioflavonoids inhibit your platelets from sticking together, thus allowing your blood to flow more freely and with less effort on the part of the heart. It also is used for strengthening the walls of your capillaries, and protecting your brain. Ginkgo counteracts the effects of aging, including mental fatigue.

Carnitine Carnitine is called an "essential" nutrient because of its many varied benefits shown in study after study. For example, in a controlled clinical trial conducted by Dr. Cipoli and Dr. Chiari, carnitine was given to people suffering from mild cognitive impairment. Results demonstrated that they experienced *significant* improvement in just 45 days!

Folic Acid Research shows that people with the highest intake of folic acid were 21% less likely to suffer from serious brain problems. A Dutch study revealed that on memory tests,

those who took folic acid had test scores comparable to people several years younger. All this is in addition to the ability of folic acid to prevent birth defects and to lower the rate of colon cancer by 71% when taken regularly as a supplement! The reason for this rather startling fact is that you often do not eat foods rich in folic acid while if you are taking a supplement, you are usually quite faithful and regular. The amount used in the study was 400 mcg per day.

Vitamin E In a breakthrough study reported in the *Archives of Neurology*, Dr. Morris, a top researcher, discovered that vitamin E supplementation can slow the rate of mental decline by 36%. Now that is worth considering! The same researcher also published a study suggesting the vitamin E might lower the risk of developing serious mental illnesses by an astounding 70%. In a long-term study of 3,000 Japanese-American men over age 70, using both vitamin C and E “significantly” reduced the risk of dementia or mental breakdown.

Vitamin C Did you know that your brain has 15 times the amount of vitamin C in it as compared to other parts of your body? In a prestigious UCLA study, subjects who reported daily consumption of at least 300 mg of vitamin C lived more than six years longer than those who did not take vitamin C supplementally.

Of course there are many other nutrients in the formula *Orachel*, but with just these ingredients you might get the added benefit of real mental health while you are taking care of your heart and blood vessels. This is certainly a supplement you should consider using on a regular basis.

HOW YOU LOOK!

Did you know that when you meet someone, 93% of how you're judged is based on how you look, not what you say!! Perhaps even more interesting is that this judgement takes just 15 seconds and will remain for quite some time regardless of what you do.

A Purdue University study indicated that others judge you by the “first impression” that they form in 15 seconds. So how you look can effect how you get treated in restaurants, what your friends think of you, how enjoyable your social life is and even your intellectual life.

I point this out only because your appearance is really a reflection of your health status and the truth is people want to be around people who are healthy, not ones who are always complaining of their aches and pains. All research into prolonging the number of years you will feel good is dependent upon the judicious use of food supplements. I know that many of you don't want to hear that but the facts are clear and straight forward - the food we eat today is sadly deficient in many nutrients. You do what you want, but I will continue to supplement as I have for over 45 years and it has given me a much greater enjoyment of life without chronic disease.

FREE RADICAL CONTROL

Some years ago I developed a liquid free radical quencher formula for our friends in Scandinavia. This formula contains therapeutic amounts of all the many flavonoids and is greatly overlooked by many because of the intense interest in individual flavonoids like resveratrol. You would be well benefitted if you would look at this really premium product.

GOOD NEWS?

Everybody in the health field is always taking the “pleasure” foods away from us it seems. Now comes some pretty impressive evidence that they should leave coffee alone. Harvard University researchers say that long-term coffee drinking is not linked to any increase of coronary heart disease. Published in the journal *Circulation*, the article describes both the use of caffeinated and de-caffeinated coffee, neither of which affected cardiovascular health.

However, I feel obligated to tell you that **drinking two cups of coffee within about 15 minutes does cause a rise in cortisol**, an adrenal hormone which does produce all the symptoms of stress. So keep your consumption down to one cup at a time, preferably just one or two daily.

RESVERATROL AND STROKE

Resveratrol, a compound found in grapes and peanuts can improve blood flow in the brain by 30 percent, thereby reducing the risk of stroke according to a study at National Taiwan Normal University.

