

# The Big Heart Disease Lie

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# Table of Contents

<b>The Big Heart Disease Lie</b>	<b>1</b>
Disclaimer	2
<b>What is CHD (Coronary Heart Disease)?</b>	<b>5</b>
Unified Theory	5
Vitamin C	6
Lysine and Lp(a)	11
HDL - Reverse Pathway	12
Sugar and Diabetes	13
What are the symptoms of CHD?	14
Are there tests for CHD?	14
No Prescription Required	15
Why Don't Doctors Know?	15
Pauling on Waiting for More Clinical Studies	18
Vitamin C Quotes	18
Heart Disease and Diabetes Link	20
A brief history of vitamin E	23
Vitamin B6	29
Angiograms	31
<b>Heart Disease Eating Plan</b>	<b>34</b>
Yes Foods	36
<b>Heart Disease Protocol</b>	<b>37</b>
Food	38
Healing Practices	38
Supplements - Spread them evenly throughout the day	39
Linus Pauling Recommendations	39
Matthias Rath Recommendations	41
<b>Healing Crisis or Herxheimer</b>	<b>44</b>

**"I think we can get almost complete control of cardiovascular disease, heart attacks and strokes by the proper use of vitamin C and lysine ... even cure it."**

-Linus Pauling (one of the greatest scientists of our era; only person to win two unshared Nobel Prizes)

The heart surgery industry is booming. According to American Heart Association statistics, in 1995 1,460,000 angiograms (the diagnostic procedure that starts the ball rolling) were performed at an average cost of \$10,880 per procedure. This resulted in 573,000 bypass surgeries at \$44,820 a shot, and 419,000 angioplasties (the balloon procedure for opening up arteries) at \$20,370 each. The total bill for these procedures is over \$50 billion a year.

"The millions of people who were told that they needed immediate surgery to save their lives actually had a 98.4% chance of surviving without surgery! [According to the CASE study published by the New England Journal of Med., 1983]" - Julian Whitaker

"There is no scientific justification for the use of angiography, balloon angioplasty and bypass surgery to treat most cardiovascular disease. Several studies over the past two decades, involving over 6,000 patients with heart disease, have shown that patients funneled into surgical procedures do significantly worse than those treated with noninvasive techniques.

"Noninvasive" refers to the use of medication, but not diet, exercise and multiple vitamin supplements, which can be quite beneficial."

"Other than their cost, the only thing definitely known about these procedures is that they do kill people. Roughly one in 25 patients having a bypass and about one in 65 undergoing angioplasty die from the procedure. Frankly, if we took all of the bypass surgeons and catheter-pushing cardiologists, tied their thumbs together and locked them in a closet, we would save close to 30,000 lives and over \$50 billion ever year."

- Julian Whitaker, Health & Healing, Sep 98, Vol 8, No. 9

# What is CHD (Coronary Heart Disease)?

Like any muscle, the heart needs a constant supply of oxygen and nutrients that are carried to it by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged and cannot supply enough blood to the heart, the result is CHD. If not enough oxygen-carrying blood reaches the heart, the heart may respond with pain called angina. The pain is usually felt in the chest or sometimes in the left arm and shoulder. (However, the same inadequate blood supply may cause no symptoms, a condition called silent angina.)

When the blood supply is cut off completely, the result is a heart attack. The part of the heart that does not receive oxygen begins to die, and some of the heart muscle may be permanently damaged.

## Unified Theory

In 1989 two renowned scientists; Linus Pauling and Matthias Rath alerted the world that heart disease was caused by a chronic, sub-clinical vitamin C deficiency (vitamin C is not produced in the bodies of humans or primates due to a missing liver enzyme but is produced in all other mammals).

Pauling, the founder of modern chemistry, holder of 48 honorary Ph.D.s, and the world's only 2-time unshared Nobel prize laureate, theorized that too little vitamin C elevates cholesterol levels, including the Lp(a) variant that causes narrowing of blood vessels. After Pauling learned that Lp(a) binds to strands of lysine protruding from weak and damaged blood vessels, he invented the high-lysine/vitamin C therapy described further.

Rath and Pauling agree that heart disease is essentially a natural repair process. The process begins in response to a lesion (injury); their theory explains the primary reason these lesions occur - inadequate vitamin C.

What we call atherosclerosis or human cardiovascular disease, is a condition usually found in the arteries and not the veins. (Clue: Blood pressure out of the heart is higher in arteries than veins, and arteries are generally thicker than veins.)

In the Pauling/Rath view, Atherosclerosis can be understood as the symptom of a low-grade scurvy (vitamin C deficiency), a natural healing process. This process often begins in blood vessels under mechanical stress, such as the walls of arteries near the heart. (A clue according to cardiologist Thomas Levy, is that while the coronary arteries outside and on the surface of the heart suffer occlusions, the coronary arteries inside the heart do not.)

Contrary to popular belief, cholesterol is not the culprit, but merely a symptom of a few very serious changes within the blood and blood vessels. Cholesterol is NOT the cause of heart disease as Big Pharma would have you know.

The Pauling/Rath unified (vitamin C) theory of cardiovascular disease constitutes one of the great potential breakthroughs of modern science. Their remarkable theory, and its intriguing claim that very low cost Lp(a) binding inhibitors will prevent and even dissolve arterial blockages has apparently gone unnoticed by the pharmaceutical industry, the medical profession and the media.

The cure for heart disease already exists, and has been used successfully for over 20 years. It is quick, (even in advanced disease), is completely non toxic, inexpensive, and it is available at any drug store without a prescription!

## Vitamin C

With a few exceptions, all animals synthesize vitamin C in their bodies. The amount made ranges anywhere from 1 to 20 grams every day when compared to the human body weight. About 40 million years ago scientists claim that our ancestors lost the ability to manufacture ascorbate (vitamin C) inside the body).

A vitamin C deficiency leads to a well known disease called scurvy. Back in the 1800s ship crews routinely suffered from this disease which at that time was thought to be an incurable disease that had no known cause.

People with scurvy began to notice things like swollen and bleeding gums with loosened teeth, soreness and stiffness of the joints and lower extremities, bleeding under the skin and in deep tissues, slow wound healing and anemia. This disease accounted for over 50 percent of all the deaths among crusaders, and as you might remember from history class, the British navy gained dominance of the seas by discovering that adding lime or citrus fruit, and thus vitamin C, to the diets of its sailors cured this disease.

Vitamin C is required in the formation of collagen, elastin, and connective tissue inside our bodies. Therefore, a lack of vitamin C leads to the destabilization of connective tissue throughout the body. This is the reason the main symptom of scurvy is perivascular (internal) bleeding. The explanation for this is simple; since the highest pressure difference in our bodies is found in the circulatory system (blood and blood vessels), any damage to the connective tissue in the blood vessels would lead to the loss of blood through a damaged vessel wall. In other words, without vitamin C our blood vessels start to develop small holes leading to blood loss.

Our bodies have a very simple defense mechanism in these circumstances. The liver and the cells begin producing very high quantities of cholesterol, (and other lipoproteins, repair and adhesive proteins like fibronectin, fibronogen, and apo(a)) especially the LDL Lp(a) type which acts like a sealant to stick up the holes. It is like cement that goes over the holes in the blood vessels to try and stop the internal bleeding. Without cholesterol we would simply die from internal bleeding.

Low vitamin C levels are directly correlated with high LDL (low density lipoprotein, regarded as the "bad" cholesterol) and VLDL (very low density lipoprotein) concentrations in the blood. Low vitamin C = more repair sealants are needed to prevent internal bleeding leading to more plaque buildup. However, normal or high vitamin C levels are correlated with low LDL and high HDL (high density lipoprotein, regarded as the "good" cholesterol). Also, in addition to cholesterol, and lipoproteins such as LDL and VLDL, an ascorbate deficiency leads to an increased plasma concentration of fat and triglycerides which also aid in the repair of the blood vessel wall.

A German team led by Beisiegel discovered that only Lp(a) was inside the clogged aortas of those who had died of heart disease. They did not find any ordinary LDL (bad) cholesterol in these arteries near the heart.

Blaming cholesterol for heart disease is like blaming fire trucks at the scene of a fire. Fire trucks are always present at a fire, just like cholesterol is always present in people with heart disease, but in both examples just because they are present does not mean they are the cause. On the opposite, cholesterol is saving our lives! Drug companies know this, but they still support the use of drugs to get rid of the "fire trucks" which are there to save us.

"The ongoing effort to discredit vitamin C began in the 1940s after it was shown to have anti viral and antitoxic properties. Certain members of the

pharmaceutical-medical complex, after first promoting vitamin C as a treatment for fevers and infections, realized that widespread use of this non prescription substance would cancel the need for developing a lucrative prescription anti viral drug market.

For this reason, all the scientific trials which have not shown vitamin C to be of any benefit against viral attacks either shorted the recommended dose or altered the recommended treatment procedure. Anyone who knows that vitamin C has been blatantly discredited in this manner should be ashamed to speak of ethics in order to forestall a proper evaluation of the vitamin's therapeutic potential." - Dr. Stephen Jeffrey DDS

During the 1970s vitamin C consumption in the U.S. rose by 300%. Mortality from heart disease decreased by 30% in the U.S. which was the only country with a significant drop in heart disease fatalities. Yet, the media and organized medicine ignore these facts and disseminate misrepresentations of scientific findings regarding the value of vitamin C. Under the heading truth is stranger than fiction, a recent media campaign credits a substance found in "junk food" for what they claim is a 40% reduction in heart disease mortality during the past 2 decades in the United States.

