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The Healthcare PROBLEM AquaDios-Med™ Is The SOLUTION

\$8.2 Million UK Study Analysis
By Dr. Alan Jensen



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The Healthcare PROBLEM

American Healthcare Costs Pass \$2.8 Trillion for 2008

Professionals in the field estimate the nation's healthcare bill for 2008 will be more than \$2.5 trillion. A *Los Angeles Times* article by Ricardo Alonso-Zaldivar on January 7, 2008, titled "Healthcare Costs pass \$2 trillion for 2006," reports the nation's healthcare cost averages \$7,026 per person and, according to a government report released that date, the sickest patients incur much of those costs. Thus, some 10 percent of the population accounts for more than 60 percent of healthcare costs.

According to the Kaiser Family Foundation, healthcare costs in the United States reached \$2 trillion in 2005, almost three times the \$696 billion spent on healthcare in the United States in 1990, and over eight times the \$246 billion spent in 1980.

Spending on healthcare in the U.S. accounted for 16% of the nation's Gross Domestic Product (GDP). According to Mercer-MMC, among the world's leading global advice and solutions providers in risk, strategy and human capital, health cost growth is outpacing wages and material costs and eroding business profitability. *Source: Mercer's National Survey of Employer-Sponsored Health Plans; Bureau of Labor Statistics, Consumer Price Index, U.S. City Average of Annual Inflation (April to April) 1988-2007; Bureau of Labor Statistics, Seasonally Adjusted Data from the Current Employment Statistics Survey (April to April) 1988-2007*

• Hospital Healthcare Can be Cause of Death •

The modern healthcare hospital system is, in fact, the *leading* cause of death in America. Doctors themselves are not to blame; the entire modern healthcare system is to blame, for allowing, and promoting, so many unnecessary procedures, drugs and mishaps, not to mention the infections which plague hospitals and attack patients opportunistically. This illustrates precisely why the system is so desperately in need of change and why healthcare costs in America are over \$2 trillion dollars.

Government health statistics show that American medicine practices cause more harm than good. In-hospital adverse drug reactions (ADR) to prescribed medicine is listed at 2.2 million. Dr. Richard Besser, of the CDC, in 1995, said the number of unnecessary antibiotics prescribed annually for viral infections was 20 million. Years later, in 2003, Dr. Besser referred to tens of millions of unnecessary antibiotics. Unnecessary antibiotics not only tax the healthcare system with the unnecessary costs of these drugs and their administration, they also make disease-causing microbes resistant to treatment, thereby causing further disease and the incurring further costs of treatment.

The number of unnecessary medical and surgical procedures performed annually is 7.5 million. The number of people exposed to unnecessary hospitalization annually is 8.9 million. The total number of iatrogenic deaths (those induced inadvertently by a physician or surgeon, or by medical treatment or diagnostic procedures) is reported at 783,936. The 2001 heart disease annual death rate was 699,697 and annual cancer death rate, 553,251. Thus, in 2001, the American medical hospital system was the leading cause of death and injury in the United States by more than 84,000.

To further illustrate this fact, this writer knew a Hodgkin's disease patient who was receiving radiation. At one point, he had to go to a nationally respected hospital for a blood transfusion. Unfortunately, the patient was inadvertently given the wrong blood and died. The hospital refused to acknowledge the error.

Attention to unnecessary medical events is very important because any medical procedure that is invasive and not necessary must be considered as part of the larger iatrogenic picture. But cause and effect go unmonitored. The figures on unnecessary events represent "patients" who are thrust into a dangerous healthcare system. They are helpless victims. Each one of these 16.4 million lives in 2001 was affected in a way that could have had a fatal consequence. Simply entering a hospital could result in a serious adverse drug reaction (186,000); a hospital-caused infection (489,500); iatrogenic injury or medical error with adverse drug reactions (1.78 million); and procedure error (1.3 million). Over a ten-year period the author projects 7.8 million iatrogenic hospital deaths; *more than all the casualties from wars that America has fought in its entire history.*

Problematic Dangers • Medicine •
• Pharmaceuticals • \$8.2 Million Study in UK • 2008

Too often patients will be thrust into a dangerous and reckless healthcare system. Take, for example, the "Scoop" osteoporosis study for prevention of fracture, led by scientists from the Universities of Southampton, East Anglia, Birmingham, Bristol, Manchester, York and Sheffield. Women aged 70 to 85 will be recruited from communities close to the seven universities.

The "high-risk" category will be offered bone scans and will be given *bisphosphonate drugs*, which prevent bone thinning and can reduce the risk of fracture by 50 percent. However, there are almost always serious side effects from pharmaceutical drugs. In this case, oral bisphosphonates stay in the bone for many years and cause osteonecrosis, or bone death, years after the drug is stopped. Osteonecrosis is characterized by destruction of bone tissue, caused by interference of the blood supply to bone.

Oral bisphosphonates, like *Fosamax*, have been linked with jawbone death, or jaw rot, a form of jawbone decay. This can be very painful and may lead to complications such as infection, breakdown of the jawbone, ulcerations in the mouth, non-healing wounds, and osteomyelitis (inflammation of bone marrow). *Once necrosis begins, it is irreversible.* The most common symptoms of osteonecrosis of the jaw are pain, swelling, gum infections, loose teeth, poor healing of gums after dental work and numbness, or a heavy feeling in the jaw. Approximately 3 million women in the U.S. take the drug.

The study received \$8.2 million US of funding from the Medical Research Council (MRC) and the Arthritis Research Campaign (ARC) and has the backing of the National Osteoporosis Society (NOS), whose president is the Duchess of Cornwall. Osteoporosis leads to 86,000 debilitating hip fractures. But this study fails to provide funds to investigate preventive measures, by far the most effective "remedy" for osteoporosis.

Why does an 8.2-million-dollar osteoporosis study for prevention of fracture fail to include safe exercise, like "deep-water running," a *preventive* treatment, but the study pays for and prescribes dangerous *bisphosphonate drugs that cause irreversible osteonecrosis?*

Scientific Proof • Childhood Traumas MAJOR Factor in All Illnesses

Many medical research advocates in support of Mind/Body Medicine maintain that emotions play a role in nearly every physical disease, from heart disease to depression to arthritis and cancer. The Adverse Childhood Experiences (ACE) Study is a research project that analyzes relationships between multiple categories of childhood trauma and health.

The conservative Centers for Disease Control and Prevention (CDC) states that 85 percent of all diseases have an emotional or stress element, but the actual percentage is probably much higher. Many scientists and medical doctors who have left their conventional medical and scientific dogmas behind claim that **100 percent** of one's current health status is due to mental and emotional reactions to events that take place during one's lifetime.

The ACE study, published in the *American Journal of Preventive Medicine*, found that both the prevalence and risk increased for severe obesity, physical inactivity, depressed mood, and suicide attempts as the number of childhood exposures to trauma increased.

They also found a strong relationship between the number of childhood traumas and the number of health risk factors for leading causes of death in adults. In particular, they found a significant relationship between the number of childhood trauma exposures and the following disease conditions: ischemic heart disease, cancer, chronic bronchitis or emphysema, history of hepatitis or jaundice, skeletal fractures, poor self-rated health.

The fact is that physical health is deeply connected to mental projections and beliefs and this puts the power into the patients' hands! But this scares many who are not ready to take responsibility for how they feel, what they think, and their beliefs about their world. And in particular, the traditional medicine, which dominates the current healthcare system, ignores or downplays the importance and role of emotions in disease. This, of course, contributes greatly to the high cost of healthcare in the United States.