“We found that resveratrol administration led to cerebral blood flow elevation and protection from ischemia-induced neuron loss,” said lead author Kwok Tung Lu. Stroke, the result of a blood clot which prevents blood from getting to an area of the brain, is one of the most potential debilitating conditions of old age.

For your information, resveratrol is found in a popular bioflavonoid “free radical quencher” sold in health food stores which contains many different bioflavonoid concentrates which can be remarkably beneficial as a supplement to your daily diet.

THE DIFFERENCE

Chocolate is getting a lot of good press lately, everybody on television, newspapers and magazines are talking about how good chocolate is for you. It contains powerful anti-oxidants, it helps lower blood pressure and it helps relieve stress.

The one thing that is not mentioned is that all the research was on pure chocolate which is dark and bitter. Milk chocolate often is a far cry from being real chocolate and contains many, many other ingredients, the main one of which is sugar which everyone knows we are getting too much of. I thought you would like to see the difference between two chocolate bars, one made for the general market and the other made for the health conscious person who does not want to put garbage into his or her body.

Commercial Chocolate Candy Bar

Ingredients: Milk Chocolate (Sugar, Milk, Cocoa Butter, Chocolate, Milk), Lactose, Lecithin, Natural & Artificial Chocolate Flavors, Corn Syrup, Milk Fat, Sugar. 15 grams sugar, 0 grams fiber, 1.5 grams protein.

No-Sugar Chocolate Candy Bar

Ingredients: Organic Chocolate, Organic Peanut Butter, Organic Corn Bran, Organic Oat Bran, Palm Oil, Sorbitol, Xylitol, Stevia. 0 grams sugar, 6 grams fiber, 12 grams protein. (No competition - and it is delicious!)

The no-sugar-added, low glycemic chocolate bar can be a real food supplement as well as a treat. It does not take much knowledge to determine the food value of each. The American Heart Association has published research which documents blood pressure drop after using dark chocolate without massive amounts of sugar.

A tasty, sugar free, dark chocolate bar (see label above) is now available in selected health food stores, it easily serves the purpose of alleviating your urge to eat sugar as well as being a marvelous nutrient and a surprising palate pleaser.

BLOOD PRESSURE

While we are talking about high blood pressure, we should address the topic of sodium. If your blood pressure is elevated, your doctor has probably told you to eliminate or severely restrict sodium. Most of the time that advice is WRONG!

It is not sodium excess that can produce high blood pressure, it is potassium deficiency! Sodium and potassium are 2 of the body's major electrolytes - the minerals that conduct electrical flow in the body. Together, they regulate cell membrane activity, nerve transmission and fluid retention. An important partnership!

But when you eat a diet deficient in potassium, sodium gets into cells and causes an accumulation of fluid and blocks the outflow of toxins. Sodium is supposed to be in the extra-cellular fluid, potassium is in the intra-cellular fluid. The ratio of sodium to potassium should be 6 parts potassium to 1 part sodium. Our modern diet is drastically different: 2 parts sodium to 1 part potassium. In addition to diet, we ingest large amounts of fluids such as beer, coffee, sodas, etc that cause us to urinate frequently which causes a loss of potassium but not sodium. Add to that the use of diuretics and you have a recipe for disaster.

If you have any of the following symptoms, you probably should be supplementing your diet with potassium: **high blood pressure, muscle cramps, fatigue, irritability, confusion, muscle weakness, and abdominal bloating.**

Just to make things more interesting, potassium desperately needs magnesium to transfer into the cell.

This publication is written expressly for the Donsbach Foundation, a non-profit public education corporation and edited by Kurt W. Donsbach, DC, ND, PhD. The Donsbach Foundation is dedicated to publishing the truth about wholistic health in all its formats. It is also pleased to expose the fallacy of the theory of "the new school medicine" which holds that disease is a result of bacterial invasion, that chronic degenerative disease cannot be cured, that very dangerous and poisonous remedies are the correct way to treat all disease; all of which is fueled by multi-national pharmaceutical giants that will stop at nothing to sell more chemicals. Your donations are tax deductible and membership in the Foundation is \$20 per year. Address correspondence to Donsbach Foundation, 664 Marsat Court, Suite D, Chula Vista, CA. 91911.

