

# Notes from Dead Doctors Don't Lie Audio Tape or CD

Speaker: Dr. Joel Wallach

During the 1960's Dr. Wallach authored 75 articles, 8 textbooks, appeared on 20/20, he was published in 1,700 newspapers & magazines. Dr. Wallach has also appeared on Network T.V.

## Recommended Videos on Longevity:

1937 - The Lost Horizon

1967-1968 - Shangri La

## Reading Materials on Longevity:

1933 - New York Times (256 year old man, Dr. Li) also the New York Times

Also see National Geographic 1973 January

According to Dr. Wallach, average life span of a doctor is 58.0, average life span of other person 75.5.

## Who do you want to believe? The Dead Doctors or the people who are living long lives?

Author of five best selling books on health and the South Hampden Diet, Stewart Burger, died at age 40 of cardiomyopathy.

## What vitamins and minerals are needed each day?

90 nutrients in all are needed in our daily diet.

60 essential minerals

16 essential vitamins

12 essential amino acids

3 essential fatty acids

As a Vet he performed over 17,500 autopsies on 454 species of animals, and 3,000 on humans. He practiced medicine as an MD for 12 years in Portland, Oregon and put the knowledge he learned as a veterinarian into practice on humans.

## Illness and the Vitamin/Mineral Deficiency:

- **Age Spots** - Selenium deficiency - free radical damage internally, when taking proper amounts of colloidal minerals (particularly selenium, these spots will visible disappear in 4 to 6 months)
- **Alzheimers Disease** - Vitamin E and Vegetable Oil
- **Aneurysms** - copper deficiency
- **Arthritis** - 85% of all arthritis caused by osteoporosis at the joint end of the bones
- **Arthritis (all kinds)** - chicken protein halts swelling (chicken cartilage - Knox Gelatin).
- **Baldness (Male Pattern )** - tin deficiency (left alone (untreated) results in deafness)
- **Bells Palsy** - calcium deficiency
- **Blindness** - tin deficiency
- **Bone Spurs** - get from raging osteoporosis. Calcium Deficiency.
- **Calcium deficiency** - results in 147 diseases (over 200 diseases according to Dr. Robert Barefoot)
- **Calcium Deposits** - get from raging osteoporosis. Calcium Deficiency.
- **Cancer** - Prevent cancer 10,000 mg of Vitamin C. Use Vitamin E, Beta Carotene and Selenium to fight cancer. (calcium ? – according to Dr. Robert Barefoot)
- **Cardiomyopathy** - selenium deficiency (early symptoms are liver spots – age spots)
- **Cramps and Twitches** - Calcium Deficiency.
- **Diabetes** - chromium and vanadium deficiency. #3 cause of death in adults in the US. Causes blindness, kidney failure, cardiovascular complications, amputations and generally shortens life span. The animal industry in 1957 had cured diabetes in farm animals. (Federation Proceedings, August 1957). Vanadium replaces insulin in the body.
- **Gingivitis** - calcium deficiency (gingivitis not caused by not brushing properly)

- **Gray/White hair** - copper deficiency
- **Heel spurs** - get from raging osteoporosis. Calcium Deficiency.
- **Hypertension** - not exacerbated by salt. A five year study done, 30 million dollars, 99.7 % of people got no result from giving up salt. -- Instead need to double RDA requirements and take 5,000 mg of Calcium.
- **Hypoglycemia** - chromium and vanadium deficiency
- **Insomnia** - calcium deficiency. Each year 10,000 people a year are killed by use of barbiturates and halcyon.
- **Kidney Stones** - get from raging osteoporosis. Calcium Deficiency.
- **Kidney Stones** - Need boron, calcium and magnesium. You need the boron to ensure that the calcium is absorbed!
- **Liver Spots** - Selenium deficiency - free radical damage internally (particularly selenium, these spots will visible disappear in 4 to 6 months)
- **Loss of Sense of smell** - zinc deficiency
- **Loss of sense of Taste** - zinc deficiency
- **Low Blood Sugar** - Allowed to go on becomes diabetes (chromium and vanadium deficiency ?)
- **Low Back Pain** - Osteoporosis of the Vertebrae (calcium deficiency)
- **Osteoporosis** - calcium deficiency
- **Pica** (craving for sweets) - Deficiency of Chromium and Vanadium. Pica (also now know as the munchies). Pica also known as cribbing in horses. Horses will chew on the wood around the stalls; cattle will pick up rocks from the creek and chew on them. Pica also occurs in pregnant women because the fetus is taking minerals away from the mother... that is why the mother has these strange cravings for sweet and salty foods at the same time... she is trying to replenish the minerals and vitamins being taken away by the fetus.
- **PMS** - Calcium Deficiency - double RDA Calcium will cure physical and emotions symptoms of PMS
- **Receding gums** - calcium deficiency (receding gums is not caused by improper brushing)
- **Sagging skin (arms, breast, belly)** - copper deficiency
- **Skin wrinkles** - copper deficiency
- **Spider Veins** - copper deficiency
- **Sugar Diseases** - chromium and vanadium deficiency
- **Varicose Veins** - copper deficiency

Avoid the landmines to your health:

1. **Stay away from doctors!!**
  - 300,000 individuals each years are "killed" in hospitals alone through medical negligence (a procedure went wrong, the wrong prescription, the wrong dosage, etc.)
2. In comparison we lost only 56,000 military personnel in Vietnam over a 10-year battle that is 5,600 per year lost in combat versus 300,000 lost each year due to medical negligence.