Diabetes

On April 11, 2007, Michelle Andrews reported in *USA Today* on a new study showing that nearly 3 out of 5 of the 18 million Americans with Type 2 diabetes suffer from at least one serious health complication such as heart attack or chronic kidney disease. Taken together, complications from the disease accounted for an estimated \$22.9 billion in medical spending in 2006. Annual healthcare costs per person were nearly \$10,000, almost three times higher than for non-diabetics.

“We know those complications are out there, but the sheer magnitude of them was a surprise,” said Daniel Einhorn, an endocrinologist who is secretary of the American Association of Clinical Endocrinologists, at a press conference announcing the results of the study, “*State of Diabetes Complications in America*.”

Clinical studies show that *diabetes has a simple fix*. It is a non-drug treatment that helps diabetics and prevents those at risk from developing it. That treatment is *safe regular daily exercise*. For years, studies have shown that physical activity enhances a cell's uptake of glucose, getting the sugar to where it's needed for the cell to function normally.

It is believed that a nationwide AquaDios-Med™ program (see “The Healthcare Solution,” page 11) will dramatically lower the incidence of diabetes and diabetes-related illnesses in the United States—as well as all the diseases and disorders listed below—reducing the cost of healthcare by a proportional amount in the process.

Heart Diseases

The *American Heart Association* states that heart disease is the cause of more than 489,000 deaths each year. In 2004, cardiovascular disease, or CVD, was the cause of 869,724 deaths. CVD includes heart disease, stroke, high blood pressure, heart failure and several other conditions. It has been the leading cause of death in the United States every year since 1900.

Heart disease is one of the most preventable health conditions. Simply avoid smoking, limit alcohol intake to moderate amounts, eat a diet rich in fruits, vegetables and whole-grain products, *exercise regularly* and control health conditions such as high blood pressure, diabetes and high cholesterol.

On December 18, 2007, Robert Preidt reported in HealthDay that *CVD risk factors are increasing because of overweight and obesity in adults and in children.* There is also increasing rates of diabetes, a major cardiovascular risk factor. In 2006, the Centers for Disease Control and Prevention indicate heart disease will cost the U.S. \$142.5 billion, including healthcare services, medications, and lost productivity.

Cancer

The *American Cancer Society* states that cancer was the second leading cause of death in 2004. On June 14, 2004, Roland Jones, Associate Editor MSNBC, wrote the costs of cancer are staggering: Last year, the U.S. bill for direct medical costs and lost worker productivity totaled nearly \$190 billion. And with the incidence of cancer expected to rise, there's a new emphasis on one way to help reduce both cases and costs—prevention.

Health officials say many cancers can be prevented. American Cancer Society data show a third of the 550,000 cancer deaths in the U.S. last year were caused by tobacco use, another third by poor nutrition, physical inactivity, obesity and other lifestyle factors. CEO Stephen Nash, Cancer Institute New Jersey, New Brunswick, states, “In the cancer control and prevention world, it’s very difficult to find money to pay for research activities.... America spends billions of dollars on treatment, but *we spend only a fraction on prevention and cancer control.*”

Stroke

Stroke is a massive killer and is one of the leading causes of disability in America. Nearly 163,000 people in the United States die of stroke each year, and almost two-thirds of them are women. Smoking and uncontrolled high blood pressures are huge risk factors for stroke.

Stroke is highly preventable. Don’t smoke, keep blood pressure under control, keep cholesterol low, limit saturated fats, and *exercise regularly.*

Arthritis

The CDC reports that arthritis affects 43 million Americans. Arthritis has nearly 200 related conditions, including lupus, carpal tunnel syndrome, Lyme disease and gout that erode the cartilage that cushions bones at the joints. As the cartilage disintegrates, it can break off into the joint and irritate muscles and other tissues. Eventually, unprotected bones may begin to grind together during movement, causing excruciating pain. The CDC says rheumatic conditions are the leading cause of disability.

In 2003, the National Center for Disease and Prevention reported arthritis and other rheumatic conditions cost the U.S. \$127.8 billion (\$80.8 billion in medical care expenditures and \$47.0 billion in lost earnings). The total national costs of \$127.8 billion were 1.2% of the Gross Domestic Product. The **Arthritis Foundation Aquatic Program (AFAP)** is a water exercise program created by the Arthritis Foundation for people with arthritis and related conditions. The classes are conducted by a trained instructor and are designed to improve flexibility, joint range of motion, endurance, strength, and daily function and to decrease pain. The aquatics classes include breathing, stretching, joint movement, and light aerobic activities.

The AFAP is a good start, but not nearly as effective as the AquaDios-Med™ process (*see* “The Healthcare Solution,” page 8) when combined with a healthy diet and Mind/Body Medicine.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a suite of chronic lung conditions, including bronchitis and emphysema. The main cause of COPD is smoking; it's strongly associated with lung cancer. With COPD, the quality of life diminishes as the disease progresses. Shortness of breathe and activity limitations develop. Eventually an oxygen tank or mechanical respiratory assistance is required to breath. To reduce risk of dying of COPD, don't smoke, avoid secondhand smoke and exercise daily.

Alzheimer's Disease

Alzheimer's disease affects 4.5 million Americans. It is a progressive, degenerative brain disease that goes beyond simple forgetfulness. What may start as slight memory loss and confusion can eventually lead to irreversible mental impairment, with about 65,000 deaths a year. Treatments focus on stabilizing the signs and symptoms, improving well-being and easing caregiver burden. However, exercise can dramatically lower the incidence of Alzheimer's in the U.S.

Adverse Effects of Medicine

In medicine, an **adverse effect** is a harmful and undesired effect resulting from a medication or other intervention such as chemotherapy or surgery. An adverse effect may be termed a “side effect,” when judged to be secondary to a main or therapeutic effect, and may result from an unsuitable or incorrect dosage or procedure, which is often due to medical error. Adverse effects are sometimes referred to as “iatrogenic,” meaning generated by a physician and/or the treatment given by a physician. Some adverse effects occur only when starting, increasing or discontinuing a treatment. Using a drug or other medical intervention which is contraindicated may increase the risk of adverse effects. Adverse effects may cause medical complications of a disease or procedure and negatively affect its prognosis. They may also lead to noncompliance with a treatment regimen.

The harmful outcome is usually indicated by morbidity, mortality, alteration in body weight, lowered levels of enzymes, loss of function, or as a pathological change detected at either the microscopic, macroscopic or physiological level. It may also be indicated by symptoms reported by a patient. Adverse effects may cause a reversible or irreversible change, including an increase or decrease in the susceptibility of the individual to other chemicals, foods, or procedures (e.g. drug interaction).

In clinical trials, a distinction is made between Adverse Events (AEs) and Serious Adverse Events (SAEs). Generally, any event which causes death, permanent damage, birth defects, or requires hospitalization is considered an SAE.

Because healthy people do not enter the hospital or take pharmaceutical drugs, the incidence of AEs and SAEs in healthy people is zero. Therefore, anything which keeps a person healthy, such as good diet and exercise, serves to reduce the incidence of AEs and SAEs in the population as a whole, and reduce healthcare costs as a consequence.

