



# Natural Health Response

WITH DR. RICHARD GERHAUSER M.D.

## “Magic Water” Destroys Cancer Cells Sipping this ONE Drink is Proven to Shrink and KILL Even Aggressive Tumors

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Editor, *Natural Health Response*

We’ve all heard the legends about the Fountain of Youth.

Just a couple sips of this water, and you get to live forever.

Well, I’m about to introduce you to the next best thing.

Because there’s a special, healing water that’s now been proven to **destroy cancer cells... decrease the size of tumors... and improve survival by YEARS in cancer patients.**

In some cases, it’s *cured cancer completely.*

This isn’t the kind of water that comes out of your tap, or that you’ll find in your supermarket’s bottled water aisle.

But I’ll show you how to get your

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hands on it so you can fight your cancer... or maybe stop cancer from forming in the first place.

### Want to Live Longer? Drink This.

This special water, which is lighter than regular water, is technically called **deuterium-depleted water (DDW)**. I’ll talk more about what makes this water so unique a little later. But first, here’s what you need to know:

**This lightweight water is a heavy-hitter when it comes to cancer.**

The earliest studies on DDW were done on cell lines and in animals. These preliminary studies showed that:

- In the presence of DDW, the growth rate of tumor cells was significantly inhibited.
- In animal models of breast cancer, feeding DDW for 80 days caused a 70% regression of tumors—**and some tumors disappeared altogether.**
- DDW inhibited the expression of genes that promote tumor development.

Based on these positive findings, researchers decided to investigate whether drinking DDW would have

a beneficial effect in human studies.

Results have consistently shown that when DDW is used in addition to traditional cancer treatments, people live a whole lot longer.

Take a look:

#### Prostate Cancer

In a double-blind clinical trial, researchers studied the impact of drinking DDW on 44 men with prostate cancer. In addition to their conventional cancer treatments, half of the men drank DDW water, and half drank “regular” water for four months.

Simply adding lightweight water led to:

- Three times greater decrease in prostate size.
- A higher decrease in prostate specific antigen (PSA), which is elevated in the majority of prostate cancer cases.
- Diminished signs and symptoms of prostate cancer.
- And most importantly, **the men lived longer.**

#### Breast Cancer

Researchers compared the survival of 232 women with breast cancer who drank DDW in addition to their regular cancer treatment.

The women who drank DDW in

addition to their regular cancer treatment had much longer survival times—*regardless of the stage of disease*.

It also helped prevent breast cancer from recurring.

## Lung Cancer

A study of 129 people with lung cancer showed that, once again, when DDW was used in addition to traditional cancer treatment, it resulted in longer survival times.

Even when lung cancer had spread to the brain—which often has a poor prognosis—using DDW in addition to conventional treatment led to longer median survival time.

## A New Way of Looking at Cancer

How can something as simple as drinking special WATER have such a big impact on cancer?

It has to do with the cellular energy powerhouses I'm always talking about: your **mitochondria**.

I know you've been told your whole life that cancer is a genetic disease, but the true primary cause is problems with energy metabolism. This was first discovered by Dr. Otto Warburg nearly 100 years ago when he found that cancer is essentially caused by defective mitochondria.

To understand why **deuterium depleted water** is so beneficial against cancer, first we have to understand why deuterium (a naturally occurring hydrogen isotope) is so harmful.

High levels of deuterium in your body are both a cause and a consequence of poor energy production. Here's how it goes:

- Too much deuterium from the environment weighs down the body's production of energy.
- Defective mitochondria don't filter out deuterium from the body as well as they should.
- Higher levels of deuterium from within the body then further weigh down the body's energy production.

In other words, it's a vicious cycle.

## Clogging Up Your Body's Energy Motor

Deuterium is a heavy form of hydrogen. It is similar to hydrogen because it has one electron and one proton, but it is different because it also contains a neutron, which gives deuterium **twice the mass** of "light" hydrogen.