## Vitamin C and Heart Disease Chronology

- 1941 Canadian cardiologist Dr. J. C. Paterson reports that more than 80% of his heart disease patients have low vitamin C levels compared to other patients.
- 1954 Dr. G. C. Willis shows that vitamin C supplementation can reduce arterial deposits. Makes first claim that atherosclerosis is reversible.
- 1960s Biochemist Irwin Stone and others recommend increased dietary vitamin C supplementation to improve health.
- 1967 Boris Sokoloff studies 13 grams of vitamin C on 60 patients over age 60 with CVD (Cardiovascular disease). **Not a single vascular event happened** during the yearlong study period when 612 were expected.
- 1970 Dr. Linus Pauling publishes his first book on vitamin C.
- 1970s Vitamin C consumption in the U.S. rises by 300%. Mortality from heart disease decreases by 30% in the U.S. which was the only country with a significant drop in heart disease fatalities.
- 1986 Dr. Pauling summarizes the evidence for vitamin C against heart disease and other diseases in his book "How to Live Longer and Feel Better", which becomes a bestseller.



- 1989 Dr. Rath and Dr. Pauling discover that optimum dietary vitamin C prevents the deposition of lipoprotein(a) in artery walls.
- 1991 Dr. Rath and Dr. Pauling publish "Solution to the Puzzle of Human Cardiovascular Disease". This scientific paper explains (a) that vitamin C deficiency is the direct and most frequent cause of heart attacks, (b) how plasma risk factors lead to atherosclerotic deposits in arterial walls, (c) why humans suffer from heart attack and stroke but rarely from failure of other organs, and (d) why animal species who are able to produce their own vitamin C in the body do not develop heart disease.
- 1992 Dr. Enstrom and colleagues (UCLA) show, in over 11,000 Americans, that increased intake of vitamin C reduces the death rate from heart disease by nearly half and prolongs life for more than six years.
- 1993 At age 92 Pauling tapes video lecture on Heart Disease.
- Vitamin C Foundation submits grant proposal to U.S. National Institutes of Health to study Pauling's claim.

"One important function of vitamin C is in the formation and maintenance of collagen, the basis of connective tissue, which is found in skin, ligaments, cartilage, vertebral discs, joint linings, capillary walls, and the bones and teeth. Collagen, and thus vitamin C, is needed to give support and shape to the body, to help wounds heal, and to maintain healthy blood vessels. Specifically, ascorbic acid works as a coenzyme to convert proline and lysine to hydroxyproline and hydroxylysine, both important to the collagen structure." Dr. Elson M. Hass, M.D.

A 1997 American Heart Association press release reported on German studies that credit vitamin C in the blood stream with "almost completely reversing endothelial dysfunction" in smokers. In other words, ascorbic acid may prevent damage to the walls of blood vessels caused by smoking that eventually leads to cardiovascular disease.

The Life Extension Foundation reported on page 19 of the September 1997 issue: "A study of 1,605 randomly selected men in Finland, aged 42 to 60 years, was conducted between 1984 and 1989. None of the men had evidence of preexisting heart disease. After adjusting for other confounding factors, men who were deficient in vitamin C had 3.5 times more heart attacks than men who were not deficient in vitamin C. The scientists' conclusion was that, "Vitamin C deficiency, as assessed by low plasma ascorbate concentration, is a risk factor for coronary heart disease." British Medical Journal (Vol 314, Iss 708, 1997)

According to the American Medical Association (May 1998) cholesterol lowering drugs are now being touted as beneficial -- for reasons other than lowering cholesterol!?! (The general public doesn't realize this and thinks they are beneficial because they lower cholesterol.) The truth is that all the benefits cited, e.g. collagen formation, endothelial function, reduced inflammation, can be had without side effects, simply by taking vitamin C.

## Studies

- **Vitamin C** cuts heart disease rate almost in half (documented in 11,000 Americans over ten years)
- **Vitamin E** cuts heart disease rate by more than one third (documented in 36,000 Americans over six years.)
- **Beta Carotene** (provitamin A) cuts heart disease rate almost in half (documented in 36,000 Americans).

"No prescription drug has ever been shown to help prevent heart disease similar to these vitamins [e.g. vitamins A, C and E]. These results and those of countless other studies are so clear that anybody questioning the value of vitamins in the prevention of heart disease may safely be considered as uninformed."

-Dr. Matthias Rath, MD

## Plaque Melts Away

When Pauling and Rath demonstrated laboratory evidence that clogged arteries can be opened in vivo, they were awarded the first two U. S. Patent(s) for reversing heart disease without surgery in 1993 and 1994. (Note: Their first patent, # 5230996, was awarded for the cleansing/removal of atherosclerotic plaque from human organs during transplant surgery. The invention consists of dipping plaque coated human organs into a vitamin C and lysine (analog) solution. The plaque on the surface of the organ is melted away by the vitamin C/lysine solution.)

These patents are important because they establish Pauling and Rath as pioneers who first recognized the importance of Lp(a) as the primary risk factor for human cardiovascular disease.

Regardless of their incredible research and results, **Linus Pauling, PhD, and Matthias Rath, MD, are NOT listed in the references of vast majority of the Lp(a) medical research studies.** Why? Because if the word got out, heart disease would be cured across the world **within a week.**

You will not find a single person with heart disease who takes more than 6-8 grams of vitamin C and 800-1200 IU vitamin E daily.

## Lysine and Lp(a)

Dr. Rath was part of a research team in Germany that studied postmortem human aortas and identified a "sticky" variant of LDL cholesterol in human atherosclerotic plaques.

This substance called Lp(a) is not found in most animals, coincidentally, it's not found in the animals that manufacture vitamin C in their bodies. Animals, remember, do not generally suffer the same kinds of occlusive cardiovascular disease as humans. Although similar in composition to LDL (so-called "bad" cholesterol), the significance of this mysterious substance escaped most other researchers, until recently.

According to Pauling/Rath, "The concept that Lp(a) is a surrogate for ascorbate (vitamin C) is suggested by the fact that this lipoprotein is found, generally, in the blood of primates and in guinea pigs, which have lost the ability to synthesize ascorbate, but only rarely in the blood of other animals. Properties of Lp(a) that are shared with ascorbate, in accordance with this hypothesis, are: the acceleration of wound healing and other cell repair mechanisms, the strengthening of the extra cellular matrix (e.g. blood vessels), and the prevention of lipid peroxidation. High plasma Lp(a) is associated with coronary heart disease and other forms of atherosclerosis in humans, and the incidence of cardiovascular disease is decreased by elevated ascorbate. Similar observations have been made in cancer and diabetes. We have formulated the hypothesis that Lp(a) is a surrogate for ascorbate in humans and other species and have marshaled the evidence bearing on this hypothesis."

In a study on guinea pigs conducted by Rath and Pauling, the animal group that went through a vitamin C deficiency developed lesions on their blood vessels similar to humans and the levels of their Lp(a) cholesterol rose (as a natural defense reaction to the damage of the blood vessels). The control group receiving 3 to 5 grams of vitamin C showed no signs of heart disease, atherosclerotic plaques, and their cholesterol levels remained low.

"Many investigators contributed to demonstrating that it is lipoprotein(a) that is deposited in plaques, not merely LDL, but lipoprotein(a), or Lp(a) for short. If you have more than 20 mg/dl in the blood it begins to deposit plaques and causes atherosclerosis. What causes Lp(a) to stick to the wall of the artery and form these plaques? It is the lesions and damage caused to blood vessels.

"Countless biochemists and chemists discovered what causes Lp(a) to adhere and form atherosclerotic plaques and ultimately lead to heart disease, strokes, and peripheral arterial disease. The answer is that there is a particular amino acid in a protein in the wall of the artery - lysine - which is one of the twenty amino acids that binds the Lp(a) and causes atherosclerotic plaques to develop. I THINK THIS IS A VERY IMPORTANT DISCOVERY"

"Knowing that lysyl residues are what causes Lp(a) to stick to the wall of the artery and form atherosclerotic plaques, any physical chemist would say at once that to prevent such a thing from happening, you need to put the amino acid lysine in the blood to a greater extent than it is normally. You need lysine, it is essential, you have to get about 1 gram a day to keep in protein balance, but we can take lysine, pure lysine, a perfectly non toxic substance as supplements, which puts extra lysine molecules in the blood. They enter into competition with the lysyl residues on the wall of arteries and accordingly count to prevent Lp(a) from being deposited, or even will work to pull it loose and destroy atherosclerotic plaques." - Linus Pauling

## HDL - Reverse Pathway

Low vitamin C levels lead to LDL (the "bad" cholesterol) being produced, and high vitamin C levels lead to HDL (the "good" cholesterol) being produced. This is because HDL is used in the plaque and cholesterol removal process. When adequate amounts of vitamin C are present in the body, the blood vessels are repaired and HDL is released to take the LDL cholesterol, fats and other repair substances back to the liver for storage.

In other words vitamin C acts like a beacon. If there is not enough vitamin C, the repair cholesterol LDL is produced to stop internal bleeding, and if there is adequate vitamin C, HDL is produced to take away the plaque which might have been formed and recycle the repair compounds.

This cholesterol repair mechanism present in our bodies is genetically structured to prepare our bodies for periods of lack of vitamin C. During winter or famines for example this defense mechanism starts working and

prevents premature deaths. This is a self-preserving mechanism designed to run only for relatively short periods of time.

By favoring these disorders, nature decided for the lesser of two evils: the death from CVD after the reproduction age rather than death from scurvy at a much earlier age. This also explains the rapid increase of the CVD mortality today from the 4th decade onwards.

This concept, of course, also explains why heart attack and stroke occur today with a much higher frequency in **winter** than during spring and summer, the seasons with higher intakes of vitamin C rich foods.

Studies found that even doses as low as 500 mg of dietary vitamin C per day can reduce atherosclerotic plaques within 2 to 6 months. The recommended dosages of vitamin C and other heart disease fighting remedies will be discussed further.

There have been careful experiments with guinea pigs, first attempted by the Canadian Willis in the mid 1950s.

The result is always the same.

When these animals are deprived of vitamin C they die a terrible scurvy death in a matter of weeks. When their vitamin C is limited to the U. S. RDA they live, but develop atherosclerosis. When fed roughly the human equivalent of 3 to 5 gm of vitamin C, the pigs thrive with no signs of atherosclerosis.

Disease in guinea pigs occurs in weeks, the human form of the disease usually takes decades to develop. While differences are to be expected in animal experiments, the lesions produced by these experiments are remarkable for their similarity to the human lesion.