AquaDios-Med™ (see “The Healthcare Solution,” page 11), combined with a healthy diet of five servings of fruits and vegetables a day, moderate alcohol consumption and no smoking, will decrease the need for medical intervention, and thus reduce exposure to the adverse effects thereof.

The \$8.2 Million SCOOP Study

• Screening Of Older women for the Prevention of fracture UK • 2008

The SCOOP osteoporosis study for prevention of fracture • older women is advertised as *preventive medicine* but research shows the statement is false as SCOOP relies on *Fosamax as the preventive medicine*. Thus, SCOOP is a pharmaceutically based study with no *preventive medicine* and relies on *bisphosphonate drugs, such as Fosamax which are known to cause Osteonecrosis - jawbone death*. This is not preventive medicine, it is iatrogenic medicine wherein treatment causes a more serious disease Osteonecrosis; characterized by destruction of bone tissue, caused by interference of the blood supply to bone. Oral bisphosphonates, like *Fosamax*, have been linked with jawbone death, or jaw rot, a form of jawbone decay. This can be very painful and may lead to complications such as infection, breakdown of the jawbone, ulcerations in the mouth, non-healing wounds, and osteomyelitis (inflammation of bone marrow). *Once necrosis begins, it is irreversible*. Approximately 3 million women in the U.S. take the drug.

The SCOOP study received \$8.2 million US of funding from the Medical Research Council (MRC) and the Arthritis Research Campaign (ARC) and has the backing of the National Osteoporosis Society (NOS), whose president is the Duchess of Cornwall. Osteoporosis leads to 86,000 debilitating hip fractures. But this study fails to provide funds to investigate authentic preventive measures such as the AquaDios-Med™ process, possibly the most effective “remedy” for osteoporosis. This 8.2-million-dollar osteoporosis study is counterfeit, *a false preventive medicine* that relies on a dangerous drug *proven to cause osteonecrosis or bone death* and fails to include safe exercise, like “deep-water running,” an authentic and genuine *preventive medicine* treatment.

Research • FOSAMAX • OTHER BIPHOSPHONATES CAUSE OSTEONECROSIS OF THE JAW OR ONJ

The drug research firm IMS Health states that Fosamax entered the US market in 1995, and within 10 years, it became Merck's second best selling drug, with world-wide sales of \$3.2 billion in 2005, and over 22 million prescriptions written in the US alone,

Fosamax, manufactured by Merck & Co., in a study conducted by the U.S. Food and Drug Administration (FDA), carries a higher incidence of osteonecrosis of the jaw or ONJ than other bisphosphonates. Evidence indicates Merck failed to promptly update its Fosamax label to report the ONJ danger, thereby causing millions of users to be at an unnecessary risk of developing the condition.

The Journal of Oral and Maxillofacial Surgeons, prompted both the US Food and Drug Administration (FDA) and Novartis, the manufacturer of bisphosphonates used in cancer chemotherapy, to issue a warning letter or alert on September 24, 2004 containing information about bisphosphonates and alerting health care professionals to the dangers and risks of osteonecrosis of the jaw.

Lawyers at Ashcraft and Gerel, LLP have determined that more than 2,400 patients have reported bone death in their jaws after taking bisphosphonate medications to prevent or treat bone loss.

On August 27, 2007 David Yates reports in the South East Texas Record that on August 23, 2007 a lawsuit was filed in the Jefferson County District Court by Sandra Cooper et al vs. Merck & Co. Inc.,. The suit alleges that Merck's osteoporosis medication Fosamax is defective, and that the manufacturer went so far as to bribe physicians to prescribe it in spite of the dangers. Merck did not list ONJ as a possible side effect on its Web site. However, lawsuits against Merck and other bisphosphonate manufactures have been sprouting up across the nation.

The July 27, 2006, Sidney Morning Herald reports on an August 14, 2006 article written by Evelyn Pringle for opednews.com. Pringle reported on Osteonecrosis of the Jaw News that "Merck Keeps Right On Pushing Fosamax". Pringle identifies Merck's Fosamax as their second-best selling drug while Fosamax has been identified as the cause for jaw bone death. Fosamax also causes unbearable pain that can not be relieved by ordinary painkillers, osteonecrosis of the jaw (ONJ), can also lead to infections of the face and neck, headaches, bad breath, and difficulty eating. In severe cases, patients may have difficulty breathing or require a feeding tube to avoid malnutrition, according to Pringle's research.

The Goldsboro News-Argus reports on July 24, 2006 that more than 3,000 published cases of ONJ have been reported since 2003. Experts say that despite the FDA warning sent to prescribing physicians in 2004, its been an uphill battle getting medical professionals to recognize the seriousness of the problem; there has been no decrease in the number of prescriptions written for the drug.

Experts say Fosamax may improve bone density, as far as fracture prevention, but its benefits are modest and that in fact, if taken for more than ten years, the drug can actually make bones more brittle and more likely to fracture.

Kenneth Hargreaves, chair of the endodontics department at the University of Texas Health Science Center, told the LA Times on April 3, 2006, "We've uncovered about 1,000 patients with ONJ in the past six to nine months alone, so the magnitude of the problem is just starting to be recognized".

On July 2, 2007 Austin Kirk reports on a study released June 26, 2007 for the Journal of the National Cancer Institute that provides further evidence directly linking *osteonecrosis of the jaw with Fosamax* and other bisphosphonates while the law firm of Saiontz, Kirk & Miles of Baltimore Maryland has begun collecting data for lawsuits.

On Sunday, April 16, 2006 Evelyn Pringle reported that *Fosamax Does More Harm Than Good*. Her news update indicates that Fosamax may improve bone density, but experts say when it comes to fracture prevention, its benefit is modest at best. In fact, some researchers say that when taken for more than ten years, Fosamax will actually make bones more brittle and thus, more susceptible to fracture.

In 2004 Susan Ott, MD, researcher of the University of Washington published a letter in the Annals of Internal Medicine, she wrote: "Many people believe that *these drugs are 'bone builders,'* but the evidence shows they are actually bone hardeners." "We're not quite sure what we're dealing with over the long haul," Dr Susan Ott, told the Los Angeles Times.

Another study quoted on April 4, 2006, by United Press International, found *more than 2,400 patients who were taking the injected form of bisphosphonate had suffered bone damage to their jaws* since 2001.

In addition to the 2,400 patients who were taking the injected form, the study found 120 patients taking the oral form of the drug who had been stricken with such incapacitating bone, joint, or muscle pain that some became bedridden and others required walkers, crutches or wheelchairs. Kenneth Hargreaves, of the University of Texas stated, "We've uncovered about 1,000 patients (with jaw necrosis) in the past six to nine months alone, so the magnitude of the problem is just starting to be recognized".

Susan Greenspan was a professor at Harvard Medical School when she authored a 2002 paper touting the benefits of Fosamax for the treatment of osteoporosis. Merck (1) paid for the recruitment and participation of 327 study subjects; (2) collected the data from 25 separate study sites; (3) coordinated the early phases of the study; and (4) provided expertise in study conduct. Merck also retained full control and ownership of the research.

The year before Dr Greenspan's paper was published in 2001, Fosamax sales barely reached \$1 billion. The following year the drug had sales of \$2.7 billion. On April 10, 2006, a lawsuit was filed against Merck, in a US District Court in Florida, alleging *Fosamax is a defective product because it can cause osteonecrosis of the jaw, and also alleging that Merck concealed the drug's dangerous side effects from doctors and patients.*

Analyst, Robert Hazlett, of Suntrust Robinson Humphrey, says that Merck has the resources to pay damages in the tens of billions of dollars. The company, he told CNN Moneyline, had \$16.7 billion in cash and investments on its balance sheet as of the end of December 2005.

