



DECEMBER 2009

STRAIGHT TALK

"Then shall your light break forth as the morning, and your health shall spring forth speedily." – Is. 58:8

CARDIOVASCULAR HEALTH

DO NO HARM!

Before "practicing" medicine, doctors purportedly must take the Hippocratic Oath which has them swear to: "*first do no harm.*" Well, OK. It's a nice thought. It would be even nicer if they truly believed in such high standards.

Unfortunately, in the modern world of medicine the creed of "*health first*" seems to have been replaced with the Wall Street creed of "*profit first.*"

This is particularly true with the pharmaceutical side of the medical field. Drug companies run their enterprises for profit ... not for the health of their customers. And while their little pills are doing MUCH HARM to their obedient patients who take them without asking what is in them or what they do, the drug companies rake in Billion\$. The same is true concerning vaccinations. Profit, rather than health, seems to be the motive.

To be fair, I must say that medical technology today is capable of astounding things. Some of the capabilities of modern hospitals border on the miraculous. Furthermore, I must also admit that when we break a bone, have an accident or a heart attack it is mighty handy to have a doctor and a hospital close at hand. Their machines, technologies and skills for repairing and/or replacing injured and worn out body parts are astounding. I might add that the costs for these services are even more astounding. This is due, of course, to their prime motive which is profit.

The fact is, their excellence of technique, education, skill and technology is no excuse for their outlandish and criminal rates charged to the poor soul who finds himself in need of their services. While doctors and hospitals serve an unquestioned need in our society, they also abuse their position of power and influence. Perhaps it can be summed up in this way: their prime motive (profit) compromises their sense of fairness and responsibility. Thus, on one hand doctors are very necessary. But on the other hand, by pushing drugs for profit, and by pushing arbitrary and expensive medical procedures that are unneeded and harmful, and by ignoring real health needs of the public that provide fewer or no profits, they are contributing to the general unwellness of our generation.

CALL TO ACTION

Two months ago I had a heart attack. It was a mild attack, but suffice it to say that it got my attention. I had thought I was in pretty good health, so it came as a surprise. Subsequent tests showed that I had some serious blockages in my coronary arteries.

Within hours a cardiologist was performing an angioplasty on me, opening up the blocked arteries of my heart. He also inserted some stents (small woven wire tube) to keep the arteries open. The procedure was done via a long catheter inserted through a small incision in my groin. It took about two hours. The procedure was apparently successful, and now I feel fine. However, the episode alerted me to the fact that my arteries were in need of attention, and that I needed to educate myself on the subject. I needed to know the cause of atherosclerosis (disease of the arteries).

For the past two months I've done little else than research and dig into this question. I already knew some bits and pieces about it, but now I had no choice but to get to the root of the matter. I needed to weed out the erroneous theories and baseless guesses, and learn the truth so I could address my problem intelligently and effectively.

I'm no expert in cardiovascular science, however I am good at finding experts. And I'm good at collecting information from the brightest and most knowledgeable on most subjects. In deed, that is my education, my training and part of my particular aptitude. Plus, I personally know some bright and knowledgeable professionals who are experts and have helped me in this quest.

In the past two months I've read three books on the subject, and spent many hours on the Internet reading scores of reports and scientific papers published by experts (doctors and scientists). What follows in this article is a distillation of what I've learned thus far, including things I wish I had known before. I have approached this subject as if my life depends upon it ... because it does. And so may yours! In these four pages I can put only a very small part of what I've learned. So I encourage you -- especially if you are over 50 -- to purchase at least one of these books (which I will recommend) and educate yourself.

Truth sets us free. This is the truth (at least part of it) as I understand it. May it help set you free from some of the errors and confusions about what causes heart attacks and strokes, and lead you to further investigation.

WHAT CAUSES ARTERY DISEASE (atherosclerosis)?

Heart attacks and strokes are generally not caused by problems with your heart or brain, but rather by problems with your arteries. When arteries are diseased they can restrict blood flow and even get plugged and prevent blood and oxygen from getting to your heart or brain. When this occurs bad things happen ... like a "heart attack," or a "stroke." Fifty percent of heart attacks are fatal. Strokes are often debilitating and sometimes fatal.

There are things we can do to help prevent artery disease and reduce the threat of heart attack and stroke. Thus, it behooves everyone to learn some basics about this vital but little understood subject.

CHOLESTEROL

First let us look at cholesterol ... since it generally is blamed for artery disease (typically called "heart disease").

In the 1950's, Dr. Ancel Keys of Minnesota discovered cholesterol inside an arterial "plaque" he was dissecting. He concluded that cholesterol was the cause of the plaque, and he published the theory that "heart disease" was caused by cholesterol, and that cholesterol was caused by fats in the diet (particularly saturated fats like animal fats). Keys theorized that cholesterol piled up in the arteries and plugged them. His theory was welcomed with open arms by the drug industry, as well as the "natural health" industry. It gave them a market to exploit: anti-cholesterol diets and anti-cholesterol drugs.