If you are deficient in magnesium, you can take loads of potassium and it will never get into the cell where it does its job. So the wisdom of taking a high quality supplement that contains something of everything on a daily basis. Then you add those nutrients which you particularly are deficient in. This is a common mistake in the supplement arena.

Little Tips

Splinters: If you get a deep splinter that doesn't come out easily, take an onion slice and cut a piece large enough to cover the area of the splinter. Use a bandaid, place the onion on the pad of the bandaid and cover the splinter. Leave on for 24 hours. When you uncover, the splinter will be very easy to remove.

Sleep Easy: Do not use your cell phone for at least one hour before going to bed. The electromagnetic fields from cell phones alter brain waves and make sleep difficult to attain.

How To Be Healthier And a Better Friend Several university studies have found that aggressive type A personalities who are always interrupting conversations have a 7 times greater incidence of heart disease. When told of this, many intentionally became listeners, instead of domineering the conversation and both the blood pressure and stress hormone levels became less. Makes good sense but sometimes we need to be reminded.

AVIAN FLU WORRYING YOU?

There is so much ballyhoo about the avian flu on the media, that everyone knows it is just about to hit, it's not a question of "if" but of when. **I do not believe it.** Please be rational and at least take the time to read this. These are facts, not theories.

1. Viruses are extremely tiny, one celled organisms that rely on scavenging amino acids from another source to reproduce themselves. The normal circumstance is for a virus to get into an injured cell and begin to use its amino acids to create new viruses. This replication can occur so rapidly that the host cell bursts, spewing out hundreds of new viruses which will look for other weak cells.

Have no delusions, viruses do not easily penetrate a strong cell, that is why individuals with healthy immune systems do not get colds, flu, etc. **Viruses also prefer cold (below 98 degrees F.) and low oxygen levels to be aggressive and multiply explosively.**

2. Viruses are pretty much species specific. A great deal of mutations must occur before a virus, which might inhabit a bird and cause death or not as the case may be, would be able to crack the defensive code of a human and infect a human cell. (This is far to extensive to explain here, but for those who are interested, a free copy of the whole explanation is available to members of the Donsbach Foundation, simply be requesting and sending a \$2 donation to cover postage - membership information on page 8.)

3. We are spending billions of dollars of taxpayers money to create a vaccine for a virus which we do not even know the structure! That's right - a virus

has been found in a few dead birds, but no one knows if that virus caused the death of the birds! Furthermore, because of their nature, viruses are constantly mutating and that is why flu vaccines really do not work as was reported in every media just last year. But here we are with another "pandemic" facing us for which we have no answer but will spend billions to make a useless vaccine which will probably kill more people than it protects.

4. **The body instinctively knows how to control viruses.** It creates a fever - remember viruses like temperatures below 98 degrees. To stifle a fever is to allow the virus to multiply without control and is the worst type of medicine to apply. **To induce a fever, such as with a far infrared sauna,** can be the best protection against, and treatment for, any virus.

5. A highly oxygenated body will scavenge the virus before it can reach a count that is dangerous to the body. I have long used hydrogen peroxide and ozone to create a hyperoxygen environment in the body. The aforementioned far infrared sauna with an ozone generator pouring in ozone can be therapy par excellance! Sitting in one of these for one hour every day or every other day can be a tremendous detox as well as protection against and destruction of viral contamination.

Now that sounds simple - and it is - but we should not lose sight of the "weak" cell which becomes the breeding ground for viruses. **You have weak cells because you are malnourished.** How many individuals have reported to me that they just do not get colds or the flu anymore after stopping sugar and using an excellent complete food supplement. Your immune sys-

tem is strengthened and you will have an internal environment which is resistant to all unwelcome “creatures”.

I know that all the news “hype” has probably caused great concern for many of you. But I ask the questions:

1. What vaccine really has stopped any viral condition?
2. Who is benefitting???
3. Who is paying for the studies which are proposing all these doomsday prophecies??