About the time funding for the SCOOP Dr. Jensen wrote several letters to the team in charge of SCOOP and responsible for the *falsified label of preventive medicine* and he identified the *horrific side effects of Fosamax; a defective product responsible for osteonecrosis of the jaw, and information that Merck concealed the drug's dangerous side effects from doctors and patients* • He also provided SCOOP with his overview - summary manuscript of the Healthcare Problem in the US and Europe and offered to participate in the study with AquaDios-Med™.

His writings identified research facts and his deep concern of the SCOOP study with its use of *bisphosphonate drugs* like *Fosamax*; known to cause jawbone death or jaw rot, a form of jawbone decay or osteonecrosis, a bone death, years after the drug is discontinued.

Dr. Jensen advised that SCOOP falsely identified its procedure as a *preventive medicine* study because it includes no *preventive medicine* such as AquaDios-Med™ summarized in his Healthcare Solution.

His deep concern was identified with research facts demonstrating that a study of this magnitude not only failed to employ effective and safe *preventive medicine* it factually was about to unleash an iatrogenic time bomb with prescribed dangerous *bisphosphonate drugs that cause irreversible osteonecrosis.*

Dr. Jensen posits that the SCOOP 8.2-million-dollar osteoporosis study for prevention of fracture fails to include any recognized *preventive medicine such as safe exercise, like deep-water running, a preventive treatment, while prescribing dangerous bisphosphonate drugs that cause irreversible osteonecrosis.*

The Dr. Jensen unpublished manuscript was offered with its more than 1,000 references in support of the AquaDios-Med™ process and its factual *preventive medicine* applications, which could be incorporated into the SCOOP study. He offered to email this in a pdf file to show how *preventive medicine* practice such as AquaDios-Med™ has a safe exercise like "deep-water running," a *preventive* treatment capable of building "strong bones and eliminating or controlling osteoporosis without a dangerous drug.

Dr. Jensen suggested to SCOOP officials that Medical Science had an opportunity to verify *preventive medicine* benefits in the SCOOP study [Screening Of Older women for the Prevention of fracture].

SCOOP is identified as a cost-effective multi-site randomised controlled trial to demonstrate community-based screening programs for osteoporosis and reduction of the incidence of fractures, in older women. However, this SCOOP study relies on Oral bisphosphonates, like *Fosamax* which is known to cause jawbone death. SCOOP could just as easily include a *preventive medicine* practice like AquaDios-Med™ for 50 % of the population without the oral bisphosphonates as a comparison to the group with oral bisphosphonates.

Further, the lack of attention to preventive measures contributes to the prevalence of the most destructive diseases. The medical profession continues to believe medical science will resolve these problems, but research demonstrates that only thinking outside the box of medical tradition holds any hope of reducing these costs.

There is an elegant solution to this problem; AquaDios-Med™ which is simultaneously capable of reducing rates of death, disease, and healthcare costs significant measures.

Dr. Jensen has written a 520 page unedited and unpublished research manuscript with over 1,000 references covering the approaches of AquaDios-Med™ and its Mind Body Medicine practices; its side effects are all positive unlike the oral bisphosphonates with its *irreversible osteonecrosis*.

Please go to the <http://www.aquadios.com/> website and review the 3 videos, 2 of which are specific to the AquaDios-Med™ medical prototype while the other is specific to Mind Body Medicine. This video is experiential in nature and is best viewed in privacy without interruptions, to the end; its duration is about 12 minutes.

The SCOOP officials only sent information of the study to Dr. Jensen and never acknowledged any of the research facts presented specific to the dangers of Fosamax and the absence of a factual *preventive medicine*.

Conclusion – Healthcare Problem

The cost of healthcare in the United States is out of control. Traditional medicine practices are illuminated in the SCOOP study; it is this kind of *dangerous medicine* that has a stranglehold on the methodologies of treatment, and these methodologies cause unconscionably high rates of iatrogenic death and disease, on top of the high death toll from the diseases themselves.

The lack of attention to *legitimate preventive medicine measures* such as AquaDios-Med™ contributes to the prevalence of many of the most destructive diseases. The medical profession continues to believe medical science will resolve these problems, but research demonstrates that only thinking outside the box of medical tradition with innovative *preventive medicine practices* will there be any hope of reducing these costs.

There is an elegant solution to this problem. Rates of death, disease, and healthcare costs can be simultaneously reduced by significant measure. **Please see “The Healthcare Solution” on page 11.**

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The Health Care Problem

And

• Analysis •

• \$8.2 Million UK SCOOP Study •

By

Dr. Alan Jensen

The Healthcare SOLUTION Is AquaDios-Med™

Introduction — The Body Heals Itself

The human body is designed to heal itself, and it does that very well, given favorable conditions. Unfortunately, with its practice of cutting, drugging and irradiating patients, traditional medicine produces conditions that actually *inhibit* the body's self-healing capabilities.

It is in large measure because of this that healthcare costs in the United States are so high (see "The Healthcare Problem"). **The solution to the high cost of healthcare is therefore found in providing modalities of treatment that support the body in healing itself when it gets sick, and preventing disease in the healthy body.**

An Effective Alternative Healing Modality

Fortunately, modalities that help the body heal itself are already well known. One such modality, with both centuries of historical use and modern confirmation of effectiveness, is deep-water immersion. And now, traditional deep-water immersion has been further refined in the form of AquaDios-Med™ to even more effectively aid the body in healing itself.

The latest research on the benefits of physical activity while immersed in water is described in "Considering the Biologic Aspects of Water," an article by Bruce E. Becker, MD, published in the April 1995 edition of *Advance for Directors in Rehabilitation*. Dr. Becker has researched, published, and taught extensively on aquatics. The following points are summarized from his article.



An Efficient Preventive Medicine Healing • Exercise Modality

Water is the oldest rehabilitation modality known to mankind. Few understand the magnitude, variety, and rapidity of its healing properties. Physical activity while immersed up to the neck in water promotes physical fitness, rapid healing, pain management, and more. Much research over the centuries confirms these properties, and recent research adds further understanding. For example, **physical activity while immersed to the neck in water produces physiologic changes that accelerate the removal of metabolic waste, improve cardiac function, and lower blood pressure, thus assisting the body in healing the tissues.**

The Circulatory System

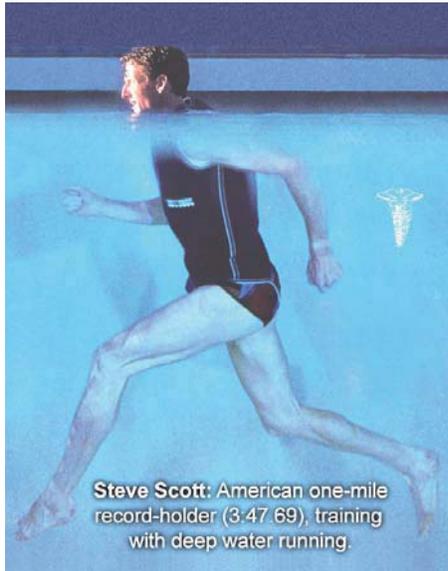
Immediately upon immersion, water begins to exert pressure on the body. This aids the circulatory system. For example, central venous pressure rises with immersion to the chest and increases until the body is completely immersed. Cardiac volume increases by nearly one-third with immersion to the neck. Since the ultimate purpose of the heart is to pump blood, its measure of performance is the amount of blood pumped per unit of time. This is called "cardiac output" and submersion in water to the neck increases cardiac output 32 percent at rest. Research shows structured deep-water exercise is the most ideal, aerobically efficient cardiovascular conditioning medium available.

