

The Donsbach Foundation's

WHOLISTIC LIFE

Information Letter

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SLIGHT ALTERATION OF COURSE

Sometimes when you are driving, flying, sailing or even walking, it becomes wise to alter your course because of many and diverse reasons. When I laid the groundwork for DF, I had the grandiose idea that it would become a stellar organization for leading those who wanted to follow in the crusade to spread the gospel of natural healing.

During the past several years, I have been concentrating on assisting in the opening of wholistic hospitals and clinics. Mexico, Finland, Sweden and Indonesia are all sites that are up and running and **providing a true alternative to allopathic medicine**, a theory of disease I do not believe in. During these years, I practically disappeared from the lecture circuit and pretty much lost contact with what was being accomplished by many organizations in the alternative field.

I found that many different organizations have sprung up with similar goals as what I envisioned.

Many of you shared with me that you already belong to several organizations and felt a bit overwhelmed. My goals for the DF will not change but I will not lead it into a contest for membership. For those of you who wish, we will be happy to accept donations, but there will no longer be a mandatory membership fee. If you want to receive information relating to true wholistic healing as I see it, then sign up and it is yours. This newsletter may become

a part of a larger magazine of which I approve and support. You will receive that magazine free as long as you are a member of the Donsbach Foundation. **Donsbach Foundation** is a non-profit educational corporation that accepts donations from individuals who wish to support its goals and will issue a receipt which can be used as a tax deduction.

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GREAT NEWS FOR CHOCOHOLICS

Some feel guilty when we eat chocolate because it has reputation as a "sinful" food - after all it is an aphrodisiac, it soothes our wounded pride when our feelings are hurt, and it tastes soooo good. But somebody got tired of feeling guilty and started investigating this bean that yields the "*Ambrosia of the Gods*".

We find that chocolate has twice the antioxidants of green tea, is a natural anti-stress drink, and is several times more effective, when drunk, than the best cough syrups available. Use pure cocoa without sugar, mix with hot milk or hot water, add two tablespoons of honey and you have one of the best cough suppressants available.

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NEW BLACK COHOSH NANOTECHNOLOGY EXTRACT A BOON FOR MENOPAUSAL WOMEN

Since the extreme negative press regarding hormone replacement therapy, menopausal women have been

trying everything under the sun to relieve the hot flashes and mood swings so common in their age group. Of course this condition is also prevalent in those who have had menopause induced by a radical complete hysterectomy. My laboratory has concentrated the hormone-like substance found in black cohosh, an herb used by women for decades. The procedure uses nanotechnology, a new way of micronizing a substance to make it extraordinarily able to be absorbed by the body.

As with all natural substances, there has always been a great deal of fluctuation in quality which resulted in some users feeling the product was of little or no value. The product described above has been used by myself for patients very successfully and is now available, but heed this advice: **Take three capsules morning and night until the symptoms abate, then reduce the dosage to two capsules morning and night** and if this is still working try reducing to one capsule morning and night. The results are quite unbelievable - but true!

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BEWARE OF STATINS

Consumers have filed the first-of-its-kind class action lawsuit against Pfizer, maker of the popular anti-cholesterol, statin-type drug *Lipitor*. The lawsuit alleges that Pfizer engaged in a massive campaign to convince both doctors and patients that *Lipitor* is a beneficial treatment for nearly everyone with elevated cholesterol, even though **no studies have shown it to be effective** for those over 65, and for women at any age who do not already have heart disease or diabetes.

In fact the ASCOT study, the largest

clinical trial on the effectiveness of statin therapy in women, found that **women** at increased risk of developing heart disease **who took Lipitor developed 10 percent more heart attacks** than the women who took the placebo. The proposed class action was filed in US District Court in Boston by Steve Berman, managing partner of Hagens, Berman, Sobol, Shapiro on behalf of several individuals.