## Sugar and Diabetes

Glucose and sugar have very similar structures and they both compete for the receptors on cell surfaces. Elevated glucose levels prevent many systems from proper ascorbate uptake which leads to a vitamin C deficiency and triggers diabetic angiopathy, improper wound healing, internal bleeding, and eventually amputation.

Heart disease is due to a poor diet deficient of vitamin C and a few other key compounds, period. Drugs will never cure your heart disease because they

can't cure a condition which is due to a lack of nutrition. It is like trying to cure someone from hunger. By addressing this incredibly simple and cheap remedy for heart disease can save over 500,000 American lives each year. However, this would wipe out the heart disease racket and drug profits overnight, so don't expect Big Pharma or your doctor to have anything to do with this.

## What are the symptoms of CHD?

Chest pain (angina) or shortness of breath may be the earliest signs of CHD. A person may feel heaviness, tightness, pain, burning, pressure, or squeezing, usually behind the breastbone but sometimes also in the arms, neck, or jaws. These signs usually bring the patient to a doctor for the first time. Nevertheless, some people have heart attacks without ever having any of these symptoms.

It is important to know that there is a wide range of severity for CHD. Some people have no symptoms at all, some have mild intermittent chest pain, and some have more pronounced and steady pain. Still others have CHD that is severe enough to make normal everyday activities difficult.

Because CHD varies so much from one person to another, the way a doctor diagnoses and treats CHD will also vary a lot. The following descriptions are general guidelines to some tests and treatments that may or may not be used, depending on the individual case.

## Are there tests for CHD?

There is no one simple test--some or all of the following procedures may be needed. These diagnostic procedures are used to establish CHD, to determine its extent and severity, and to rule out other possible causes of the symptoms.

An examination for CHD may include the following tests:

- **An electrocardiogram** (ECG or EKG) is a graphic record of the electrical activity of the heart as it contracts and rests. Abnormal heartbeats and some areas of damage, inadequate blood flow, and heart enlargement can be detected on the records.
- **A stress test** (also called a treadmill test or exercise ECG) is used to record the heartbeat during exercise. This is done because some heart problems only show up when the heart is working hard. In the test, an ECG is done before, during, and after exercising on a treadmill;

breathing rate and blood pressure may be measured as well. Exercise tests are useful but are not completely reliable; false positives (showing a problem where none exists) and false negatives (showing no problem when something is wrong) are fairly common.

- **Nuclear scanning** is sometimes used to show damaged areas of the heart and expose problems with the heart's pumping action. A small amount of radioactive material is injected into a vein, usually in the arm. A scanning camera records the nuclear material that is taken up by heart muscle (healthy areas) or not taken up (damaged areas).
- **Coronary angiography** (or arteriography) is a test used to explore the coronary arteries. A fine tube (catheter) is put into an artery of an arm or leg and passed through the tube into the arteries of the heart. The heart and blood vessels are then filmed while the heart pumps. The picture that is seen, called an angiogram or arteriogram, will show problems such as a blockage caused by atherosclerosis. The ineffectiveness of angiograms will be discussed further.

## No Prescription Required

The beauty of Pauling's therapy for cardiovascular and heart diseases is that the two primary nutrients, vitamin C and lysine, do not require prescriptions from your doctor. Both are essential nutrients, meaning they are both required for life in smaller amounts. The only issue for heart patients is the correct dosage. How much must be taken and for how long to resolve cardiovascular disease (CVD).

## Why Don't Doctors Know?

Most people haven't heard about this because there have been no published studies. And the reason there are no published studies is because there is no money to be made by curing a person with heart disease in one week. It is a multibillion dollar industry that is not going to just pack up and leave their profits for something so simple, inexpensive, and effective.

The Pauling-therapy for heart disease works quickly and easily. Patients have consistently reported symptom relief in ten days or less, even in advanced disease. The effect is rapid and undeniable, thus the reasons that most people haven't heard about this are not based on science, rather misinformation.

## NIH Refuses to Study Pauling/Rath Therapy

The Pauling therapy is simple. Take high doses of two nutrients that are required for life. Doing so can prevent and even cure many forms of cardiovascular and heart disease - in days or weeks. The question becomes how much should one take?

The Vitamin C Foundation, submitted two study proposals to the United States National Institutes of Health, (NIH) Office of Alternative Medicine. Either proposal would have fairly evaluated the Pauling therapy on heart disease.

- The 2002 Study Proposal
- The 1998 Study Proposal

These submissions (and subsequent rejections) are a matter of public record.

The reports have been so amazing that they documented their discoveries and success stories in a book *Practicing Medicine Without A License*.

This long-term experience, (initially with dying heart patients who gave up on orthodox medicine and were taking a myriad of heart medications), leaves little doubt that : Cardiovascular disease at its root is a **vitamin C deficiency**. Science can not dispute this assertion because it has never been tested at Pauling's recommended dosages.

So why after all these years and so many reports of success does medical research still have its collective head in the sand?

Probably the main reason that this important discovery has been ignored is economic: Think of more than half the hospitals in your region closing, multinational heart disease institutes, research grants, the charity racket, profit from hundreds of millions of dollars from cholesterol lowering drugs gone, no need for expensive surgeries or stents, no need for doctors at all, and a whole massive industry wiped out literally overnight.

With medical science asleep at the wheel, the Vitamin C Foundation has been promoting and closely monitoring the effect of Pauling's therapy on heart patients for almost twenty years. One thing has become crystal clear: **The large doses recommended by Linus Pauling are key to success**. Neither nutrient has any known lethal toxic dose in animal or human studies.



Amazingly, medical "science" has ignored the Pauling Therapy. The "profession" has not published a single study of Pauling's recommended dosages of vitamin C and lysine, or conducted public clinical trials. Not one. (Consider this: Medicine has conducted more than 1000 trials of the statin prescription cholesterol-lowering drugs, most showing little or no heart benefit.)

Unfortunately, most cardiologists have little idea what really causes heart disease. This is a strange statement. If you doubt it, why not try an experiment. Ask your doctor the following:

- Most animals do not suffer heart disease, yet gorillas and other high-order primates (including humans) do. Why? (higher order primates and humans have no capacity to produce vitamin C)
- Why do most atherosclerotic plaques form in the arteries, but not in the veins? (higher blood pressures, arterial bending and stretching)
- Why do the plaques narrow and clog coronary arteries on the surface of the heart but not inside the heart?
- Why aren't blockages (infarctions) more common throughout the blood stream, especially where the blood pools or moves slowly, i.e., in the ears, fingers or nose? (higher blood pressures, arterial bending and stretching in arteries)
- Why do more than 50% of the heart attacks and strokes occur in people **without** any of the generally accepted cardiovascular risk factors?
- Why do people with low cholesterol still suffer heart attacks and stroke?
- Why do about half of the surgical heart procedures **fail**? (In other words, why do the plaques grow back with a vengeance?)
- Why has the cardiovascular mortality rate declined since the 1950s, and decreased by almost half during the 1970s, **after** Linus Pauling's Vitamin C book became a best seller?
- Why is cholesterol elevated in heart patients?
- Why have major cholesterol-drug studies **not** released the raw data to scientists?
- Why do drug companies routinely cut studies short just after mortality in the study groups begins to rise?
- Why hasn't medical science investigated the Pauling/Rath theory?

The "cholesterol" theory has no answer to these questions, but the Pauling/Rath unified nutrition theory does.

## Pauling on Waiting for More Clinical Studies

"It simply boggles the mind the mind that there have been so few scientific follow-ups to the original clinical studies of the relationship between Ascorbic Acid (vitamin C) deficiency and atherosclerosis. We agree with Linus Pauling: "Well, I don't know that there is a need for a randomized prospective, double blind controlled trial when you get evidence of this sort, the value of large intakes of vitamin C and also of lysine for preventing the deposition of atherosclerotic plaques, and preventing death from cardiovascular disease."  
- Dr. Linus Pauling

The answer is simple; these penny-a-day remedies would destroy the massive billion dollar heart disease industry overnight.

## Vitamin C Quotes

"I recommend that every person who is at risk of heart disease should take 5 or 6 g of vitamin C and at least 2 g of lysine, although larger amounts may be necessary." - Dr. Linus Pauling

"My own interest in ascorbic acid centered around its role in vegetable respiration and defense mechanisms. All the same, I always had the feeling that not enough use was made of it for supporting human health. The reasons are rather complex. The medical profession itself took a very narrow and wrong view. Lack of ascorbic acid caused scurvy, so if there was no scurvy there was no lack of ascorbic acid. Nothing could be clearer than this. The only trouble was that scurvy is not a first symptom of lack but a final collapse, a premortal syndrome, and there is a very wide gap between scurvy and full health. But nobody knows what full health is!" - Albert SzentGyorgyi, M.D., Ph.D., Nobel Laureate

"We can surmise that the production of ascorbic acid was an early accomplishment of the life process because of its wide distribution in nearly all present day living organisms. It is produced in comparatively large amounts in the simplest plants and the most complex; it is synthesized in the most primitive animal species as well as in the most highly organized. Except possibly for a few microorganisms, those species of animals that cannot make their own ascorbic acid are the exceptions and require it in their food if they are to survive. Without it, life cannot exist. Because of its nearly universal presence in both plants and animals we can also assume that its production was well organized before the time when evolving life forms diverged along

separate plant and animal lines." - Irwin Stone from *The Healing Factor: Vitamin C Against Disease*

"There are more than ten thousand published scientific papers that make it quite clear that there is not one body process (such as what goes on inside cells or tissues) and not one disease or syndrome (from the common cold to heart disease and cancer) that is not influenced directly or indirectly by vitamin C." - Dr. Emanuel Cheraskin, Dr. Ringsdorf and Dr. Sisley from THE VITAMIN C CONNECTION

Can someone please explain the void about vitamin C in typical "premed" textbooks. It is a fact that one Biochemistry text book (e.g. the one used at Illinois Benedictine) does not have a single entry in its index for vitamin C, ascorbate or ascorbic acid (the technical name for vitamin C)!?