In other words, it's "heavy" hydrogen.

Hydrogen is involved in energy production within our **mitochondria**. The ion of hydrogen, H<sup>+</sup>, flows through a protein on the inner mitochondrial membrane called ATPase. H<sup>+</sup> causes ATPase to spit out ATP, which is the energy fuel for cell function.

Light water like DDW helps our body's energy motor run more efficiently.

But because deuterium is twice

the mass of hydrogen, having too much deuterium is like pouring syrup into the gears of our energy production.

In addition to clogging up the production of ATP, deuterium also thwarts **enzyme function**. Each cell in our body has an astounding 100,000 chemical reactions per second occurring in 37 trillion cells. Enzymes are indispensable to keep this amazing process humming.

When deuterium clogs up the gears, this process doesn't work like it should.

## A Consequence of Mitochondrial Dysfunction

If you have healthy mitochondria, you will generally have low deuterium levels.

Mitochondria can actually make their own DDW as a byproduct of energy production—which is great for your health.

The trouble is that mitochondrial function declines with age—typically about a 10% decline each decade. In addition, the lifestyle factors that I keep harping about—like lack of sun exposure, lack of grounding, fake light exposure, exposure to electric and magnetic fields from our technology, a processed food diet and stress—all lead to early mitochondrial dysfunction.

So your mitochondria no longer make DDW as well as they should – which is why supplementing by

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*Natural Health Response* is published monthly for US \$99 per year by Health Sense Publishing, 1119 St. Paul Street, Baltimore, MD 21202-2406

drinking DDW becomes critical.

Plus, when mitochondria aren't functioning properly, they don't filter out the deuterium as well as they should. This leaves more deuterium in the body to then gunk up the body's energy production machine.

It's a vicious cycle that has a devastating impact on energy metabolism—and it explains why deuterium has been implicated in the formation and progression of cancerous cells.

It also explains why evidence has also shown that deuterium is likely associated with everything from obesity and diabetes, to sleep apnea and adrenal fatigue, to hormone imbalances and depression.

I know that's all very complicated, but there are two simple solutions to this "technical" problem:

1. Follow a deuterium-depleted diet
2. Support your mitochondria, so they can do their job of making deuterium-depleted water.

Fortunately, both are easy to do.

## The Deuterium-Depleted Diet

Deuterium is present in all plants and animals, and in all water sources on earth. So even though you've probably never heard of it, you consume it every day.

Light hydrogen evaporates faster than deuterium, so there tends to be more deuterium in deserts and tropical climates and less in cold climates. (For example, water in the Sahara Desert has 180 ppm deuterium, while Antarctica ice has been measured at 90 ppm deuterium.)

But water isn't the only problem.

Most processed foods and GMOs are **deuterium bombs**. They're loaded with the stuff.

In addition to removing processed foods for your diet, there are a few foods that are known for their low deuterium content:

- Grass-fed butter and animal fat is deuterium depleted, at about 110 ppm.
- The saturated plant oils like coconut and palm oil are about 101–105 ppm, the most deuterium-depleted food available. That means a ketogenic diet can help with deuterium depletion.
- Another source of deuterium-depleted water is glacial spring water, which can also aid in deuterium depletion.

## 5 Ways to Support Mitochondria and Deplete Deuterium

By closely following Nature's rules, you can deplete deuterium naturally because you'll be supporting your mitochondria. Here's how to do it:

- The first and most critical is **sun exposure**. Recall that the red and ultraviolet light from the sun improve mitochondrial function.
- **Cold exposure** increases the electric charge on cell and mitochondrial membranes, which allows deuterium depletion. Try to expose yourself to cold a little bit each day.
- **Intermittent fasting** improves mitochondria and cell function.
- **Sleep** is when we deplete deuterium in the brain, specifically during REM sleep. Any sleep disorder will fog your brain and result in modern diseases.
- **Fake light** and man-made

electromagnetic fields from our technology have a detrimental effect on mitochondrial function and lead to deuterium accumulation.