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DRUGS CAUSE CARDIAC ARREST

Another reason we have so much more heart disease today than ever before is the catastrophic effect that drugs have on the body, particularly when used together. **We all know every drug is a poison.** Supposedly the marketers have tested them and found the risk of taking them to be less than the condition for which they are prescribed. We also all know that such has often been found to be untrue and **death has followed their approved use.**

But now we are aware of a drug (the antibiotic - erythromycin) that has been on the market for over 50 years, considered to be safe, but which dramatically increases the incidence of cardiac arrest when combined with high blood pressure medication, particularly calcium channel blockers. The other drugs increase the level of erythromycin in the blood stream which traps sodium in the heart muscle which slows the heart rate and may cause fatal arrhythmia.

The names of some of the interacting heart drugs are verapamil, diltazem, verelan, isoptin, cardizem and tiazac; and the antibiotics clarithromycin, bi-

axin, fluconazole, diflucan, ketoconazole, nizoral, traconazole, sporanox. **If you are taking any of these, you must never take erythromycin.**

The probability of your doctor knowing this is not very high, so be vigilant. The best approach is to use high doses of vitamins A and C for infections which will often solve the problem without any side effects. An even better approach is to stay healthy by living a lifestyle that promotes health.

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DARK CHOCOLATE MAY BE THE BEST FRIEND YOUR HEART EVER WILL FIND

If you eat a small portion of dark chocolate each day you reduce your risk of getting a heart attack or stroke, say US scientists in a new study in the *Journal of The American College of Nutrition*.

The researchers found that dark chocolate is high in flavonoids. Flavonoids come from plants and are found in pure chocolate such as in cocoa or dark chocolate (bakers chocolate). Flavonoids improve the function of blood vessels and prevent the build up of plaque on artery walls. It was pointed out that much commercial chocolate sold as milk chocolate has very little, if any, pure cocoa present in the commercial product. Choose wisely when you purchase.

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ACE INHIBITORS CAUSE BIRTH DEFECTS (AND DEATH)

A major class of drugs used to treat hypertension triples the risk of major birth defects and even death when used any time during pregnancy. Many are unaware of how many women of child bearing age are using these

drugs because of the unconscionable eagerness to diagnose high blood pressure and prescribe dangerous drugs.

Other blood pressure medications were also indicted in the report in the *New England Journal of Medicine*. 3.7 percent of pregnant women taking blood pressure medication birthed children with malformations. In the year 2005, sales income from ACE inhibitors alone accounted for more than \$5 billion dollars in sales, total of all blood pressure meds was over 20 billion dollars. Combine that with the sale of statins which approach 30 billion and you have the reason to promote drugs that cause many side effects and, in my opinion, are totally unnecessary.

Let me explain. High blood pressure is a phenomenon that occurs in each of us at various times, depending on the circumstances. It is usually caused by an increase of the hormone cortisol which temporarily constricts the arteries so that more blood can get to our extremities and brain. This rise in cortisol usually occurs when surprise, fear, anger or other emotional divergence from a normal relaxed state occurs. Usually within minutes or hours this cortisol is diluted, used up or otherwise disposed of and everything goes back to normal.

Under no circumstances can such a response be categorized as abnormal - **it is a totally normal response to a change in our environment and is part of the “fight or flight” mechanism.** Unfortunately, doctors have made this into a “boogey man” disease which leads them to prescribe life shortening, impotency producing, fatigue inducing, poisons to reduce it. All in your interest of course, after all “everyone” knows that high blood pres-

sure is a **killer** of incredible proportions. It causes heart disease, stroke and any number of other diseases.

Show me the evidence! If you base your knowledge on drug company propaganda, then you probably believe such poppycock. But the facts are that **heart attacks and strokes are, in the overwhelming majority, caused by clots**, not by burst blood vessels from hypertension! Studies reveal that individuals who follow their doctors advice (*“you have to take this medicine for the rest of your life, there is no way to reduce high blood pressure”*) actually live five years less than a matched group with high blood pressure who refused to take their medicine.