This can be verified by examining the text BIOCHEMISTRY by Mary K. Campbell, Copyright 1991 by Saunders College Publishing, ISBN 0030522137

E. Cheraskin, M.D., D.M.D., in his recent book VITAMIN C: Who Needs IT? makes a similar point on page 98: "So, what do the experts tell us about a vitamin C connection in the control of sugar metabolism?"

Turning to five of the leading textbooks dealing with diabetes mellitus published during the last five years, there was not one word indicating any connection or a lack of correlation - between ascorbic acid and carbohydrate metabolism!

This becomes even more incomprehensible when one realizes that reviews of the literature as far back as 1940 showed that blood sugar can be predictably reduced with intravenous ascorbate."

There is a strange omission of information about vitamin C in the medical textbooks. (This assertion is easily verified.) The result is that most medical practitioners today are grossly ignorant of the properties of ascorbic acid and find it difficult to believe that ascorbic acid deficiency could be the root cause of heart disease.

Medical textbooks earlier this century contained much more information about vitamin C than today's modern texts. Most certainly the information about vitamin C and collagen production was there. Why the change? Shouldn't we have learned even more by now? If Pauling was correct about vitamin C, then

it is likely the mysterious missing knowledge about vitamin C is an intentional omission designed to misinform medical students.

If you are a medical student, ask your professors why so little information is provided about one of the most important vital substances known. Again, we know by now who sponsors medical research and med schools. Big Pharma is only concerned with treating disease with drugs and pills to create massive profits disregarding millions of deaths! To them, money is more important than human life.

## Heart Disease and Diabetes Link

Your physician will also never tell you that, at one time, strokes, both ischemic and hemorrhagic, heart failure due to neuropathy as well as both ischemic and hemorrhagic coronary events, obesity, atherosclerosis, elevated blood pressure, elevated cholesterol, elevated triglycerides, impotence, retinopathy, renal failure, liver failure, polycystic ovary syndrome, elevated blood sugar, systemic candida, impaired carbohydrate metabolism, poor wound healing, impaired fat metabolism, peripheral neuropathy as well as many more of today's disgraceful epidemic disorders were once well understood often to be but symptoms of diabetes.

The above diseases including diabetes and heart disease share *the same cause*. To understand this, let's look at how diabetes develops and how heart disease is merely a symptom of diabetes.

Diabetes is classically diagnosed as a failure of the body to metabolize carbohydrates properly. Its defining symptom is a high blood-glucose level. Type I diabetes results from insufficient insulin production by the pancreas. Type II diabetes results from ineffective insulin. In both types, the blood-glucose level remains elevated. Neither insufficient insulin nor ineffective insulin can limit post-prandial (after-eating) blood sugar to the normal range. In established cases of Type II diabetes, these elevated blood sugar levels are often preceded and accompanied by chronically elevated insulin levels and by serious distortions of other endocrine hormonal markers.

The ineffective insulin is no different from effective insulin. Its ineffectiveness lies in the failure of the cell population to respond to it. It is not the result of any biochemical defect in the insulin itself. Therefore, it is appropriate to note that this is a disease that affects almost every cell in the 70 trillion or so cells of the body. All of these cells are dependent upon the food that we eat for the raw materials they need for self repair and maintenance.

The classification of diabetes as a failure to metabolize carbohydrates is a traditional classification that originated in the early 19th century when little was known about metabolic diseases or processes. Today, with our increased knowledge of these processes, it would appear quite appropriate to define Type II diabetes more fundamentally as a failure of the body to **metabolize fats and oils properly. This failure results in a loss of effectiveness of insulin and in the consequent failure to metabolize carbohydrates.** Unfortunately, much medical insight into this matter, except at the research level, remains hampered by its 19th-century legacy.

Thus Type II diabetes and its early hyperinsulinaemic symptoms are whole-body symptoms of this basic cellular failure to metabolize glucose properly. Each cell of the body, for reasons which are becoming clearer, finds itself unable to transport glucose from the bloodstream to its interior. The glucose then remains in the bloodstream, or is stored as body fat or as glycogen, or is otherwise disposed of in urine.

It appears that when insulin binds to a cell membrane receptor, it initiates a complex cascade of biochemical reactions inside the cell. This causes a class of glucose transporters known as GLUT4 molecules to leave their parking area inside the cell and travel to the inside surface of the plasma cell membrane.

When in the membrane, they migrate to special areas of the membrane called caveolae areas. There, by another series of biochemical reactions, they identify and hook up with glucose molecules and transport them into the interior of the cell by a process called endocytosis. Within the cell's interior, this glucose is then burned as fuel by the mitochondria to produce energy to power cellular activity. Thus these GLUT4 transporters lower glucose in the bloodstream by transporting it out of the bloodstream into all the cells of the body.

Many of the molecules involved in these glucose- and insulin-mediated pathways are lipids; that is, they are fatty acids. A healthy plasma cell membrane, now known to be an active player in the glucose scenario, contains a complement of cis-type  $w=3$  unsaturated fatty acids. This makes the membrane relatively fluid and slippery. When these cis- fatty acids are chronically unavailable because of our diet, trans- fatty acids and short- and medium-chain saturated fatty acids are substituted in the cell membrane. These substitutions make the cellular membrane stiffer and stickier, and inhibit the glucose transport mechanism.

In other words, the outer cell membrane, which is made from fat, is replaced by unhealthy fats when healthy fats are not present. These unhealthy fats like trans fats, modified fats, shortenings, fried fats, create a very sticky and stiff cell membrane which destroys the natural sugar intake process.

Thus, in the absence of sufficient cis omega 3 fatty acids in our diet (flax or hemp oil), these fatty acid substitutions take place, the mobility of the GLUT4 transporters is diminished, the interior biochemistry of the cell is changed and glucose remains elevated in the bloodstream.

Our diets in this country lack these highly unsaturated fatty acids and contain an excess of man-made oils known as trans fats (or partially hydrogenated oils). These oils are very much like cholesterol and our bodies cannot tell the difference. These oils get into our cell walls and destroy the electrical charge. Without the charge, our cells start to suffocate. Without the oxygen, the only way the cell can replicate is anaerobically.

They also are very tough oils and have a 20-year shelf life. They impede the process of cellular exchange, or letting nutrition in and letting wastes out. Trans fats are also responsible for Type II diabetes, since insulin is a very large molecule it has a difficult time passing through a cell wall created with man-made fats and not cholesterol.

**It is absolutely critical to avoid ALL trans-fatty acids, ALL hydrogenated oils, ALL vegetable oils like canola, safflower, sunflower or soy, ALL margarine and ALL other "bad fats" like the plague.**

Elsewhere in the body, the pancreas secretes excess insulin, the liver manufactures fat from the excess sugar, the adipose cells store excess fat, the body goes into a high urinary mode, insufficient cellular energy is available for bodily activity and the entire endocrine system becomes distorted. Eventually, pancreatic failure occurs, body weight plummets and a diabetic crisis is precipitated.

Your diet must contain only the healthy fats which your cells can be made from. If you eat foods made out of bad fats its like building a home with cracked and broken bricks. You will never cure your heart disease if you eat bad fats. Its stunning that doctors don't tell their patients that the cause of diabetes and heart disease is the man-made fats and trans fats found in almost all our foods and the lack of a simple vitamin.

## A brief history of vitamin E

Dr. Evan V. Shute of London, Ontario, Canada, began to seriously investigate Vitamin E in the 1930s. His first patient was suffering from Purpura (a blockage of the smaller blood vessels) when doctors were considering removing his spleen in hopes that the condition would improve. But because the patient was suffering from severe heart failure the operation could not be performed - and lucky for him.

Researcher Skelton and Dr. Shute, using their findings from treating dogs of purpura, administered 200 IU of Vitamin E every day to their despairing patient. At the time, this dosage was much higher than had ever been used before to treat human beings. Today we know this dosage is extremely low, which helps to explain why back then many researchers could not obtain uniform or even satisfactory results - they weren't using enough Vitamin E to cause any significant changes.

Even so, their first patient's heart trouble quickly disappeared. Skelton and Dr. Shute's amazement in a simple vitamin grew and as did their curiosity. Their next patient was a barber who was dying from recurrent coronary thrombosis (this disease accounts for more than half of all deaths in men over 45). The barber was in the last stages of heart failure, complicated by a type of angina which was extremely painful and which nothing could relieve. Within three weeks of starting on Vitamin E he was freely playing drums in a local theatre. Their next patient was their own mother who suffered from severe angina pectoris, and again the vitamin worked, curing her pains and allowing her to resume her regular activities.

After these fantastic results, the gloomy picture of heart disease turned into a bright and clear glow of optimism. At the time of compiling their monumental work in 1954, Drs. Shute, et al., had treated more than 10,000 heart patients - with fantastic and credible results (now they have over 20,000 treated patients).

They thought their most careful scientific findings would be welcomed by the medical establishment, and then the whole world, that a cure for heart disease was finally found. But yet again they had to learn the hard way that the medical mafia is in no way interested in curing anybody, especially from such a profitable ailment like heart disease; and that is why you have never heard of Dr. Shute or his findings. Their work was rejected publication from journal after journal, yet in the name of truth they continued their research

founding the Shute Foundation of Medical Research and successfully treating thousands of patients ever since.

Many other inventions that we currently use such as the encephalogram or x-rays had been ostracized and ridiculed when they first came out. Dr. Grubbe invented X-rays in 1896, yet the medical profession only recognized them as useful in 1951! He was asked what he thought was the reason for the authorities fighting the x-ray for so long, he replied bluntly: "The surgeons. They controlled medicine, and they regarded the X-ray as a threat to surgery. At that time surgery was the only approved method of treating cancer. They meant to keep it the 'only' approved method by ignoring or rejecting any new methods or ideas. This is why I was called a 'quack' and nearly ejected from hospitals where I had practiced for years." Nearly every single great invention of our time has gone through this process, and most are buried never to be heard from again. It's all about the money folks.