## Where to get DDW

Supplementing with DDW is another great way to keep your deuterium levels low—and it's especially important if you're fighting (or looking to prevent) cancer.

While most water sources are about 150 ppm of deuterium, light water (like the kind shown to have anti-cancer benefits) is 25–130 ppm.

The reason why "light water" is so beneficial against cancer is simply because it helps our body's energy motor run more efficiently.

For combatting cancer and other diseases, there are special deuterium-depleted sources that can get down to as low as 25 ppm.

A company called Qlarivia sells deuterium depleted water that is 25 ppm. Visit [www.qlarivia.com](http://www.qlarivia.com).

## My Personal Health Coaching Program

You can have your deuterium levels measured so that you can see if you are making progress with your deuterium-depleting lifestyle.

I do this testing and make recommendations based on the results in my Personal Health Coaching Program that can be done over Skype or the phone.

If you're interested in participating in my Personal Health Coaching Program, call (520) 529-2779 to set up an appointment today.

# Banish Back Pain With This Amazing European CURE

## Simple Gas Melts Away Pain and Keeps It From Coming Back

Have you ever bent over to pick something up and felt a POP in your back?

Suddenly, you can't stand up straight or put weight on one leg.

This type of back pain can come from a lot of causes... herniated disc, bulging disc, pinched nerve. Call it what you will, it all spells the same thing: P-A-I-N.

When the pain persists, your doctor might push steroid injections or even surgery. Both come with side effects—and neither guarantees good results.

But I've found a better way.

It's a cutting-edge procedure that has been commonly used in Europe for more than 50 years, yet it's practically unheard of in the States.

It works better than steroids and surgery, it has fewer complications, and best of all, **it offers immediate—and even permanent—pain relief.**

### Disc Disasters

Every day in my practice I see patients complaining of low back pain. It can be caused by any

number of factors, but one of the most common is a herniated disc.

There are discs in between each of the bones of your vertebrae that act like cushions. Their job is to minimize the impact of movement on the spine.

Some people describe these discs like jelly doughnuts because they're harder on the outside with a softer center. If there's a tear in a disc from an acute strain, some of that "jelly" spills out (the "bulge" in bulging disc) and pinches a nearby nerve.

If you're suffering from a herniated disc, you usually have two options, and I call them "bad" and "worse."

The typical, mainstream pain specialist will often use **corticosteroid injections** or nerve ablation procedures. But as with most mainstream procedures, they are short on effectiveness and long on side effects.

Of course, since the insurance companies do pay the physicians well for these procedures, doctors are only too eager to do them.

But I'm not most physicians. And in my search for a better solution, I found...

### The Key to Permanent Pain Relief

It's called **Prolozone**, and it is essentially uses oxygen—delivered through **ozone injections**—to promote healing.

Yes, that's the same gas from the ozone layer that forms a buffer between us and the sun. And it's

the same ozone that's considered a pollutant that can damage the airways if you breathe it in.

But this gas could actually be the key to permanent—yes **permanent**—pain relief.

Prolozone gets to the root of back pain by **REGENERATING** damaged tissue. As a result, pain that's been labeled as "untreatable" can now be described by a different word...

CURED.

That's because researchers have proven that ozone therapy has the power to *heal* herniated discs.

### It Works When Nothing Else Does

To test this ozone therapy, scientists treated patients with herniated discs that had been unresponsive to other treatments. These folks were one step away from surgery.

But after just one injection of ozone, about a third reported being completely pain free—**even six months after the treatment!**

And another third reported fewer episodes of back pain.

Six months is great... but what about six *years*? Prolozone therapy can do better.

Another study found that after having ozone injections, three out of four patients remained pain-free **10 years later.**

Prolozone has also been shown to be even better than surgery.

### Are Statins to Blame For Your Back Pain?

If you have unexplained back pain, cholesterol-lowering statin drugs could be to blame.