The Pulmonary System

Like the circulatory system, the pulmonary system experiences profoundly positive effects by immersion of the body to the thorax. Part of the effect is due to the shifting of blood into the chest cavity, and part is due to compression of the chest wall. The combined effect creates a positive alteration of pulmonary function, increasing the work of breathing and changing respiratory dynamics. In fact, reserve lung capacity decreases by 75 percent at neck immersion, with vital capacity decreasing only slightly. The combined effects of these changes increase the total work of breathing by 60 percent. When water-training time is sufficient, this challenge can markedly improve the respiratory system's efficiency.

The Musculoskeletal System

Deep-water immersion positively affects the musculoskeletal system as well, particularly with vasoconstriction. On land, for instance, sympathetic vasoconstriction tightens the vessels of skeletal muscle to resist blood pooling. But in water, immersion pressure removes the biologic need for vasoconstriction, thus increasing blood flow to muscle tissue. In fact, resting muscle blood flow increases by 225 percent during neck immersion.



Steve Scott: American one-mile record-holder (3:47.69), training with deep water running.

The Kidneys

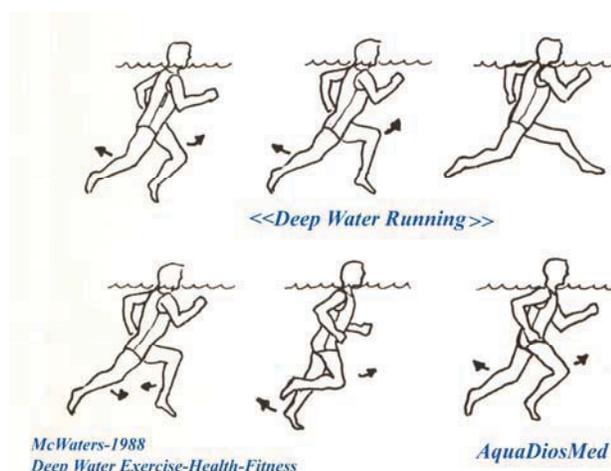
Aquatic immersion creates many effects upon renal blood flow and the renal regulatory systems. For instance, the flow of blood to the kidneys increases immediately upon immersion, which produces an increase in urine production, as well as sodium and potassium excretion. Sodium excretion also increases as a function of depth due to the shifting of circulating central blood volume. **The result of**

these physiological changes is the elimination of toxins which both cause disease and inhibit the natural healing processes of the body.

Deep-Water Running

Deep-water running while immersed to the neck is often utilized for its conditioning effect. Although opinions vary about the optimal exercise program for people who need joint off-loading during a recovery period, it is known that deep-water exercise can indeed increase in that population. In fact, equals land running in its *maximal oxygen uptake* intensities and frequencies

Similarly, when gains in *oxygen uptake* exercise are compared with land-based exercise in unfit individuals, the aquatic exercise achieves



maximum during aquatic equivalent individuals, equivalent

results. And water-based exercise programs may be used to sustain or increase aerobic conditioning in people who need joint offloading.

"

All of the physiological changes described above, and many more, combine to assist and accelerate the body's natural healing processes, thus providing the body with the conditions most favorable to self-healing.

AquaDios-Med™ — State-of-the-Art Deep-Water Immersion Therapy

AquaDios-Med™ is a specially developed, state-of-the-art, deep-water immersion therapy whose potential has only begun to be exploited. This unique healing modality represents a fusion of time-tested hydrologic healing practices and modern medical research. It goes beyond any hydrology-based healing modality thus far devised to offer superior healing potential.

The AquaDios-Med™ process is conducted in four stages utilizing four chambers filled with water at different temperatures and powerful jet massage to achieve healing effects above and beyond that of historical or traditional deep-water immersion practices.

Stage one provides a proactive, full-body, therapeutic massage and warm-up. In this chamber, the temperature is held at a constant 98-99° F (the warmest immersion temperature recommended). The average person will spend three to five minutes here undergoing water massage of all areas of the body. This station is designed to increase circulation and encourage blood flow into all the muscles, thus relaxing stiff or sore areas and enabling healing to begin. Those with more severe injuries or aches and pains may take a few minutes longer, concentrating the massage on the specific areas requiring additional attention.

Stage two is a deep vertical chamber. This is where structured deep-water rehabilitation exercise begins. Its temperature is held within a range of 83-88° F. This chamber is designed to accomplish lower-extremity stimulation through powerful therapeutic massage and exercise. Its 8-foot depth frees the skeletal joints and muscles of all compression forces, thus "unloading" all body weight so healing can take place most efficiently. This stage is highly therapeutic for the very sick or aged, cardiac patients, people with skeletal problems such as arthritis, those with broken limbs and spinal problems, and the "couch potato" whose health is compromised by inactivity. The average person will spend about five minutes in this chamber doing deep-water running and getting additional deep power massage. Actual therapeutic exercise begins here.

Stage three is the main chamber where sustained, structured, deep-water rehabilitation exercise takes place. The temperature in this chamber is held at a cool 65-68° F. Sustained exercise in cool water stimulates the immune system, facilitates the removal of toxins built up in the body, and enhances the healing properties of the blood for rapid recovery and rejuvenation. This chamber has therapeutic massage stations at various depths and power levels, plus a *Swim Gym*, which simulates the currents of a river, allowing the user to swim continuously without interruption. The average person will spend 40 to 55 minutes here doing sustained vigorous exercise and deep tissue massage, to facilitate the removal of disease toxins.

Stage four is the cold work chamber. This is the final phase of the process and begins immediately upon conclusion of the sustained exercise in stage three, just before a cool-down-relaxation period. The temperature here is held at a cool 56-60° F. The average person will spend from three to fifteen minutes here, depending on his or her specific goals and medical

needs. This “cold immersion” bath increases hemoglobin and oxygen in the blood and further enhances the healing capabilities of the immune system, thereby accelerating rebuilding of the cell structure. This “cold” process is followed by a quick “first phase hot immersion” for less than one minute, then a return to stage three.

”

AquaDios-Med™ procedures and processes stimulate dynamic immune system function, eliminate disease toxins, prevent swelling, advance rapid healing, and reduce psychological obstacles to healing such as anxiety or depression. AquaDios-Med™ is the cutting edge of healing technology because it combines modern therapeutic practices and engineering science together with potent healing sources found in the psychoneuroimmunology mind-body sciences.

AquaDios-Med™ Case Abstracts Confirms Effectiveness

The following case results were obtained through treatment with the AquaDios-Med™ process. Each of these cases represents healing speed and effectiveness well beyond what can be obtained with traditional medical treatment. They demonstrate conclusively that deep-water immersion therapy in general and AquaDios-Med™ in specific significantly reduce the time and costs of traditional medical intervention:

A married 55-year-old Swedish dentist from Stockholm suffered a stroke and with five AquaDios-Med™ home training treatments returned to work in his practice within less than a year.