I remember the “Swine Flu” debacle of 3 decades ago. Everyone was sure that it was going to decimate our population. Manufacturers made a vaccine that not only was totally useless but proved fatal for many. Have we another disaster in the making??

DOCTORS WON'T USE CHEMO - ON THEMSELVES!

58 out of 64 oncologists who administer chemotherapy every day to their patients admitted that **if they were diagnosed with cancer, they would NOT use chemotherapy** - or allow any of their family members, if diagnosed with cancer, to submit to chemotherapy!

The reason they gave for this decision is the **chemotherapy is “ineffective” and “unacceptably toxic”**. Remember these are the same treatments they are administering to you on a daily basis! How can these doctors be so hypocritical?? It isn't easy to explain but it involves ten years of brainwashing, a real desire to help people (for most doctors) that crumbles in the light of cold reality. Chemotherapy doesn't work as administered, but it is the only game in town. They know radiation causes cancer even while it is destroying tissue during the treat-

ment period. At least a majority of these oncologists know that surgery often causes the cancer to spread (metastasis) so they really are a bit confused themselves as to what to do. They cannot do alternative therapy - they would lose their license to practice and be banned from the “club”.

There are many treatments that work in the alternative field, depending on the cancer and the stage it is in. The *Donsbach Foundation* will soon be sponsoring seminars on the treatment of cancer **at home** with complete protocols and the twenty-five years of experience I have had in treating thousands of literally every kind of cancer. I sincerely believe this is a far better approach than what oncology has to offer and at a minimal cost. I have spent these past twenty-five years proving what can be accomplished, working on a one-on-one basis. Now I am going to teach those who wish to listen all I have learned - and, I emphasize - it can be done at home! Call the *Donsbach Foundation* at 1-619-424-9005 for complete information and the date of the next scheduled seminar.

MERCK MAY BE IN MORE TROUBLE OVER FOSAMAX

I have never been able to understand the absolute need to create a poison to treat a condition that is based on a nutritional deficiency! Merck, already reeling from thousands of *Vioxx* lawsuits is now facing legal action from the side effects of *Fosamax*, a drug used for osteoporosis. *Fosamax* is a big contributor to Merck - **3.2 billion** in the year 2005! Although sales of *Vioxx* were just a bit under that in the year 2004, the loss of both of these drugs to Merck could cause a serious depression in their stock price.

WANT TO MAKE SOME EXTRA MONEY? VOLUNTEER FOR A DRUG TRIAL...

...and you might get so sick that you will not recover. A young college student needed some extra cash so he signed up for a prescription drug trial advertised on the internet to pay well (\$3,500) and be perfectly safe. Three hours after he took his first dose, he was in an emergency room, fighting for his life. His body became bloated and swollen, his legs turned purple, his face was so distorted as to be unrecognizable. Five other paid volunteers, suffered similar reactions after taking this immune modulating drug intended for rheumatoid arthritis and multiple sclerosis patients.

One of the six was in a coma for several weeks and lost fingers and toes as a direct effect of the experimental drug. The drug used had passed tests on animals but was undergoing initial tests (phase one) to see if it was safe for humans. Obviously not.

SORRY FOLKS.....

BUT I have to share the results of two recent studies that really are not very positive about the eating of soy products. The January, 2006 *Journal of Clinical Investigation* reported that soy-based food fed to mice with heart problems caused heart failure and death. **The control group were fed raw milk and their existing heart conditions actually improved.**

The research was conducted at the University of Colorado and Dr. Leslie Leinwand, the head researcher for the study, made a statement that was remarkable for someone representing a leading university: ***“At least in mice, diet can have a more profound effect on heart disease than any drug that we could imagine.”***This

is a university professor and one of two things are happening: Dr. Leinwand doesn't know the score and will be seriously chastised -- or the wind is changing and maybe truth can be printed even if it isn't sponsored by a pharmaceutical company.