A recent published report showed that statin use can increase the incidence of back disorders that cause pain such as disc disease, spinal stenosis, and spondylolysis.

A study published in 2009 did a head-to-head comparison of oxygen-ozone therapy to *discectomy*, a procedure that actually **removes** the damaged disc. Both were equally effective at reducing pain and improving function—but the oxygen-ozone treatment had fewer complications and a faster recovery time.

## The Healing Power of Oxygen

What's Prolozone's secret? The answer is in the name itself.

Prolozone means to “rebuild tissues with ozone”—and that's exactly what it does.

Ozone is the most highly active form of pure oxygen—and **oxygen is the key to true healing.**

Have you ever wondered why some injuries heal, while others don't? It has to do with oxygen supply—or a lack of it.

Decreased circulation that occurs with aging means there's not as much oxygen and nutrients necessary to provide healing when an injury occurs. Then when an injury does occur, it causes inflammation—further reducing circulation and oxygen.

In other words, **it creates a cycle of chronic pain.**

By injecting the area with ozone, you're stimulating oxygen utilization, reducing swelling, and increasing circulation—which further increases oxygen.

This gives the body everything it needs to fully heal itself by **REBUILDING** and **REPAIRING** damaged areas.

In other words, **it breaks the cycle of chronic pain once and for all.**



## How to Get Your Own Dose of Ozone

To find a doctor who uses Prolozone Therapy, visit the **American College for Advancement in Medicine**, [www.acam.org](http://www.acam.org). Go to the search tab for a list of doctors near you.

If there aren't any doctors nearby who use this treatment, I suggest seeing a physician member of the **American Academy of Orthopedic Medicine** who can diagnose the source of the pain.

These physicians have many more options for treatment, such as prolotherapy, platelet rich plasma injections, stem cell treatments, light therapies, and other cutting-edge treatments.

## A Few Final Thoughts

In my experience, when a person has their back go out, it's often beneficial to see a physical therapist that can evaluate your muscle strength and posture. They are usually able to provide a program that will help increase flexibility

“ My advice is to be sure and address the root causes of general body deterioration.

” and strength in the back muscles and joints in order to help prevent future reoccurrences.

If you have chronic back pain that is not helped by conservative measures such as working with a physical therapist to fix potential strength and flexibility problems, my advice is to be sure and address the root causes of general body deterioration.

These are things I'm discussing all the time, such as regular sun exposure (to set the circadian biology), grounding (going barefoot, which adds more electric charge to tissues to keep them healthy), mitigating artificial light in your life (which increases inflammation and tissue damage), and getting enough DHA in your diet through eating seafood (which transfers much-needed electric charges to your cells).

# 4 Reasons the New Blood Pressure Guidelines are a Scam

## Plus, Dr. G's Drug-Free Way to *Instantly* Lower Your Blood Pressure

At your next visit to your doctor, you may be in for the shock of your life.

You could be diagnosed with high blood pressure... and given dangerous, heavy-duty pills.

***Even though your blood pressure hasn't changed at all!***

Literally overnight, the number of Americans with high blood pressure has skyrocketed from 72 million to 103 million.

Why? Because the American Heart Association and the American College of Cardiology just changed the definition of high blood pressure.

It's a racket... and one that will net the drug companies a fortune.

Thanks to these new guidelines, millions of perfectly healthy Americans are going to be forced to take blood pressure meds they don't need (and that could be harmful).

Don't be one of them.

I'll tell you everything you need to know to steer clear of this scam.

Plus, I'll share with you the safest, healthiest way to keep your blood pressure under control.

## New Blood Pressure Guidelines

In November 2017, an expert panel decided on a new definition for high blood pressure that will be the new gold standard for American doctors.

Under the previous guidelines, high blood pressure was defined as 140/90. Under the new guidelines, elevated blood pressure is now defined as 120–129/80.