The Shute's scientific evidence clearly shows more than 10000 patients successfully cured of heart disease, yet he found the hard way that no matter how much evidence him and his researchers bring, the medical mafia would ignore and depreciate all evidence for as long as they can. However, as more researchers such as Dr. M.K Horwitt at the Elgin State Hospital in Elgin, Illinois, began to do studies on Vitamin E and proved conclusively that a deficiency of Vitamin E in the blood of the human being produces the destruction of red blood cells, the FDA was pretty much forced to admit that vitamin E was an essential nutrient (a small win after a long and hard battle). Yet despite all the evidence, the FDA still falsely claims that we receive adequate amounts of Vitamin E from food and do not need to supplement ourselves with it. So even though the government admits that you need Vitamin E, they still have the minimums set at a nearly useless level.

All sorts of studies made on Dutch and American diets indicate that the average of these diets provides no more than 12 IU a day and perhaps much closer to 6 IU. I don't know how this can be represented as "adequate." In fact, every scientist in the field would say that the average American exists in a chronic state of alpha tocopherol (vitamin E) starvation. The 30 IU per day minimum requirement is what prevents the destruction of red blood cells in our bodies, and that was known decades before the FDA decided to include vitamin E as an important vitamin. Can you believe this? As early as the 1940s scientists from all over the world brought overwhelming evidence that vitamin E was a cure for heart disease and sterility. This was known **IN THE 1940s**, yet we are still "looking for the cure" to heart disease!



*"It was nearly impossible now for anyone who valued his future in Academe to espouse Vitamin E, prescribe it or advise its use. That would make a man a "quack" at once. This situation lasted for many years. In the United States, of course, the closure of the J.A.M.A. pages against us and tocopherol meant that it did not exist. It was either in the U.S. medical bible or it was worthless. No amount of documentation could budge medical men from this stance. Literature in the positive was ignored and left unread. Individual doctors often said: "If it is as good as you say, we would all be using it." But nothing could induce them as persons of scientific background to make the simplest trial on a burn or coronary."*

The American Medical Association even **refused** to let the Shute's present their findings at national medical conventions. In the early 1960's, the United States Post Office successfully prevented even the *mailing* of vitamin E. Please re-read these sentences so they sink in.

Linus Pauling wrote, in the book's 1985 foreword:

*"The failure of the medical establishment during the last forty years to recognize the value of Vitamin E in controlling heart disease is responsible for a tremendous amount of unnecessary suffering and for many early deaths. The interesting story of the efforts to suppress the Shute discoveries about Vitamin E illustrates the shocking bias of organized medicine against nutritional measures for achieving improved health."*

### **Decades of Vitamin E research ignored:**

1936: Vitamin E-rich wheat germ oil cures angina.

1940: Vitamin E suspected as preventive of fibroids and endometriosis, and curative of atherosclerosis.

1945: Vitamin E shown to cure hemorrhages in skin and mucous membranes, and to decrease the diabetic's need for insulin.

1946: Vitamin E greatly improves wound healing, including skin ulcers. Also demonstrated effective in cases of claudication, acute nephritis, thrombosis, cirrhosis and phlebitis. Vitamin E strengthens and regulates heartbeat.

1947: Vitamin E successfully used as therapy for gangrene, inflammation of blood vessels (Buerger's disease), retinitis and choroiditis.

1948: Vitamin E helps lupus erythematosus and shortness of breath.

1950: Vitamin E shown to be effective treatment for varicose veins, and in cases of severe body burns.

1954: The Shutes' medical textbook, *Alpha Tocopherol in Cardiovascular Disease*, is published.

1956: *The Heart and Vitamin E* is published.

The Shutes treated more than 30,000 cardiac patients over a period of more than 30 years. Their success cannot be easily dismissed. Today, the Shute Institute in London, Ontario, Canada, continues to see cardiac patients from all over the world, providing what is arguably the most thorough and successful vitamin E treatment for heart disease anywhere.

Knowing all this, people are still fed the rotten propaganda that “a cure is just around the corner” while we donate and donate in good faith to these corrupt organizations. You must realize that the only thing these pharmaceutical companies care about is their profits. They will discredit doctors and researchers trying to make a difference while lobbying politicians and the government into only approving their toxic drugs.

I hope that after reading this information you will be much more cautious in believing the baloney that is spewed from the medical establishment.

*The Vitamin E Story*, by Evan Shute, M.D. James C. M. Shute, editor. Forward by Linus Pauling. (Burlington, Ontario: Welch Publishing, 1985. 219 pages, softcover.) ISBN 0-920413-04-8 This book may be out of print so if you would like to acquire one you can try an internet bookseller search, or contact the Shute Institute, 367 Princess Ave., London, Ontario, Canada N6B 2A7. Email: shutemedical@lweb.net .

**Natural Alpha Tocopherol (Vitamin E) in the treatment of Cardiovascular and Renal Diseases** as suggested by Drs. Wilfrid and Evan Shute and the Shute Institute for Clinical and Laboratory Medicine, London, Ontario, Canada. Use only products labeled in terms of International Units (IU).

**Acute coronary thrombosis:** 450 to 1,600 IU a day started as soon as possible and maintained.

**Older cases of coronary thrombosis:** 450 to 1,600 IU if systolic pressure is under 160 Otherwise 450 IU for the first four weeks, particularly if a hypotensive agent is used concurrently.

**Acute rheumatic fever:** 450 to 600 IU daily.

**Chronic rheumatic heart disease:** give 90 IU daily first month, 120 IU daily second month and 150 IU daily for third month. 150 IU may be ideal dose. Occasionally more is necessary and advisable. Response will necessarily be slow.

**Anginal Syndrome:** 450 to 1,600 IU if systolic pressure is under 160. Otherwise start on 150 IU for four weeks then 300 IU for four weeks, particularly if hypotensive agent is used.

**Hypertensive heart disease:** 75 IU daily for four weeks, 150 IU daily for four weeks, then cautiously increase. Should be used with hypotensive agents. High doses of vitamin E have been shown to reduce high blood pressure in rats with chronic kidney failure. (Vaziri N. *Hypertension*, Jan 2002.)

**Thrombophlebitis and Phlebothrombosis:** 600 to 1,600 IU daily.

**Thrombocytopaenic Purpura:** 800 to 1,200 IU daily.

**Diabetes Mellitus:** Same schedule as for cardiacs.

**Acute and Chronic Nephritis:** Same schedule as for cardiacs.

**Burns, Plastic Surgery, Mazoplasia:** 600 to 1,600 IU daily, using vitamin E ointment or vitamin E spray as adjunct. (Editor's note: vitamin E may also be dripped from a thumbtack-punctured capsule.)

**Among other things, vitamin E supplementation does the following:**

- \* Reduces the oxygen requirement of tissues. Has an oxygen-sparing effect on the heart, enabling the heart can do more work on less oxygen. The benefit for recovering heart attack patients is considerable. 1,200 to 2,000 IU daily relieves angina very well.
- \* Gradually melts fresh clots, and prevents embolism. Vitamin E moderately prolongs prothrombin clotting time, decreases platelet adhesion, and has a limited "blood thinning" effect. This is the reason behind the Shutes' using vitamin E (1,000 - 2,000 IU/day) for thrombophlebitis and related conditions.
- \* Is a moderate vasodilator and improves collateral circulation and consequently offers great benefits to diabetes patients.
- \* Strengthens and regulates heartbeat, like digitalis and similar drugs, at a dose adjusted between 800 to 3,000 IU daily.
- \* Prevents scar contraction as wounds heal.
- \* Decreases the insulin requirement in about one-fourth of diabetics.
- \* Stimulates muscle power.
- \* Preserves capillary walls.
- \* Reduces C-reactive protein and other markers of inflammation

\* Epidemiological evidence also suggests that a daily supplement of vitamin E can reduce the risk of developing prostate cancer and Alzheimer's disease.

If everyone supplemented daily with a good quality multivitamin-multimineral, plus extra vitamins C and E, it could save **thousands** of lives a month.

### ***CAUTIONS***

The maintenance dose equals the therapeutic dose.

Do not take iron and vitamin E at same time. If iron is indicated, separate the doses by about nine hours.

The digitalis requirement is often reduced after vitamin E takes hold, so overdigitalization should be avoided. A patient receiving vitamin E should not be digitalized by the Eggleston massive dose technique nor any of its modifications. It is usually sufficient for full digitalization to give what is ordinarily a maintenance dose of 1 1/2 grains digitalis folia or 0.1 mg digitoxin per day. By the second day the patient is often digitalized.

Insulin dosages in diabetic cardiacs must be watched closely, for the insulin requirement may be considerably reduced very suddenly.

Estrogens should rarely be given at the same time as alpha tocopherol (vitamin E).

### **Safety of Vitamin E**

The Shutes observed no evidence of harm with doses as high as 8,000 IU/day. In fact, "toxicity symptoms have not been reported even at intakes of 800 IU per kilogram of body weight daily for 5 months" according to the Food and Nutrition Board. This demonstrates a safe level would work out to be around 60,000 IU daily for an average adult, some 2,700 times the RDA! If anyone tells you Vitamin E may be toxic, they simply don't know what they are talking about.

### **External Uses of Vitamin E**

Vitamin E is very effective on burns, first apply cold and then a vitamin E solution. You can drip the vitamin onto burned skin directly from a

Vitamin E capsule. This is sanitary, soothing and painless. Even third degree burns heal much more readily with twice-daily applications of vitamin E. Less scarring and greatly reduced inflammation are continually reported with its use. Absorption of the vitamin is best if the skin is dry before application.

For a large area of sunburned skin, mix a few 400 I.U. capsules with one or two tablespoons of olive oil. Gently rub this in as soon as possible after exposure. There will be little if any peeling if you apply this mixture promptly.

Individuals also report relief of hemorrhoids with topical use of vitamin E.

\*As a side note to Vitamin E: since this vitamin is not water soluble and not able to effortlessly transfer the placental barrier as easily as other nutrients (such as B Vitamins because they are water soluble), mothers have a much higher amount of Vitamin E in their blood than do newborns. Breast milk provides the necessary method for not only a multitude of life saving nutrients but Vitamin E as well which is not found in necessary quantities in baby formulas. Breast feeding is one of the most important things a mother can do for her new born child.