Dr. Kaayla Daniel, another researcher stated: ***“Clearly soy is not the solution for people at risk for heart disease. Possible benefits are outweighed by proven risks. People with, or at risk for, cardiomyopathy should avoid it altogether.”***

Yet another study indicated that there could be a direct link to the increasing infertility in young adults and the increased use of soy formulas for infants. This report was so well received because of its thoroughness that the Israeli Health Ministry warned mothers not to put their babies on soy formula and to limit intake of soy in any form to no more than three times weekly. The French Health Ministry enforced strict regulations which limits the soy estrogens in any foods eaten by children under the age of 18 years.

In the England, the Chief Medical Officer has warned pediatricians and parents to use soy formulas only as a last resort! Finally in New Zealand, the Health Ministry has suggested that doctors carefully monitor the thyroids of infants on soy formula because **they know that soy may depress the thyroid gland, resulting in stunted growth, lower intelligence and early heart disease.** I could go on and on about the possible problems that can occur with the regular use of soy. Please consider the warnings of these prestigious bodies, particularly as they relate to your children.

HOW MUCH DAMAGE DID VIOXX DO? AND WHO KNEW??

Studies show that Vioxx, the Cox-2 arthritis drug, caused as many as 140,000 cases of serious coronary heart disease and untold thousands of deaths because of clots caused by the drug. To make this really scandalous, add the sworn testimony of a high-level FDA employee who told Congress that **the FDA did everything in its power to suppress the findings and keep them from public view.** How can we trust such an agency to tell us the truth about anything??

There are many natural remedies that act as Cox-2 inhibitors without the side effects of a poisonous drug. I formulated a product almost 3 years ago that has withstood the test of time as a Cox-2 inhibitor, a pain reliever, a joint stiffness reliever and a great anti-inflammatory agent. You do not have to run the risk of a second serious condition caused by the medicine you take to help a primary condition. It is idiocy and unnecessary!

“QUACKERY”

One of the most effective tools a politician can use to destroy his opponent is to categorize him as something the public associates with being immoral, fraudulent or illegal. “Quackery” is such a word in the health field and is used extensively to characterize a health practitioner who does not follow the allopathic medicine route.

It is effective because the public has been preconditioned to “know” that a quack is a charlatan and a fraud, usually associated with someone who sells “snake oil” as a cure-all. This is the common impression and unfortunately is totally wrong. But it works!

The Donsbach Foundation For Wholistic Research and Education is a non-profit, 501 (c) 3 corporation dedicated to unearthing and publishing the truth about health.

The Foundation has set forth the following goals:

1. Transform the medical establishment’s dangerous reliance on pharmaceuticals, unnecessary surgeries, and the use of methods which conceal symptoms. Encourage them to consider alternative treatments which focus on treating and preventing the causes of disease.
2. Counteract the overwhelming propaganda regarding drugs and other dangerous medical procedures with facts and evidence that substantiates there is a viable alternative.
3. Expose the flagrant disregard pharmaceutical companies and the Food and Drug Administration have for the safety of the American public, as documented by the ongoing drug disasters.
4. Expose the \$15,000,000,000 dollars spent every year by pharmaceutical companies to coerce doctors to promote their products - an average of \$25,000 per doctor per year which does not include the \$3,000,000,000 spent on consumer advertising.
5. Prepare and circulate true facts about diet and lifestyle and their effect on human health without bias or prejudice.
6. Educate the public about the true facts about our water supply, our air supply, the incredible amounts of pesticides illegal in the U.S. that are exported to other countries from whom we purchase much of our fruits and vegetables.
7. Do investigative reporting on fluoridation, vaccination, mercury toxicity, etc.
8. Inform the public about the fact that drug and iatrogenic (doctor) caused death are the number one cause of death in the U.S.
9. Expose the fact that alternative medicine including chiropractic, naturopathy, herbology, nutrition, acupuncture and various physical medicines are a far superior method of treating chronic degenerative disease as compared to allopathic medicine.
10. Support programs which give legal protection to those in the alternative medical field.

Your tax deductible donation will give you access to incredible resources regarding your health and the present state of monopoly and governmental control of your most precious possession - your health. Only you can change that situation. Join those who will do something about it.

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