According to the new blood pressure guidelines,

- **Elevated blood pressure** means any blood-pressure over 120/80.
- **Stage I hypertension** means a systolic blood pressure of 130–139/80–89.
- **Stage II hypertension** means any systolic blood pressure over 140/90.

These new guidelines are based on a 2015 study published in the *New England Journal of Medicine* called the SPRINT study.

It evaluated people over 68 years old who all had high cardiovascular risk. The goal was to compare the usual blood pressure management of **140 mmHg** to a much more aggressive goal of **120 mmHg**. They loaded up the participants on one, two, and sometimes even three blood-pressure-lowering drugs to achieve these numbers.

The results of this study were hailed as “earth-shattering” because they showed that aggressive treatment reduced events such as heart attacks and mortality by as much as 25%.

The American Heart Association and the American College of Cardiology jumped all over this study, quickly using it as the sole basis of establishing new, more aggressive blood pressure guidelines.



But these supposedly objective organizations *completely ignored* the warnings from experts who expressed concern over the validity of the SPRINT study.

Their consensus?

***You simply can't apply the results of this study in the real world.***

...much less use them as a basis for national guidelines.

I couldn't agree more.

I want to make it clear that I do not go along with these new recommendations—and I'll tell you exactly why you shouldn't either.

Here are my four major problems with this study.

## Major Problem #1

I will admit that a 25% risk reduction sounds impressive. Using simple math, it might seem like that means that one of every four people treated will have a beneficial outcome, which sounds pretty good.

But that's not the reality, and here's why.

This study looks at *relative risk* reduction as opposed to **absolute risk** reduction. Relative risk reduction can be deceiving because it compares two specific groups against each other (in this case, those with BP of 140 vs. those with BP of 120), but it doesn't show the actual odds of being helped.

A letter published in the *Annals of Internal Medicine* in 2016 reviewed the SPRINT study with the goal of giving us the actual number of good outcomes for aggressive blood pressure control with drugs—and it paints a MUCH different picture.

It found that if 1,000 patients were treated aggressively for 3.2 years, *only 16 would get a benefit*. In absolute risk numbers, **that's a 1.6% chance of being helped**. Not the kind of numbers you base new national guidelines on!

It also means that over 900 people would get no benefit at all... and that 22 would be seriously harmed.

Reporting the relative risk sounds better...and sells more drugs. But if you really want to know how beneficial a treatment is, absolute risk is the only number that matters. That way you know if the benefits are

real and if they are worth putting up with the side effects of aggressive drug treatment.

## Major Problem #2

The second problem I have with the study is the way blood pressure was measured.

The researchers used an automatic cuff that self-inflated five minutes after the patient was sitting alone. In a real doctor's office, the blood pressure is always measured with a healthcare provider present and with no waiting period.

This is an important difference because automated blood pressure readings are generally far lower than those done in a doctor's office. This means that a reading of 120 in the study would likely correlate with 130 readings in the real world.

And those folks would end up getting treated, when their blood pressure was already low.

This exposes you not only to the dangers of the drugs themselves, but to the very real possibility of getting your blood pressure TOO LOW. This is a dangerous condition called hypotension that puts you in danger of not getting

enough oxygenated blood to your body and your heart.

## Major Problem #3

As I mentioned earlier, the people in the SPRINT study were older people who were already at risk for cardiovascular disease. That's a very specific group of people, whose treatment standards should NOT be the same as those for healthy individuals.

Despite this fact, these guidelines are for everyone.

The bottom line is that you simply can't apply the results of this trial to the real world—much less use them to establish new national guidelines for the general population.

## Major Problem #4

My main problem overall is that using this flawed study to create bogus guidelines will result in millions MORE people being put on prescription drugs.

I'm not saying high blood pressure isn't a problem. Other than smoking, high blood pressure is the leading PREVENTABLE cause of heart attacks and strokes. It's also an important risk factor for



## Do You REALLY Have High Blood Pressure?

If a patient comes to me with elevated blood pressure, my first recommendation is to teach them to take their own blood pressure measurement.

