



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

Richard Gerhauser, M.D.
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⁺, flows through a protein on the inner mitochondrial membrane called ATPase. H⁺ 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.

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.