## Vitamin B6

"Pharmaceutical companies are very annoyed with niacin because their products have to compete with it. Some of their cholesterol-lowering drugs cost up to \$150 a month while niacin costs about \$10." -Abram Hoffer, MD, PhD

CLEVELAND, Nov. 14, 1995 -- People with low levels of the vitamin B6 have a greater chance of developing heart disease, a newly published study by a team of cardiologists and cell biologists at The Cleveland Clinic Foundation concludes.

Several recent studies have shown that high levels of homocysteine, an amino acid in the blood, is associated with coronary artery disease, often leading to heart attacks and strokes. Previous studies have focused on deficiency of the vitamin folic acid and its association with homocysteine. But the Clinic's study, published this week in "Circulation" magazine, indicates that the link between homocysteine and vitamin B6 is more profound.

"We have shown it is not just folic acid, but it's a vitamin B6 deficiency as well," said Killian Robinson, M.D., a cardiologist at The Cleveland Clinic and principal investigator for the study. "It seems to be a very prevalent problem."

The study compared 304 patients (201 men and 103 women) being treated for coronary artery disease. The study found that vitamin B6 deficiency is as much a risk factor for coronary artery disease as smoking and high cholesterol. Deficiencies of folic acid and B12, which have been linked to homocysteine levels and vascular disease, were shown not to be as significant risk factors as B6 in coronary artery disease.

Magnesium deficiency <http://www.execpc.com/~magnesium/index.html>

"According to the U.S. National Academy of Sciences (1977) there have been more than 50 studies, in nine countries, that have indicated an inverse relationship between water hardness and mortality from cardiovascular disease. That is, people who drink water that is deficient in magnesium and calcium generally appear more susceptible to this disease. The U.S. National Academy of Sciences has estimated that a nation-wide initiative to add calcium and magnesium to soft water might reduce the annual cardiovascular death rate by 150,000 in the United States."--- Groundwater and Human Health, Groundwater Resources of British Columbia, British Columbia Ministry of the Environment.

Dr. Brian Leibovitz, Ph.D., editorialized in a recent issue of the Journal of Optimum Nutrition that magnesium: "is now recognized as a first-line medicine for the treatment of heart attacks. A study published in The Lancet, for example, reported the effects of a double-blind, randomized, placebo-controlled study in 2,316 patients with suspected myocardial infarction. The dose of magnesium was high (about 8.7 grams given intravenously over a 24 hour period), but the results were remarkable: magnesium reduced cardiovascular mortality by 25 percent. The author's conclusion: "Intravenous magnesium sulfate is a simple, safe, and widely applicable treatment. Its efficacy in reducing early mortality of myocardial infarction is comparable to, but independent of, that of thrombolytic or antiplatelet therapy..."

"Once it became possible to lower cholesterol levels even with no alteration in diet, it became possible to test the hypothesis that lowering cholesterol levels would decrease the risk of developing coronary disease. Dr. E. Boyle, then working with the National Institute of Health, Washington, D.C., quickly became interested in niacin. He began to follow a series of patients using 3 grams (3,000 milligrams) of niacin per day. He reported his conclusions in a document prepared for physicians in Alcoholics Anonymous by Bill W (1968). In this report Boyle reported that he had kept 160 coronary patients on niacin

for ten years. Only six died against a statistical expectation that 62 would have died with conventional care. He stated, "From the strictly medical viewpoint I believe all patients taking niacin would survive longer and enjoy life much more." - Dr. Abram Hoffer, M.D., Ph.D.

"Heart patients who elected to follow Linus Pauling's advice recovered in **approximately 30 days**, and many experienced significant relief in as little as 10 days. The recoveries only occurred after these former patients adopted the high dosage vitamin C and lysine therapy as specifically recommended by Linus Pauling. These patients usually adopted the Pauling-therapy without their doctor's knowledge or consent." - Owen Fonorow from *Practicing Medicine Without a License ? The story of the Linus Pauling therapy for heart disease*

## Angiograms

Dr. Wayne describes an important reason why bypass surgery and the use of stents may be considered obsolete. It is because of the heart's natural ability through angiogenesis to develop a network of new blood vessels around narrowed or occluded arteries. These tiny vessels are often referred to as collateral vessels, and are too small to be seen on an angiogram. Nevertheless, in spite of their small size, they are capable of delivering all the blood that is needed to the heart muscle. This is why although a coronary artery may appear to be blocked on an angiogram, there is no blockage of blood flow. In a sense the heart has put in its own bypasses allowing the heart muscle to function in a perfectly normal manner even if its main blood supply is blocked.

Yet the angiogram is unable to see these tiny collateral vessels because the technique cannot image blood vessels this small. It is also unable to image heart muscle because it is an x-ray, and x-rays cannot image muscle tissue. Thus, the coronary angiogram is unable to determine if the heart muscle supplied by an occluded coronary artery is functioning normally. It follows that this very dangerous and expensive test is **useless as a diagnostic procedure**. Yet it continues to be performed in over two million patients a year.

Dr. Wayne tells us that following these two million angiograms there are 5,000 heart attacks, 5,000 strokes, and 30,000 other vascular accidents. There are also 59,000 cases of kidney failure that require dialysis due to the toxic effect of the dye used in the angiogram on the kidney. The result is **7,000 needless deaths** as a result of an unnecessary test. Yet, sadly, the only tests that are needed for the diagnosis and treatment of coronary artery disease can

be obtained cheaply and safely with modern noninvasive imaging procedures, which cost only a small fraction of the cost of an angiogram, and without its dangers.

Considering the fact that all cardiologists are required to perform 50-75 angiograms a year to maintain their hospital privileges, or they lose their privileges to perform this test and the income it provides (\$10,000-\$15,000), it is not hard to understand why most cardiologists urge all patients to have an immediate angiogram before they have a massive heart attack. Some have been known to schedule an angiogram even before seeing the patient.

None of Dr. Wayne's patients has undergone surgery in over 10 years, and none has had a major heart attack in 12 years!

"It is interesting to note that surgery entered the modern world as a very disreputable procedure, little better in the eyes of medical orthodoxy than the herbalists or quacks with whom it competed for the same lower-class clientele. Surgeons could not write prescriptions, for example, without the countersignature of a physician, nor could they perform operations except in the presence of a licensed physician." Ralph Moss, *THE CANCER INDUSTRY*, Equinox Press, Brooklyn, NY.

We agree with Dr. Whitaker that the money involved has corrupted the heart surgery industry. According to Dr. Julian Whitaker in his newsletter that reportedly reaches over 500,000 people:

"A good example of this is angioplasty, in which a balloon on the tip of a catheter is used to open blockages. In my opinion, there is never a reason for anyone to have an angioplasty. It is a dangerous procedure looking desperately for validation. Whenever it is compared to a non surgical therapy and there have been very few of these studies patients treated with angioplasty virtually always fare worse. There is a higher death rate, higher heart attack rate and, in general, a higher repeat surgery rate. This procedure will, in my opinion, always be an unproven, expensive and dangerous gimmick that became an accepted therapy based on self serving "presumption" only. Bypass surgery may be helpful for some patients, but it should not be used as the first treatment, and clearly not in mild heart attack patients. Medication, dietary and lifestyle changes, plus nutritional supplements are more effective approaches" [J. Whitaker, MD]

"DO YOU REALLY NEED BYPASS SURGERY? A SECOND OPINION"



Howard H. Wayne, M.D., M. S., F.A.C.C., F.C.C.P., F.A.C.P.  
Director, Noninvasive Heart Center  
San Diego, California

In his book he clearly states that:

- The belief that bypass surgery is the only treatment for coronary artery disease is no longer true.
- That symptom relief after bypass surgery has nothing to do with the bypass procedure, and is due to numerous other factors.
- That the true frequency of complications after bypass surgery such as stroke and loss of cognitive function is as high as 30%.
- That the angiogram is the most inaccurate and dangerous test in cardiology, and frequently leads to unnecessary bypass surgery.
- That the heart can develop its own bypasses with proper medical treatment assuring a normal life span and life style.
- Despite new drugs and more sensitive diagnostic tests, patients with recent onset of chest pain who undergo stent insertion or bypass surgery have a 43% higher mortality compared to 25 years ago without these interventions.

Surgery, angiograms, stent insertions and other invasive procedures are big business for the medical mafia. There is no reason for them to tell you to take some vitamins which cost a few dollars, fix your diet which in most cases is free, when they can make thousands with surgery and toxic drugs.

# Heart Disease Eating Plan

If you bought this book as a package with "*7 Steps to Health*" then I highly recommend you read it as it goes into a lot more detail into each food group. Before I describe the plan, there are a few assumptions I make:

- You don't smoke or chew tobacco
- You don't drink soda/soft drinks or eat at fast food restaurants
- You don't use recreational drugs
- You don't drink alcohol
- You don't drink more than a cup of coffee a day

If you do any of these things you are creating the perfect environment for the development of heart disease, and thus I highly recommend you avoid them.

The list below is pretty much the **absolute best** that you can possibly do to destroy heart disease fast. If you decide to implement everything that is written, then you are a true warrior of your health, you will see the results quicker than anyone, and you will achieve a healthy glowing and beautiful body in no time. For some it may not be as easy so please remember to take it slow and do what you feel is best for you. Start slowly, see and feel the result, then continue to add further changes. Do what you can, as best you can, you don't have to overwhelm yourself.

For you to reap the full benefits of your health and wellbeing, never get sick or develop disease, the following list should become a lifestyle commitment and not just a temporary measure.

**1. No junk fats.** This is one of the main reasons why heart disease occurs. You must never eat trans fats, hydrogenated fats, fried or heavily processed fats, canola oil, soy oil, sunflower, safflower, margarine, Crisco, etc.

**2. No white foods.** This includes sugar, white flour, white pasta, gluten containing grains (wheat, barley, and rye), potatoes, as well as yeast. Many celebrities including Cameron Diaz and Oprah have endorsed this diet because of the toxic effects these ingredients have on our bodies. The only sweeteners that are actually good for you are raw coconut crystals, stevia, raw agave powder, and raw honey - you can eat as much of them as you like.