Some of you may find this heresy difficult to swallow, I don't blame you. But if you are intrigued and would like to read the evidence, the studies, the common sense that proves that high blood pressure is usually not a life threatening disease (it can be in the case of kidney tumors) then get a copy of my book, entitled ***What Your Doctor Won't Tell You About: HEART DISEASE, STROKE AND HYPERTENSION*** with a sub-title ***The Myth and Fraud of Cholesterol Drugs***.

The book also will share with you a plan on how to never again worry about a heart attack, stroke or hypertension. For those of you strong enough to handle the truth, you need this book. A question you may need to ask yourself: **Why are these conditions so prevalent today in our exquisite, high tech medically advanced society when they were not major factors in my childhood or in societies which do not subscribe to the theory of allopathic medicine??**

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SKIP RADIATION AND LIVE LONGER

Women with breast cancer who had a lumpectomy and skipped radiation had better five year survival rates than women who had radiation. The radiation also caused severe side effects which lowered the quality of life for those who were given this traditional treatment for breast cancer. You might wonder why procedures that not only might not work but cause significant side effects continue to be used by the majority of oncologists. The field of medicine has a history of slow change, remember that they didn't wash their hands for years after it was proven that infections were spread by their hands. We don't like to hear it, but.....

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HERBAL DATABASE

I know that many of you need a very good database for searching herbal information. The University of Illinois has one of the best and most com-

plete, researched and compiled by the well known Professor Norman Farnsworth. www.napralert.org is the site. Some of the specific areas of research that are extensively covered include clinical studies of natural products, extracts and compounds that affect cancer growth, natural products and antiviral activity, and anti-inflammatory activity of natural products.

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LIGHT THERAPY WORKS!

Healing light therapy is gaining in popularity because it works. People really like that it relieves pain and speeds up healing of all kinds. **Pain Killers or Plain Killers?**

88,000 - 140,000 Seriously Hurt

That's the number of individuals damaged by Vioxx since 1999 according to the FDA. (They were the ones who approved the drug) The damage was due to an increased rate of heart disease and stroke brought about by clots. This whole class of drugs has a tendency to produce clots. Most of the users of the discontinued Vioxx switched to Celebrex (a kissin' cousin) who probably has similar side effects. Why not use **RE-LEV-IT™**, a specific curcuminoid extract which has powerful COX 2 inhibiting properties, relieving pain in minutes.

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POOR NUTRITION EQUALS POOR HOSPITAL OUTCOMES

In a group of 414 hospital patients whose diets were analyzed, only 17.6 percent were eating a diet that offered the base minimums to support good health. *Am. Jrnl. of Clinical Nutrition*. The response to treatment of the well nourished was considerably better than

those poorly nourished on admission.

The *European Nutrition for Health Alliance* says malnutrition is endemic among the elderly and with the number of 80-year-olds doubling every decade the problem is set to get much worse. They have also found that the malnourished patients had a death rate in hospital more than twice that of those with reasonable nutrition.

These grim statistics are just another reason to get into good eating habits early in life so they will be much easier to maintain when you reach the seventh and eighth decades of life. The statistics also indicated that the rate of infections, malignancy, pressure ulcers, dementia, and cardiovascular disease was several hundred percent greater in the malnourished.

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VITAMINS C & B PROTECT AGAINST BOWEL CANCER

A diet rich in vitamin C and B vitamins appears to protect against adenomas in the bowel, even in smokers, report French researchers. They compared intake of dietary vitamins of over 400 adults without adenomas with 350 adults with adenomas present.

The findings revealed a significant protective effect of folic acid, pyridoxine and vitamin C intake above that contained in food. Beta carotene protected non-smokers but not smokers against colon cancer. Vitamin D also conveyed protection.

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The above article touches on the most overlooked preventive and treatment possibility research that has

been done on cancer - the relationship of nutritional deficiencies to the incidence of cancer, and the relationship of nutritional means to actually treat cancer successfully.

A recent hot news story talked about the discovery that vitamin C (administered intravenously, of course) was a very good treatment for cancer and unlike chemotherapy had no side effects. There are two major problems with this story:

1. Linus Pauling, two time Nobel Laureate, told us this almost twenty years ago. The establishment position then was that this brilliant man was senile and shouldn't be listened to.
2. The admonition that it must be administered intravenously is totally erroneous - oral vitamin C used throughout the day in 1,000 mg doses every hour or two is very tolerable, quite efficient and you don't need a doctor.