That's how cholesterol became "enemy number one" – and heart disease became equated with high cholesterol readings. The drug companies loved it and exploited it into a bonanza for themselves. Today, anti-cholesterol drugs (like Lipitor, Zocor, and Crestor) are prescribed for nearly every elderly patient, and Americans are dutifully consuming them by the tons. That equates to enormous, astronomical profits for the big drug companies, as well as a steady, safe income for GP's and Cardiologists. It is just too good of a deal for the medicos. They love it. It is an approved drug ... and it does actually lower cholesterol ... so why look further into the cause of heart attacks? Hey, there's gold in them thar pills!

Drug companies that sell the anti-cholesterol drugs are the ones who organize and fund the studies and research on cholesterol. They do not look for negative results, and they do not look elsewhere for answers. There have been literally hundreds of studies and tests performed with literally hundreds of thousands of people, and to this day their motive is still profit first. Doctors who ask the critical questions ... like, "*Why hasn't lower cholesterol readings produced fewer heart attacks?*" suddenly find themselves uninvited to the industry's lucrative speaking engagements.

If cholesterol caused heart attacks then you'd think that a drug that lowers cholesterol would cause fewer heart

attacks. Right?

Well, at the beginning of my personal research I knew that the cause of atherosclerosis (artery disease) had to be more than just cholesterol alone. I knew that cholesterol couldn't damage an artery. Therefore, if cholesterol was involved in atherosclerosis it could only come into play AFTER the initial problem had begun inside the arteries ... AFTER the artery was damaged by ... well, by whatever damages arteries. So I needed to find out what causes the initial damage inside the arteries.

In the process of finding the cause of the initial damage I also learned more about cholesterol. What I learned was that cholesterol not only doesn't cause the damage, it actually works to prevent damage. Cholesterol is absolutely vital for good health. Also, very low cholesterol levels often indicate the onset of serious diseases like cancer. A reading below 150 mg/dL is getting too low, and readings below 70 signals imminent death. Another danger signal is a sudden drop in cholesterol. Cholesterol is essential for production of hormones, for protecting against toxins, for maintaining a healthy immune system, and for many, many other essential functions in the body's complex chemistry.

What the doctors today call "high cholesterol" is usually not really high at all. Readings in the lower 200's were not considered high until after Ancel Keys' theories began to be promoted a few decades ago. An unbiased and honest reading of the hundreds of studies and tests show that cholesterol readings above 200 are not only acceptable, they are preferable ... especially for the elderly.

THE BAND-AID APPROACH

I had begun my research with the assumption that cholesterol could somehow become a problem, but only AFTER the initial irritation or injury (from some cause) occurred to an artery. I pictured in my mind that an inflammation or injury could occur in the lining of the artery, and then cholesterol would come along and attempt to fix the lesion by patching over the injury with layers of cholesterol (as if that were possible), sort of like a band-aid. Then repeated patches ("repairs") at the same location could get out of hand and overdo its job, causing a buildup on the site with too much cholesterol piling up over the injury, thus forming the proverbial "plaque" we all hear about.

But, alas, again I was wrong about the part cholesterol plays. My research was destined to teach me some real science rather than amateur speculation.

THE ACTUAL CAUSE

The breakthrough research into the actual cause of artery disease is being done by doctors and scientists who find themselves often suddenly ignored and hated by the establishment medical community and the drug companies. Most doctors and drug companies support whatever makes them the most money. And doctors who tell the truth - that cholesterol has nothing to do with heart disease - don't remain in favor with the mainline medical industry.

As with the subjects of "Global Warming," "September 11," and the Kennedy Assassination, only the brave and the

very dedicated have the guts to stand for truth and against the majority. But then, when has the majority ever been right on any subject?

I have found some brave and dedicated doctors who are putting their careers on the line by standing against the popular myths and the billions of dollars behind the drug companies. There are many doctors on board today, but three stand out as pioneers and outstanding researchers and writers: 1. The Swedish doctor, Uffe Ravnskov has written two books (The Cholesterol Myths, and Fat and Cholesterol are Good for You!) and scores of studies and papers published in medical journals and on the internet; 2. Dr. Kilmer McCully, wrote The Heart Revolution showing that a little-known particle called "homocysteine" in the blood plays an important role in artery disease. 3. Last, but not least, my favorite researcher and author on the subject, Dr. Malcolm Kendrick wrote The Great Cholesterol Con - a book that is literally full of evidence. He sites scores of studies and tests that are available to the public ... and are by-in-large ignored or twisted by most American doctors and the drug companies. This is the cutting edge of research on artery disease. Today these doctors are recognized as leaders and still ahead of the general medical field.

According to these enlightened doctors, the cause of the "atheroma" (the "plaque" that causes atherosclerosis – i.e., hardening of the arteries) begins as a small infection, like a boil, between the walls of the artery.

On the inside surface of an artery is a very thin (one cell thick) lining called "the endothelial layer." The body continually repairs any damaged cells of the endothelium by laying down new cells. It is pretty much unanimously agreed that the infection occurs under the endothelial layer (between the endothelium and the artery muscle wall). However, researchers are unsure whether the infection enters through the blood inside of the artery or through tissue outside of the artery. In any case, the infection begins within the artery wall and is not caused by cholesterol in the blood stream.