Blood pressure is usually higher in the doctor's office, and it's important to know what it is at home in order to get a more accurate reading.

If this sounds like you, spend \$20-30 on a home blood pressure monitor and keep a diary of blood pressures at various times. I've lost track of the number of times a high in-office reading miraculously drops once the patient tests at home.

kidney failure, heart failure, and aneurysms.

But drugs are never the answer.

This approach COMPLETELY IGNORES the lifestyle interventions that have the most impact on blood pressure, and this really makes their guidelines ridiculous in my opinion.

From my experience of practicing medicine for over 35 years, I can tell you that natural approaches to reducing blood pressure are highly effective.

And the best one is completely free.

## INSTANTLY Lower Your Blood Pressure... *Without Spending a Dime*

Have you ever noticed how relaxed you feel after spending time outside? It doesn't matter what you're doing—laying on the beach, taking a hike in the woods, playing a round of golf, even just window shopping through a historic city.

Getting the sun directly in your eyes and on your skin causes chemical reactions in your body that can **instantly** lower your blood pressure. That's way cheaper, easier, and more enjoyable than any pill I've ever seen.

Here are four ways it works:

1. The morning sun sets our circadian clocks, and circadian disruption has been tied to blood pressure elevation in many studies.
2. The midmorning sun contains UVA light, which stimulates the release of nitric oxide in our skin. Nitric oxide dilates the arterioles in the skin to instantly lower blood pressure.
3. UVA light in the eye stimulates

the production of melatonin. Low melatonin is associated with elevated blood pressure. Melatonin also improves sleep and sleep deprivation also raises blood pressure.

4. UVB light from midday sun stimulates the formation of vitamin D. Vitamin D is like a blood pressure drug. Multiple studies show that the higher the vitamin D, the better the blood pressure—and that there's a correlation between low vitamin D levels and elevated blood pressure.

“ —————  
If you're in good health, don't let anyone tell you that you suddenly need a blood pressure drug today just because some bureaucratic guidelines have changed based on a highly flawed study. ”

## 5 More Ways to Lower Blood Pressure

1. **Coenzyme Q10.** Pooled data from several studies showed an impressive 16.6 mmHg drop in systolic blood pressure and an **8.2 mmHg** drop in diastolic blood pressure with doses ranging from 30–360 mg per day.
2. **Seafood.** Certain superfoods can significantly lower blood pressure. My favorite is **cold water fish** and shellfish because of the omega-3 fatty acids they contain. A recent large study suggests that five servings a week is the optimal amount for blood pressure reduction. That happens to be the minimal amount I have advised for over 20 years.
3. **Anthocyanins.** These are the flavonoids that give the red, purple, and blue color to berries, grapes, and pomegranates. Studies show these foods

can significantly lower blood pressure.

4. **Magnesium.** Low magnesium levels are a risk factor for elevated blood pressure, and magnesium supplementation has been conclusively shown to reduce blood pressure. It acts as a calcium channel blocker, one of the classes of BP lowering drugs.
5. **Increase parasympathetic nervous system activity.** This low-cost and risk-free way to reduce blood pressure includes activities like deep breathing, meditation, prayer, massage, yoga exercises, laughter, and exercise.

## If It Ain't Broke...

The old guidelines have been the standard for years.

If you're in good health, don't let anyone tell you that you suddenly need a blood pressure drug today just because some bureaucratic guidelines have changed based on a highly flawed study.

That's not how I made decisions regarding my medical practice, and it's not how you should make decisions regarding your health.

## STRANGE DISCOVERY LEADS TO 7-DAY JOINT PAIN MIRACLE

It's weird, but true. Scientists have discovered a joint pain miracle that works in just 7 days.

It's easy and simple to use... but it's been discovered in the strangest place.

Fortunately, it's now available to men and women in the United States.

[\*\*CLICK HERE TO FIND OUT MORE!\*\*](#)