An unmarried 68-year-old obese woman with severe cardiac and back problems prepared for by-pass surgery and rehabilitated completely in less than 90 days following surgery.

A 58-year-old German doctor visiting a colleague in Canada with his family developed a serious painful phlebitis, interfering with his ability to walk. The whole family participated in the AquaDios-Med™ deep-water running and family consultations and treatments. Walking returned to normal and pain brought under control by the third treatment.

A married, 44-year-old Canadian mother of three, diagnosed with severe lower back syndrome and disabled for over a year, reported never feeling better after four AquaDios-Med™ home training treatments and returned to work within three months.

A 42-year-old married woman diagnosed with depression, alcoholism, multiple personality disorder and recent surgery to both knees rehabilitated from her surgery, recovered from the pain, and returned to normal activities, while controlling her emotional difficulties, in less than 90 days.

A married 43-year-old woman just completing hysterectomy surgery, suffering severe pain, and diagnosed with lumbar and disc problems rehabilitated after five treatments with a AquaDios-Med™ “home pool program.”

An obese (312 pounds) 44-year-old mother of two, diagnosed as addicted to pain medications with severe pain, depression, phobias, and lumbar, hip, knee and disc pathology, with recommended surgery, returned to work after 53 treatments 125 pounds lighter and free of both pain and pain medication without surgery; continued to follow self directed home treatment.

A 28-year-old professional football player with severe chronic lower back and lumbar disc pathology was able to continue his career without loss of playing time with four treatments and a self-directed home treatment plan.

A 26-year-old female professional tennis player was able to overcome chronic knee, ankle and hamstring injuries with 16 treatments and a self-directed home treatment plan.

A 78-year-old married man with a recent hip transplant suffering chronic pain was pain free with normal ambulation after four treatments and a self-directed home treatment plan combined with a YMCA aquatics class.

An obese (375 pounds) 55-year-old divorced great grandmother was able to avoid knee implant surgery and eliminate/control back and knee pain in six treatments and a self-directed home treatment plan combined with available aquatics classes.

A 41-year-old mother of two, the victim of a rear-end traffic accident resulting in chronic intractable pain and neck and lumbar disc pathology, was pain free and fit in eight treatments and a self-directed home treatment plan.

A 26-year-old single man with recommended back surgery, addicted to pain medications for lumbar and disc pathology, was completely free of both pain and pain medications without surgery in four treatments and a self-directed home treatment plan.

A 27-year-old athletic actress fell at high speed on the concrete bike path while Rollerblading. The injury was diagnosed as a four-to-six week injury, with severe pain, likely rendering the patient unable to walk for several days post injury and an expected hematoma the size of a fist. After just two days of AquaDios-Med™ treatment, a bad, colorful bruise was noted but she had no pain and continued with all normal daily activities, walked normally; no hematoma developed and she continued her daily life without interruption.

Summary

The personal injuries of this writer, the founder/developer of AquaDios-Med™, helped to motivate him to develop the innovative deep-water immersion treatment he used on himself to accelerate healing and physical recovery when injured or fatigued.

The most profound instance was when he broke a leg and ankle, was fitted with a toe-to-hip cast, and faced a projected 10-month healing period. Dr. Jensen made special arrangements with his orthopedic surgeon and cut the cast in half (where the inseam and outer seam would be for a pair of slacks). The cast was removed twice daily for Jacuzzi and mild deep-water immersion exercise. In six weeks he passed a physical.

When Dr. Jensen took up long distance running—four to sixteen miles with an average of eight miles per day—he utilized his Mind-Body Medicine and daily power Jacuzzi with deep-water immersion exercise to overcome the usual sprained ankles, twisted knees and hips to never miss a run in over 10 years.

J. Glenn McWaters Case Abstracts — Confirms Effectiveness of Deep-Water Running

The following case abstracts represent just a fraction of the results obtained through treatment with J. Glenn McWaters' Wet Vest (pictured on page 1). Each of these cases represents healing speed and effectiveness beyond what can be obtained with traditional medical treatment. Note: These healing benefits were obtained with exercise only. The multi-temperature immersion therapy offered by AquaDios-Med™ multiplies the effectiveness of exercise alone:

The Philadelphia Eagles drafted Keith Byers of Ohio State as their number one draft choice in 1986. Although he had been one of the most outstanding collegiate running backs for several years, Keith had suffered a severe fracture in his foot and some people felt he would never play football again. The Eagles had Keith run in deep-water on a daily basis. After several months of deep-water running, Keith was pronounced fit to play and had a fine rookie season.

Bob Slusarek, owner of the Northwest Athletic Club in Springdale Arkansas, reports on the healing effects of deep-water exercise on his members: "In the first two months, we had runners, two cardiac rehabilitation patients, swimmers, pregnant women, numbers of grossly overweight, elderly men and women, coaches, a boy with cerebral palsy, and two members with knee rehabilitation."

Marycarol Newland of Denton, Texas developed lymphedema (an inflammation of the lymph glands) six years prior to this report. After four major operations, the addition of surgical tubing to her lymphatic system, and the use of a compression machine, she was told not to run again. Deep-water immersion therapy resolved this problem. She says, "I am enjoying the deep-water running beyond words! The thrill of using muscles that I haven't been able to use in over five years was unbelievable!"

Larry Walton, a multiple sclerosis patient in Culver City, California, reports: "After deep-water running for two weeks I have found my energy level raised and, as a multiple sclerosis patient in remission, I have found that I walk with a far greater 'spring in my step' and am generally in far better shape than I was prior to deep-water running."

Don Gambriel, head swim coach of the University of Alabama and 1984 U.S. Olympic swim coach, underwent a heart bypass operation to clear four clogged arteries a few years before this report. Coach Gambriel, who had noted several of the university runners frequenting the pool to do deep-water running, realized that he could overcome his cardiac problem with deep-water running. His cardiologist, Dr. William A. Hill, remarked that it was a shame that most cardiac patients could not swim. Dr. Hill, a non-swimmer himself, became excited about the possibilities for his patients and adopted a deep-water running program.

"

"Like millions of Americans, composer Burt Bacharach suffers from back pain. He has discovered that the key to keeping these problems under control is daily deep-water running. This activity has been instrumental in reducing the occurrence of back pain.

"

A neurosurgeon specializing in back pain, Dr. Gerard Sava of Stamford, Connecticut is one of the top neurosurgeons in the country. Before performing surgery, Dr. Sava explores other possibilities for overcoming back pain. Dr. Sava uses deep-water workouts to strengthen the back in an attempt to avoid surgery, and is successful in many cases. When surgery is required, Dr. Sava uses deep-water exercises to rehabilitate the patient quickly and effectively.

AquaDios-Med™ • Healing Conclusion •

The human body is designed to heal itself, given favorable conditions. Traditional medical intervention typically creates conditions antagonistic to self-healing. The specially designed, multi-temperature deep-water immersion therapy offered by AquaDios-Med™ can create such favorable conditions, thereby helping sick people to heal faster and more effectively than traditional medical intervention. Furthermore, healthy people can prevent disease by regular deep-water immersion and exercise. The result of this will be a significant reduction in the costs of healthcare and a healthier, happier populace.

For Further Information

Research into the healing effects of deep-water immersion—how and why it works—is extensive, and much more information is available upon request. Dr. Jensen has authored a 520 page unpublished and yet to be edited professional manuscript with over 1,000 references of the many studies and research in the field of preventive medicine including deep-water immersion, mind body medicine and much more.