**3. No animal protein.** Animal protein has been linked in numerous world renowned international studies to directly promote cancer growth, diabetes, and heart disease like a switch. This is absolutely key to a successful heart disease treatment and one which is recommended by almost all the prominent holistic doctors and clinics. Beef, chicken, fish, eggs are all considered animal protein and should be avoided if you wish you cure your heart disease in a short period of time. For more information please refer to "*The China Study*" by Colin Campbell. At the start you may remove any meat products for one meal of the day, then advance to having meat only a few times a week.

**4. No processed foods.** It's quite simple: "If it came from a plant, eat it. If it was made in a plant, don't!" This might be a little challenging at first, but it is crucial for your health. You have no idea how many toxic additives, chemicals, preservatives, and flavor enhancers are added to our foods which lead to nasty ailments and diseases. If it comes in a package, try to avoid it as much as possible. Also, if the label reads "spices" as an ingredient, this doesn't mean actual spices like basil, pepper, dill, or parsley, it can mean up to **10,000 different chemical additives** disguised under the word "spices." This also includes processed rancid and hydrogenated fats and oil which destroy your cell membrane. Get used to eating and cooking with fresh vegetables, fruits, nuts, seeds and combinations of them.

Most importantly for a heart disease or diabetes patient, avoid processed and artificial oils and fats, margarine, Crisco, hydrogenated oils, fried oils, all fats used in store bought pastries, cookies and cakes. Consumption of these fats is creating a broken cell membrane and preventing you from ever achieving optimal sugar absorption and insulin balance thus preventing you from ever curing your heart disease.

**5. No pasteurized dairy.** Pasteurized dairy is directly linked to cancer, heart disease and diabetes. It is no surprise that countries that have the highest dairy consumption; Denmark, Norway, and Holland have the highest rates of breast cancer. Nations where cheese consumption has tripled in the last 30 years, like England and France and Canada and the United States, have tripling rates of asthma and breast cancers. Raw dairy (fresh milk not heated above 40 Celcius) is a completely different product if compared to pasteurized dairy. The heating process of pasteurization destroys virtually everything beneficial in the milk such as enzymes, vitamins, fats, immune supporting factors, and beneficial bacteria. If you can find a raw milk provider near you, I highly recommend all raw dairy products. Visit [www.westonaprice.org](http://www.westonaprice.org) or [www.realmilk.com](http://www.realmilk.com) for more information on raw dairy.

**6. Do not use microwaves, drink tap water** (chlorine and fluoride react with all supplements and oxygen making them inert as well as stealing oxygen from your own body which promotes an acidic environment=not good for anyone looking to get rid of their heart disease or stay healthy), **do not use non-natural air fresheners, body washes, soaps, deodorants with aluminum** (reduces electrical potential of your cells making them sick and cancerous), **and toxic household cleaners** (full of hormone disruptors, chemicals that are known and proven carcinogens, DNA inhibitors, and other very nasty effects that you do not want near you as you destroy your heart disease). I know this might sound a little over the top but every standard chemical puts and even greater toxic load on your system. Again, I'm just letting you know the facts, the choice is always up to you.

## Yes Foods

The following foods are a heart disease fighting arsenal and you can eat them as much as you like.

**1. Raw, whole, fresh fruits and vegetables.** The easiest way to stay healthy is to pack your meals with at least 50% raw foods. Every meal should be at least half made of raw fruits or vegetables. Spinach, kale, broccoli, cauliflower, cucumbers, tomatoes, peppers, radishes, squash, carrots, leeks, sprouts etc. Buy them organic if you can.

**2. Good Fats and Oils.** The only oils that should go anywhere near your plate are flax oil, hemp oil, coconut oil, and some olive oil due to the fact that your cells walls are hard, rigid, and dont allow nutrients, insulin, or oxygen to flow in and out. If you want to get rid of heart disease and other diseases, you must never consume trans fats, hydrogenated fats, and regular vegetable oils like canola, sunflower, or soy. This includes all regular pastries, cakes, cookies, fast foods, pre-packaged foods, tv dinners, and mostly everything found in a grocery store. This is the reason the heart disease epidemic grows exponentially in our country, because there is simply no good fats found in our foods. **Good fats and oils are your main weapon against heart disease!**

**3. Sprouted, gluten and yeast free breads.** Find some raw butter and you have a delicious substitute for the standard heart disease causing white bread. Yeast is also cancer food; Japanese research links breast cancer with the ingestion of goods baked with yeast. The problem is mycotoxins, which are waste products of yeast. There are many health problems that can be directly attributed to yeast, including arteriosclerosis, obesity, and AIDS.

**4. Gluten free grains.** Amaranth, buckwheat, millet, montina, oats, quinoa, rice, sorghum, teff, wild rice are all great meat replacing meals that are packed with nutrition and health promoting factors. Sprouted grains are anywhere from 3 to 10 times more nutritious than unsprouted and I highly recommend the sprouted kind. Also do your best to get them organic if your finances permit.

**5. Raw, unpasteurized dairy products.** Milk, cottage cheese, sour cream, butter are all amazing potent and nutritious heart disease-busting foods. They provide your body with virtually everything. Milk products must be raw, untreated, and unheated above 40 degrees Celsius.

**6. Green smoothies and shakes.** Water, spinach/Kale, and fruits/berries is all you need for a delicious alkaline promoting heart disease destroying meal packed with everything your body needs. You may make as many green smoothies as you like and mix them with various ingredients like bananas, apples,

**7. Raw nuts and seeds.** Any nut other than peanuts should be your friend. Loaded with healthy fats, vitamins, minerals, and healthy calories you may snack on nuts as often as you like. Just make sure they are unprocessed, not fried or baked, in their **raw** state.

**8. Salads.** Here you can be as creative as you like. Any combination of leafy greens, vegetables, spices, and oils like flax or hemp will be bursting with flavor. Try experimenting with different spices and vegetables to find a salad that is exciting and one you can eat every day.

## Heart Disease Protocol

Please note that everything outlined is a best-case scenario. The more of these foods you incorporate into your life, the healthier you will be and the easier your path to a heart disease-free future. I understand some people's financial situations might not allow them to purchase some of these foods, or they might not be available in every store, but try to do your best to get as many of these foods and follow as many steps as possible.

## Food

**50% Raw** - Half of everything you eat must be raw fruits and vegetables. This will allow your body to detox, alkalize, fill up on enzymes and nutrients while destroying heart disease.

**Cottage Cheese and Flax Protocol** - 1-2 cups (300-500 grams) of cottage cheese and a minimum of 3 table spoons of flax oil daily (very high in necessary omega 3 oils). Remember, 3/4 cup of cottage cheese is able to absorb 3 tablespoons of flax oil. You can put this mix in a blender; add a variety of fruits and berries, and some stevia or coconut sugar for taste. Make sure to mix the oil into the cottage cheese very well so no free floating oil is seen.

Choose a good quality Flax oil brand like Barlean's that has a high omega 3 content. Buy the no lignan variety for best oil storage and the oil must be found in the refrigerator section of your grocery store.

Mix it by adding cottage cheese, flax oil, mixing it with a hand held immersion blender and only then you may add some freshly ground flax seeds (never buy pre-ground flax seeds because the oil goes rancid in 15 minutes) cinnamon and/or bee pollen on top

Eat the mixture within 15 minute of making it.

**Bee Pollen** - A tablespoon daily (3 teaspoons in a tablespoon). You may either take it directly or put it in shakes, smoothies, salads, and anything else that is not going to be heated or cooked.

**Green Smoothies** - At least one green smoothie daily. I usually have one in the morning as a breakfast. I put a teaspoon of bee pollen, a scoop of my green superfood powder (has spirulina, chlorella, barley, wheatgrass, and more than 20 other superfoods) and raw coconut sugar for taste. (Go to page 347 for more tips on green smoothies)

**Water** - **Minimum** 2 liters/68 oz of clean filtered water daily. **Try not to use tap water if you can** as it might have fluoride or chlorine it in which interferes with oxygen, nutrient absorption in the cell and slows your healing progress.

## Healing Practices

**Exercise** - walk outside a minimum 15 minutes a day, rain or snow!

**Fasting** - The most powerful way to detox is absolutely free. Do at least one water or freshly squeezed juice fast every month. (See page 351 for more info about fasting)

**Sunshine** - If you can, get at least 15 minutes of sunshine to at least 70% of uncovered skin. Make sure you are directly in the sunlight, not behind glass as glass stops most of the beneficial (in moderation) UV rays.

**Sauna** - Attend a sauna at least once a week to help your body sweat out toxins.

## Supplements - Spread them evenly throughout the day

**Green Superfood Powder** - Add a scoop to your smoothies every day

**Vitamin C** - 8-15 grams of the regular ascorbic acid kind daily, **not** the Ester-C brand (L-Lysine and L-Proline have been found to stimulate the effects of vitamin C)

**Vitamin E** - 800 IU daily

**Vitamin D3** - 6000 IU daily

**B Complex** - Depends on brand, check bottle for guidelines (minimum 50 mg daily)

**Coenzyme Q10** - 100 to 300 mg daily (ubiquinol **not** ubiquinone)

**L-Lysine** - 4 to 6 grams daily

**L-Proline** - 500 to 2,000 mg daily

**Vitamin A** - 20,000 to 40,000 IU daily

**Bioflavonoids including Quercetin** - 150 mg daily

**Borage oil** - 1000mg capsules three times daily (perfect blend of omega 3 and 6, with GLA, LA, EA fats)

**Iodine** - 2 drops daily in a glass of water (choose an iodine supplement that has both iodine and iodide such as Lugol's or Iodoral), take with vitamin C and magnesium to enhance its effects

**MSM** - 5-10 grams daily in capsule form, make sure the MSM has absolutely no additives (MSM helps the cell wall become more elastic)

## Linus Pauling Recommendations

1. Take 6,000 to 18,000 mg of vitamin C as ascorbic acid daily (some of the vitamin maybe taken as sodium ascorbate) up to bowel tolerance (6 to 18 g). Pauling's therapeutic dosage of vitamin C for those diagnosed with

cardiovascular disease is from 6,000 mg up to 18,000 mg (or bowel tolerance). Generally, 3,000 to 6,000 mg of vitamin C is the recommended preventive dosage. The half-life of vitamin C in the bloodstream is 30 minutes.