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ENDOMETRIOSIS

What is it: Endometriosis is the result of normal tissue from the lining of the uterus which has been shed during the menstrual cycle **but not expelled**, which then reattaches itself elsewhere and **begins to grow, often forming cysts** which can cause pain and cramping. This reattachment can be to the fallopian tubes, the ovaries, the outside of the uterus, the peritoneum, or the intestines. As the monthly cycle progresses, the tissue responds to estrogen and engorges itself with blood as it normally would in the uterus, and then discharges blood and fluid during the low estrogen phase of the cycle. This discharge causes irritation

and inflammation and can eventually produce scarring of various tissues.

Diagnosis is a problem: Unless you actually have a look into the abdomen, it is very difficult to positively diagnose endometriosis. The symptoms are very similar to difficult menstruation: cramping, bloating, pelvic discomfort. Symptoms are completely eliminated during pregnancy (a great clue) but this is not the treatment of preference as most ladies are not enthused about being continually pregnant.

What causes it: At best we are going to make an educated observation. **American women have the highest rate of endometriosis** in the world. **American women have the highest levels of estrogen** of any women in the world. Such high levels are probably due to the fact that Americans are exposed to many of the **highest xenoestrogen compounds which mimic estrogen in the body.** Xenoestrogens are found in growth hormone stimulated meats and dairy; fruit and vegetables sprayed with pesticides, from soy products which contain large amounts of phytoestrogen, and from chemicals given off by certain plastics. (Organic meats, milk, fruit and vegetables do not contain these xenoestrogens.) Estrogen stimulates cell growth. **Excess estrogen stimulates unnatural cell growth.** Logic would lead us to consider high estrogen levels as a possible **(probable)** cause of this condition. We thus should look at natural means of moderating the excess levels of estrogen in the body. If such therapy is successful, we have given the patient a chance to live a much more discomfort-free life.

PROTOCOL:

1. Eliminate xenoestrogenic substances: commercial milk, meats, chicken, heated plastic containers of food and soy products. Use organic milk, dairy, beef and chicken; or ozonate your meats, fish, chicken and vegetables and fruits. **Ozonation is the only real successful way to eliminate xenoestrogens, pesticides, hormones from products.**
2. Apply 1/2 tsp. **progesterone cream** 21 days per month, do not use during menstruation week. **Acts as an estrogen modulator (reducer). Very important!**
3. Use **Healthy Life Protocol** A regulator of hormones plus a complete vitamin, mineral, herbal supplement without peer.
4. Eliminate all sugar and wheat from diet, follow glycemic index of foods, if score is over 50 do not consume. **Sugar causes fat storage, fat stores estrogen.**

Nattokinase is a clot dissolving enzyme derived from fermented soy. It is very effective in endometriosis, not only to break up the clots but to reduce the scarring which occurs. High quality and adequate amounts of nattokinase are important for good results. *Healthy Life Protocol* contains nattokinase of the finest quality and potency available anywhere. Results in six weeks!

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JOHNS HOPKINS MEDICAL CENTER CANCER NEWS

No Plastic Containers in Microwave!
No Plastic Water Bottles in Freezer!
No Plastic Wrap in Microwave!

These warnings are definitely worth noting. Dr. Edward Fujimoto from Castle Hospital also mirrors these warnings on a recent TV program. I certainly was not aware that freezing plastic water bottles released dioxins present in all plastics into the water! I have been aware of the heating of plastics releasing the dioxins which are cancer causing chemicals and also xenoestrogens which promote the growth of cancer, if present. **Use glass for microwave cooking.**

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CLA FIGHTS INFLAMMATORY DISEASE

CLA (conjugated linoleic acid) found in dairy products can reduce inflammatory disease. "It's clear from research that conjugated linoleic acid, or CLA, prevents inflammatory damage resulting from immune response," said Mark Cook, a science professor at the University of Wisconsin-Madison.