Additionally, some proprietary details and design of operation of the AquaDios-Med™ process and facility is made available in picture format below.

Specific proprietary details of the design and operation of the AquaDios-Med™ process and facility will be made available on a confidential basis upon request and non-disclosure agreement.

Contact & Credentials

Dr. Alan Jensen can be reached by email at dr.jensen@aquadios.com or by phone at 310-897-5055 - USA.

Dr. Alan Jensen is Founder & CEO of AquaDios-Med™, a 21st Century Immersion Environment for Advanced Fitness & Accelerated Healing. He has a Ph.D. in Professional Psychology, a Masters in Rehabilitation Psychology, two Bachelor Degrees from accredited universities, and has been a member of MENSA since 1978.

Dr. Jensen's private practice spanned more than 25 years and included staff privileges and close associations at numerous hospitals in the Southern California area. As a long-term member and faculty of the American Society of Clinical Hypnosis and the Society for Clinical and Experimental Hypnosis, he has taught and lectured to physicians and psychologists throughout the United States, Europe, Australia, and Canada. Dr. Jensen has enjoyed membership in many professional associations and has lectured at numerous venues, including the International Society of Medical Hydrology & Climatology in Istanbul, Turkey on the benefits of AquaDios-Med™.

Dr. Jensen offers the world the wisdom of his experience both as a healer and as the developer of AquaDios-Med™. Visit us at <http://www.aquadios.com/>

The AquaDios-Med™ Philosophy

- EXERCISE IS MEDICINE!
- THE IMPAIRED BECOME REPAIRED!
- YOU DON'T STOP EXERCISING BECAUSE YOU GROW OLD;
- YOU GROW OLD BECAUSE YOU STOP EXERCISING!
- AquaDios-Med™ is not a panacea; it's a reality waiting to be implemented for the human race.

Trademark/Copyright

Dr. Jensen's corporation, AquaDios-Med™ Corp. is on the books with variations of AquaDios™ and AquaDios-Med™. These terms and trademarks are equitable and legally binding. These terms and trademarks are descriptive of the process associated with the medical prototype invented and built between 1985 and 1994 by Dr. Jensen.

The AquaDios-Med™ Corp. and its trademarks AquaDios™ and AquaDios-Med™ refer to a process defined and identified in multiple articles Dr. Jensen has written and professionally presented to universities, hospitals and organizations.

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Respectfully,

Dr. Alan
Jensen

Digitally signed by Dr.
Alan Jensen
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AquaDios Corp, OU =
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Date: 2009.06.11
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Dr. Alan Jensen (Alan)

Founder • CEO • Creator, AquaDios-Med™

A 21st Century Immersion Environment for Advanced Fitness & Accelerated Healing

AquaDios-Med™ Philosophy:

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THE IMPAIRED BECOME REPAIRED!

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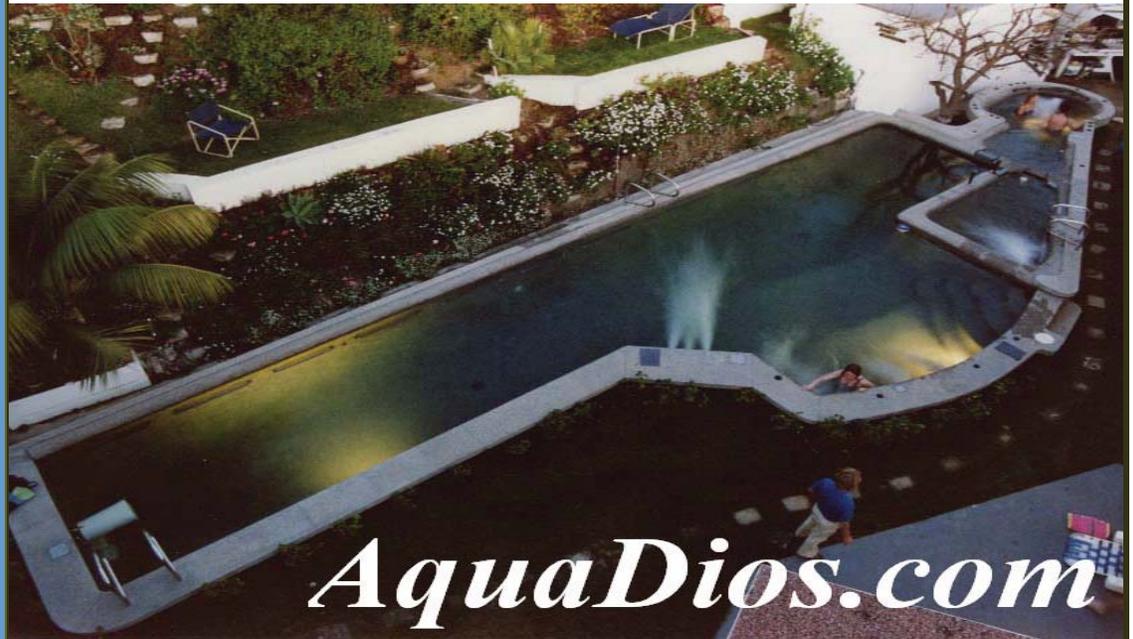
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AquaDios™ / AquaDios-Med™

A 21st Century Immersion Environment for
Advanced Fitness & Accelerated Healing

The Proprietary Innovations Of AquaDios-Med™ Created By Dr. Alan Jensen



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Dr. Alan
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AquaDios-Med™ MEDICAL PROTOTYPE

With multiple
Deep-Water Immersion
Chambers

The 98 "F" Degree
Lounge Spa Chamber

The 80 "F" Degree
Deep Strider Chamber

The 68 "F" Degree
Main Exercise Chamber

(The "Cold
Chamber is
not shown)



AquaDios-Med™ MULTIPLE IMMERSION CHAMBERS

AquaDios-Med™—Main Exercise Chamber - Deep Strider and Lounge Spa Chamber



MAIN EXERCISE CHAMBER

Note multiple depths of the flat bottom surface, safety handles and dam walls for easy access to all immersion chambers.



DEEP WATER SECTION—MAIN EXERCISE CHAMBER

Note safety handles entire perimeter and Swim Gym.



Note: Variable Depths with flat bottom surface;
Multiple Jacuzzi jets for power massage;
Safety Handles



DEEP STRIDER CHAMBER

Designed for people who cannot exercise due to injury and where structured Deep Water Running is taught to all people.



DEEP STRIDER CHAMBER

Note use of Safety Handles in the teaching correct posture for Deep Water Running



Deep Strider Chamber

Note the multiple Jacuzzi jets for Power Massage, the many safety handles, the various standing locations and the ergonomic design for comfort and safety.



LOUNGE SPA CHAMBER

Note the multiple depths and Jacuzzi Jets for power massage.



The lounge spa chamber has multiple depths. It also has handles that assist the power massage to all points of the body.