In 1992 Time published an article called, "The Real Power of Vitamins" which was overall a positive endorsement of our need for vitamins. (April 6, 1992, see attached).

Spending: Health Dollars:

- If you don't want to invest \$1.00 per day for vitamins, you will be investing in the lifestyle of some doctor.
- During the WWII we spent 80 million on health, now the figure is closer to 1.2 trillion.

Did you get any recall notices from your doctor?

- Recall notice from your doctor when it was finally realized that ulcers are NOT caused by stressed - National Institute of Health, February 1994. (Ulcers are caused by a bacterial called Heliobacter). Cure for ulcers (Bismuth and tetracycline). Translated that means a teaspoon of Pepto-Bismol and ampicillin.
- Recall notice from doctor when in Sept. 1993 the National Cancer Institute found the anti-cancer diet. The Study was performed in China in a community high in cancer rate. The study merely doubled the

recommended daily dosage for vitamin C. Les Pauling is 94 and still working on his ranch in Big Sur, CA. All the other experts who have spoken out against Les are dead. Use Vitamin E, Beta-Carotene and Selenium to fight cancer.

- Did you get a recall notice when the Harvard Medical School Bulletin published results that arthritis was significantly positively impacted by use of chicken protein, chicken cartilage. 29 people of the study volunteered for an extra 90 days after every treatment with pharmaceutical products had failed to provide arthritis suffers with any relief. Every morning a heaping teaspoon of chicken cartilage was ground up and placed in their orange juice. After 90 days maximum return of movement was result. Chicken cartilage had become a drug according to report issued by Harvard Medical School Bulletin.
- July 1992, University of California at San Diego published an article that said Vitamin E and low dosage of vegetable oil eases memory loss.
- Harvard Medical School, March 15, 1993 - kidney stones caused by raging calcium deficiency. You need more calcium, not less. Need boron, calcium and magnesium. You need the boron to ensure that the calcium is absorbed!
- Washington Post 1992, Doctors Lining their Pockets
- September 1993 Readers Digest article, "Can you Trust Your Doctor?" said that 1/4 million dollars a year is used for kickbacks to doctors for cat scans and other procedures. You doctor gets back an average of \$421 each time he refers a patient for a CAT scan.
- Heart Transplants - Free heart, Blood from the family \$2.50 in sutures, charge \$750,000 when it is a simply selenium deficiency.

You must have boron in order to absorb and keep your calcium. It is also a necessary ingredient that enables you to manufacture estrogen and testosterone.

US. Senate Report #264 - 74<sup>th</sup> Congress, 2<sup>nd</sup> Session, 1936  
There are no minerals left in our soil.

University of California at San Diego published a report 3 years ago on PMS, saying that you need to double your calcium intake to get rid of emotional problems associated with PMS.

#### Metallic Minerals:

Ore (ground up rocks) are only 8-12% absorbable.  
We can't absorb metallic minerals. Need ORGANIC minerals.

The older we get, the harder it is for us to absorb minerals.

#### Chelated Minerals:

Are metallic minerals with an amino Acid wrapped around it making it more absorbable. 40% Absorbable.

Colloidal Minerals: 98% absorbable.

#### Early warning signs of vitamin deficiency:

1. white gray and silver hair (copper deficiency)

## **Appendix A from Book: *Dead Doctors Don't Lie***

### Common Calcium Deficiency Diseases:

Ankylosing Spondylitis  
Bells Palsy  
Bone Spurs  
Calcium Deposits  
Compression Fractures  
Cramps & Twitches  
Degenerative Arthritis  
Dowager's Hump  
Elevated Blood Calcium  
Heel Spurs  
Hypertension  
Insomnia  
Kidney Stones  
Kyphosis  
Legg-Perthe's Disease  
Lordosis  
Low Back Pain  
Nutritional Secondary hyperparathyroidism  
Osteoarthritis  
Osteofibrosis  
Osteomalcia  
Osteoporosis  
Panic Attacks  
PMS  
Prolonged clotting time  
Receding Gums  
Sciatica  
Spinal Stenosis  
Spontaneous Fractures  
Tetany  
Tinnitus  
Trigeminal neuralgia  
Wallach's Vertigo