The researchers report, published in the *Journal of Lipid Research*, indicated that COX-2 protein was inhibited 80 percent when adequate CLA was ingested. It was noted that normal ingestion of dairy products will not offer such an amount of CLA but the smaller amounts present will have an inhibitory effect on this inflammatory enzyme known as COX-2 to a lesser degree.

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IS SOY ALL THAT YOU EXPECT??

In a ground breaking article about soy titled "**The Ploy of Soy,**" Sally Fallon and Mary G Enig, Ph.D., of the Weston A. Price Foundation put the nutritional realities of soy consumption into perspective - a perspective you won't find anywhere in the mainstream. Here are a few of the key points they make:

- **Soybeans contain “anti-nutrients” that inhibit enzymes needed for protein digestion and amino acid uptake into the blood stream**
- **Soybeans contain hemagglutinin, a substance that promotes the clotting of red blood cells**
- **Soybean hemagglutinin and enzyme inhibitors are deactivated during the fermentation process which makes soy acceptable**
- **Enzyme inhibitors are reduced in bean curd and tofu, but not completely eliminated**
- **Soybeans are high in phytic acid; an organic acid that impedes the absorption of four key minerals: calcium, magnesium, iron and zinc**
- **The phytic acid content of soybeans can only be reduced by a long fermentation period**
- **When vegetarians substitute dairy products and meat with bean curd and tofu, they may risk mineral deficiencies**
- **Fermented soy products - such as miso and tempeh - provide nutrients that are easily absorbed**

Soy intake may also increase kidney stone risk. A 2001 study published in the *Journal of Agricultural and Food Chemistry*, showed how soybeans, tofu, and commercially processed soy products - especially textured soy protein - contain extremely high levels of oxalate, a compound that binds with calcium in the kidneys, increasing the risk of kidney stone development. It can't be said often enough: Soy is not health food. For more eye-opening details about soy, you can read “The Ploy of Soy” at the Weston A. Price web site: westonaprice.org.

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VITAMIN D PREVENTS CANCER

San Diego researchers urged people to take more vitamin D to lower their risk of colon, breast and ovarian cancers, saying a host of studies showed a clear link. “Our suggestion is for people to increase their intake through food or vitamin supplements,” said Dr. Cedric Garland, a professor at the University of California, San Diego and the Moores Cancer Center.

Garland's team reviewed 63 studies, including several long-term ones involving large numbers of patients. The studies looked at the relationship between vitamin D and certain types of cancer worldwide from 1996 through 2004. The scientists published their analysis in the online version of the *American Journal of Public Health*.

The benefit of vitamin D was as clear as the harmful link between smoking and lung cancer, Garland said. “There's nothing that has this proven ability to prevent cancer,” he said. Dr. Garland advocated a minimum of 1,000 IU's per day with more being better. This is well within the new guidelines of safety and considerably more than most supplement products contain.

The authors said taking more vitamin D could be especially important for people living in northern areas of the United States or anywhere where sunshine is a premium during many months of the year. Blacks, who don't produce as much of the vitamin because of their skin pigment, also could benefit significantly from a higher intake, the researchers said.

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**Warfarin (Coumadin) (rat poison)
Causes Osteoporosis**

Give a cardiologist half a chance and he will prescribe a blood thinner to prevent repeat heart attacks or strokes. Or in the case of deep vein thrombosis, it is practically the only treatment. If these professionals would only read up on all the natural anti-coagulants such as vitamin E, magnesium and a host of herbs. These natural factors **do not thin the blood, they just prevent clots** - which is what everyone is trying to do. They also should investigate an even more powerful clot buster - nattokinase. Natural, safe and can be obtained without a prescription and the fear that warfarin will kill you like it does rats (warfarin is the "killer" in rat poison). Not only that, it causes osteoporosis, particularly in men, if used for long periods of time - over one year.

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This publication is written expressly for the Donsbach Foundation, a non-profit public education corporation (501-c-3), 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.