OTHER VIEWS OF THE LOUNGE SPA CHAMBER



Dr. Alan Jensen

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AquaDios-Med™



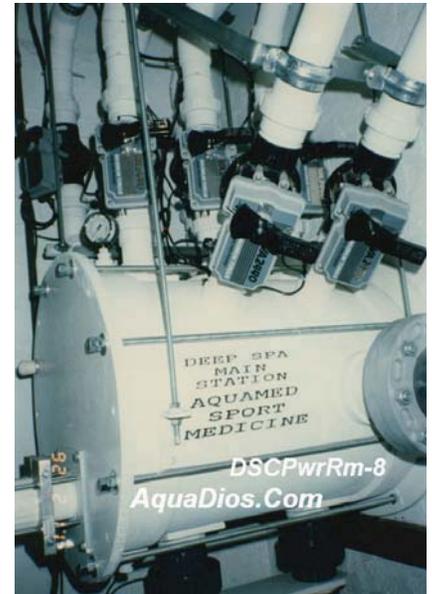
Teaches patients to perform safe daily structured deep-water running.

Patients can perform a safe power massage using the proprietary safety handles.



AQUADIOS-MED™ Proprietary Plenums

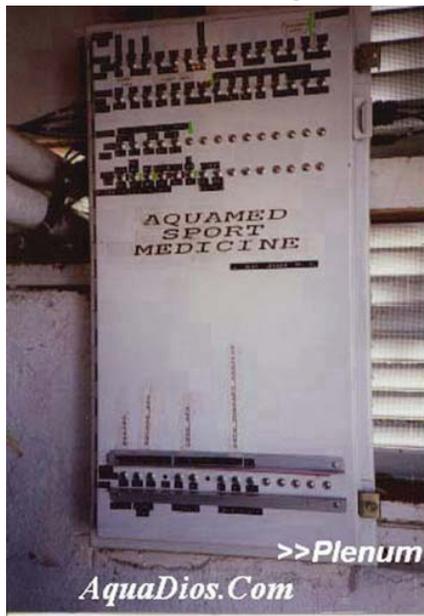
These Plenums are absolutely necessary to supply sufficient water pressure forces for power massage to multiple Jacuzzi jets.



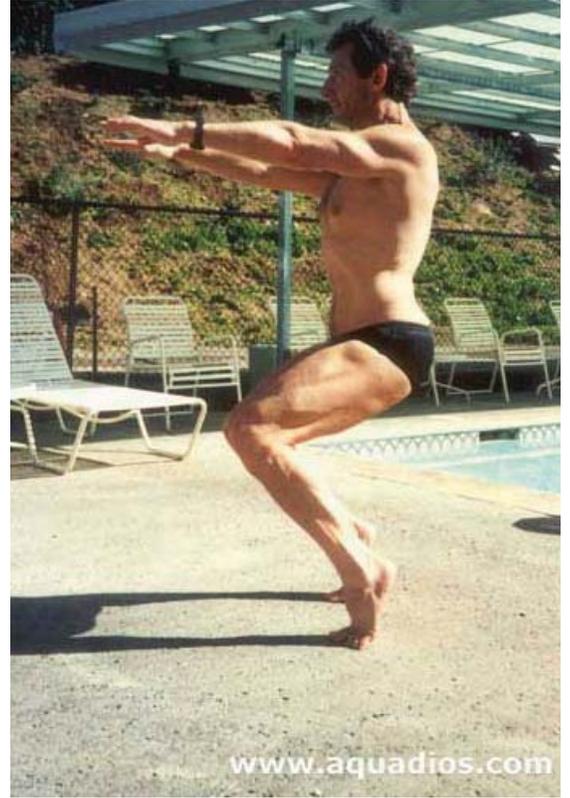
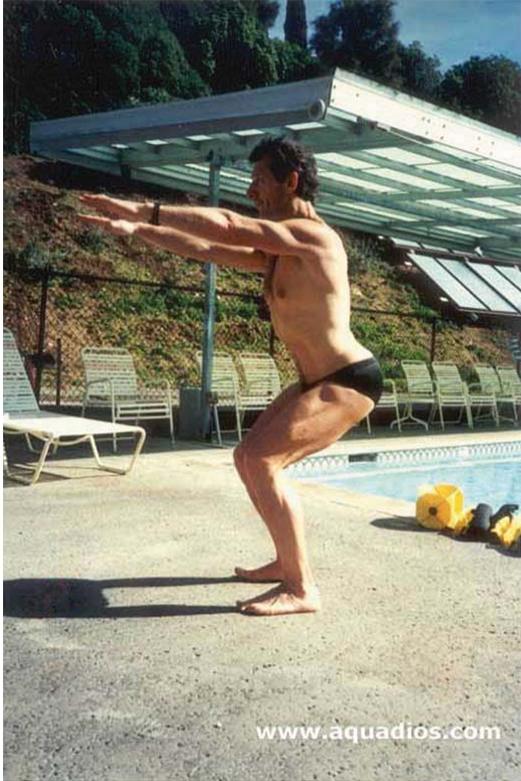
AQUADIOS-MED™ PROPRIETARY SAFETY HANDLES



AQUADIOS-MED™ Proprietary Computer Power Center Controller for Multiple Plenums and Multiple Jacuzzi jets



Dr. Jensen Demonstrating Curative Healing YOGA Process



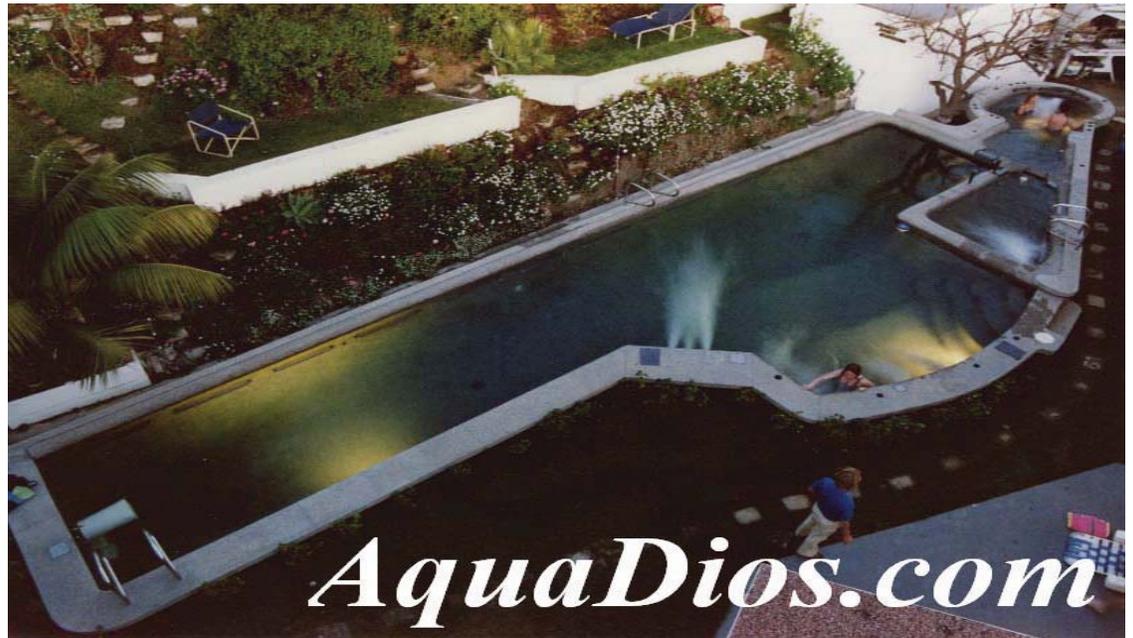


AquaDios™ / AquaDios-Med™

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AquaDios-Med™
Is The
SOLUTION To
The Healthcare
PROBLEM

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