Linus Pauling advised taking vitamin C throughout the day in divided doses.

The Hickey/Roberts Dynamic Flow theory predicts that taking vitamin C every four hours will produce the highest sustained blood concentrations. Take more before bedtime.

Those who have bloating, gas, or diarrhea after taking vitamin C should reduce the dosage of ordinary vitamin C and consider adding a liposomal form of vitamin C such as the Lypo-Spheric™ vitamin C product available from livonlabs.

2. Take 2,000 to 6,000 mg (2 to 6 g) of lysine daily.

For those diagnosed with cardiovascular disease, Linus Pauling recommended taking 5,000 to 6,000 mg of lysine daily. He recommended supplementing with at least 2,000 mg daily for prevention.

The following excerpt is from the Unified Theorylecture.

Linus Pauling relates the story of his invention of the Pauling therapy for cardiovascular disease, which was to add lysine to vitamin C. Dr. Pauling explains what happened in the case of the first person to try the therapy, a distinguished anonymous scientist who had asked Pauling for advice. The scientist was on disability, in pain, and generally unable to do work or exercise despite taking 5,000 mg of vitamin C daily.

He asked Linus what else he might recommend for his cardiovascular disease, and Dr. Pauling recounts his own response as follows:

"I didn't have to tell him that lysine is an essential amino acid and you have to get around a gram a day to be in good health, and you get it in your foods, because he is one of the most distinguished biochemists in the United States, recipient of the National Medal of Science in the United States. So he said, "How much shall I take?" I thought, "What do I know?" I know that people get a gram or two in their food depending [upon their nutrition], that it's essential, that they have to get around one gram. It hasn't any known toxicity in animals or human beings. I said, "5 grams, 5 grams of lysine per day." He thanked me.



A couple of months later he telephoned me and said, "It's almost miraculous! I started taking a gram a day and 2 grams and so on. Within a month after I had reached 5 grams a day of lysine in addition to my 5 grams of vitamin C, I could walk two miles without any nitroglycerin tablets or without any pain in the chest." He said he had cut down the amount of heart medicine in half. "It's almost miraculous," he said.

Another couple of months went by and he telephoned me and said, "I was feeling so good the other day that I cut down a big tree in our yard and was chopping it up for wood, and I was also painting the house, and I got chest pains," this despite his 5 grams of vitamin C and lysine. So he said that he "went up to 6 grams of lysine and 6 grams of vitamin C and told me, "Now I am continuing chopping down, chopping up the tree and painting the house." And now a couple of years later he is still in fine health. —Linus Pauling [Transcribed from his 1993 Linus Pauling Unified Theory Lecture]

3. Follow Linus Pauling's general heart and cardiovascular nutritional recommendations as provided in his 1986 book, *How to Live Longer and Feel Better*.

In addition to 6,000 to 18,000 mg of vitamin C, Linus Pauling advised:

Vitamin E- 800 IU (to 3,200 IU)

Vitamin A- 20,000 to 40,000 IU

Super B-Complex - one or two

Daily multiple vitamin/mineral supplement

Eat less sugar

Drink plenty of water

## Matthias Rath Recommendations

4. Take 250 to 2,000 mg of the amino acid proline daily. This nutrient is an addition to the original Linus Pauling protocol. Dr. Rath specifically recommends the amino acid proline because of its strong Lp(a) binding inhibitor properties in vitro (in test tube experiments). There is anecdotal evidence that proline supplements lower elevated Lp(a) over a period of 6 to 14 months.

It is difficult to suggest an optimum dose for everyone because the healthy body manufactures its own proline, though we probably make less as we age. A few alternative doctors have recommended 2 g (2,000 mg), although the first Pauling therapy formula, Tower's Heart Technology™, has produced consistently good results with 400 mg per serving.

Two servings daily (800 mg of proline) were shown to lower Lp(a) in a small pilot study.

## Additional Enhancements

Although studies are lacking, there has been some research and considerable anecdotal experience since Pauling and Rath first published their theory. This knowledge has led us to make the following additional recommendations:

### 5. Take 100 to 300 mg of coenzyme Q10.

Coenzyme Q10 (CoQ10) is a vital substance required for the production of energy in all cells and plays an important role in maintaining proper heart function. Popular heart medications interfere with the body's own production of CoQ10; thus taking these drugs at high dosages may lead to heart failure. If you are always tired or your muscles ache, take more CoQ10. The human body makes CoQ10 but we lose this capability gradually as we age. Note: Vitamin C and several vitamins may help stimulate your own synthesis of CoQ10.

### 6. Eliminate trans fatty acids from the diet and introduce unprocessed Omega-3 and Omega-6 oils.

Trans fats, hydrogenated fats, and all other processed fats create disturbances of the cell membranes which blocks the uptake of glucose from the blood. Because vitamin C shares the same insulin-mediated transport through the membrane, vitamin C faces the same theoretical difficulty entering the cells of diabetics. The addition of Omega-3 fatty acids in place of trans fatty acids in the diet will rectify this disturbance of the cell membrane.

### 7. Eat salt, but only unrefined salt.

This advice might seem strange, but alternative medical doctor David Brownstein uncovered literature showing that a low-salt diet can cause the body to change its hormonal balance as it attempts to retain sodium. This imbalance leads to a **400-percent chance of heart attack** in those with high blood pressure and low sodium intake. Refined (ordinary table salt) is probably poisonous, but unrefined salt such as sea salt or Himalayan salt contain over 80 minerals and can be considered a necessary "health food."

## **8. Supplement with magnesium (150 to 1,500 mg).**

Certain chelated forms of magnesium are better absorbed and you can take less. The heart requires magnesium, and a deficiency should be corrected to maintain a regular heartbeat.

Along these same lines, supplemental manganese (Mn) should be reduced (intake should be no more than 2 milligrams). More than 20 mg daily of manganese (Mn) can lead to irregular heartbeat, according to researchers at the United States Department of Agriculture (USDA).

## **9 Remove sugar, white foods (bread, pasta, pastries, potatoes, etc.) from your diet.**

It is well known that sugar competes with vitamin C for insulin-mediated uptake into the cells. Consuming sugar and refined carbohydrates effectively crowds out vitamin C and prevents it from entering cells, even in non-diabetics. Diabetics are especially vulnerable because their elevated blood sugar levels already reduce vitamin C's chances of entering their cells.

## **10. Add supplemental vitamin D3, especially in the winter months (4,000 IU).**

Our skin production of vitamin D is limited to periods of sunlight exposure, and in some latitudes, e.g. north of Atlanta, Georgia, vitamin D is only generated during the summer. Even during the summer months the UV/B light in the sunlight can only stimulate the production of vitamin D between 10:00 a.m. and 2:00 p.m. It is estimated that 20 minutes of sunbathing when the UV/B light can penetrate the atmosphere creates about 8,000 IU of vitamin D.

The toxicity issue is avoided by supplementing the D3 form of the vitamin. In addition to its cardiovascular and anti-cancer properties, vitamin D3 also provides significant protection against cold and flu viruses.

## **11. Take 3 to 6 mg of melatonin before bed.**

Melatonin is the sleep hormone and one of the most potent antioxidants known to science. A small gland in the brain known as the pineal gland produces melatonin in the absence of light. Many heart patients on prescription statin drugs have difficulty sleeping. If you are over 40 years of age and have difficulty sleeping, your pineal gland may not be making enough melatonin.

Take 3 to 6 mg of melatonin just before bed to improve sleep. Melatonin researchers praise its wide-ranging longevity and cardiovascular and anti-cancer benefits.

There are so many benefits attributed to melatonin that the list even exceeds the benefits of vitamin C. Coincidentally, the half-life of melatonin in the blood is 30 minutes. Melatonin, like alpha lipoic acid, is both fat and water soluble. This natural hormone has been found in every cell, both plant and animal, and has no known toxicity.

## Healing Crisis or Herxheimer

As you begin your new nutrition routing and cleanses, your body will be dumping high amounts of toxins, chemicals, and billions of dead cells, microbes, and bacteria into your excretory organs, blood, and pathways. Many doctors do not recommend fasting or colon hydrotherapy or cleanses because they produce various symptoms like fevers, chills, fatigue, muscle aches, nausea, diarrhea, skin breakout and other conditions. Yet this is **solely** due to your body dumping trash from all the little corners and crevasses of your body in an attempt to cleanse and detoxify itself. Basically it means your body is releasing more toxins than you can safely dispose of. This is called a detoxification reaction or healing crisis.

The more toxins one's body, the more severe the healing crisis will be. Some feel worse and attribute it to the failing treatment, yet your attitudes should be completely the opposite. You should **welcome** these reactions with open arms, it means your body is finally becoming healthy and you are on the **right** track.

Such reactions are temporary and can occur immediately -- or within several days, or even several weeks, of a detox. Symptoms usually pass within 1-3 days, but on rare occasions can last several weeks. If you are suffering from a major illness, the symptoms you experience during the healing crisis may be identical to the disease itself. Sometimes discomfort during the healing crisis is of greater intensity than when you were developing the chronic disease.

This may explain why there may be a brief flare-up in one's condition. Often the crisis will come after you feel your very best. Most people feel somewhat ill during the first few days of a cleanse because it is at that point that your body dumps toxins into the blood stream for elimination. With a more serious condition there may be many small crises to go through before the final one is

possible. In any case, a cleansing & purifying process is underway, and stored wastes are in a free-flowing state.

The symptoms can be absolutely anything, from new symptoms to old illnesses flaring up. Whatever symptoms begin after you start the protocol, it is a sign that everything is working.

You might also experience "brain fog" symptoms which feels like you can't think clearly or put thoughts together. This is also normal and is a result of dead microbes and waste matter being excreted.