The infection may be caused by a bacteria, virus, etc., or by protein elements like homocysteine in the blood which can aggravate and inflame arteries. Infectious elements from pneumonia or even periodontal (tooth) infections can affect it. Also antigens or vaccinations may be the cause ... or a combination of things brought on by a compromised immune system, or even a venereal disease.

One thing for sure, atherosclerosis (heart disease) is NOT caused by cholesterol. Nor is it caused by eating fats. It is true, however, that there are some harmful fats (i.e., hydrogenated fats like Crisco, margarine, or non-food fats like Canola) that can damage your general health in other ways, making you prone to infections ... but that is another subject. Cholesterol and fats, however, do not injure or infect the artery wall ... and THAT is the point. The injury is done by other things like microbes, homocysteine, or toxins.

One more important point: cholesterol is NOT a fat. Surprised? Yeah, that's right. It is a solid ... a very small particle. It is not soluble in blood, and is dissolved only in fats like lipoproteins ... which is how it gets carried throughout the blood stream. Lipoproteins (fat molecules) carry the

tiny particles of cholesterol to wherever they are needed to nourish the cells of the body.

Cholesterol is not sticky (it is solid, except when dissolved in fats that turn it viscous). It does not stick to artery walls or cause plaque, nor does it plug arteries.

A plugged artery is usually the result of a series of events. First, a "plaque" (infection) is formed as described above. Then the infected "plaque" swells and erupts (like a boil), spewing its debris into the blood flow and causing a reaction of red blood cells that then clot over the eruption site (the lesion). The clot is called a "thrombosis." This blood clot can then build to the point of plugging the artery ... or it can break free to float down stream to become lodged in a smaller artery or capillary, thus stopping the blood flow at that point. Stopping the blood flow prevents oxygen from reaching its intended destination at the cells of the heart or the brain. In a coronary artery this causes what is called a "heart attack." When this happens inside an artery that supplies blood to the brain it causes a "stroke."

That, in very simplified terms, is the anatomy of a heart attack or stroke ... and if we are to learn how to prevent heart attacks or strokes we must stop blaming it on cholesterol. We must start using true, reliable science. The books I've recommended are available at most book stores, or online at www.Amazon.com. They are inexpensive, and are well worth your time. I can tell you this: as with so many other popular myths of modern times, you have been misinformed about cholesterol and "heart disease." As the government and the media lie to us to create fear so they can establish a police state, so the medical world lies to us to create FEAR of cholesterol so they can sell their drugs. The doctors and the drug companies have created a false enemy (cholesterol) because it sells their false remedies, making multiplied-billions of dollars.

STATINS

By far the most popular and most profitable anti-cholesterol drugs today are the statin drugs ... like Lipitor, Crestor, and Zocor. The doctors seem to want everyone over the age of 30 on statins. Cholesterol is the outlaw, and statins are Wyatt Earp. Its the conventional wisdom.

It is true that statin drugs do lower cholesterol. Your liver is, among other things, a cholesterol factory. Most cholesterol in your body is manufactured by your liver ... whether or not your diet supplies cholesterol. Furthermore, your liver does not create cholesterol from fats in your diet. It creates cholesterol from carbohydrates (sugar, starch, etc.).

Statin drugs interrupt the chemistry process inside the liver. They interrupt the long, long chain of reactions that convert carbohydrates into cholesterol within your liver. This creates an artificially low production of cholesterol. If you want to kill yourself, then by all means take a statin drug. It will interrupt the God-created balance of cholesterol inside your body, and you will begin losing your memory, your nerves will deteriorate, pains will develop in odd places, you'll begin losing the use of your muscles, and eventually your kidneys. People who take statins often end up dying of Lou Gehrig's Disease (ALS) or other neuropathies. Plus,

you will raise the likelihood of having a stroke, a heart attack, and developing cancer. If you are a pregnant woman you can look forward to hideous birth deformities in your newborn child. Oh, but it's worth it! Right? Just think of the money you are helping to provide for the drug companies.

Did you ever wonder how statin drugs were discovered? You may have thought that the discovery was made in a sophisticated laboratory where brilliant scientists were searching for a cure for the dreaded disease cholesterol. If you did, you'd have been wrong.

As with many of the bestselling drugs, statins were discovered completely by accident. Which takes us to a small valley in northern China. It is a cold place, a lonely place, a place where a plant known as RED YEAST RICE grows. Red yeast rice, in order to survive, has developed a defense. This plucky little plant produces a poison, known as lovastatin, which KILLS those animals that are foolish enough to eat it. A researcher from the US government discovered this plant, with its poison, and took it away for further study. However, lovastatin apparently was not as efficient at poisoning people, at least from the US Army's point of view.

Interestingly, however, lovastatin was found to block an enzyme known as HMG-CoA reductase ... one of the enzymes necessary for cholesterol synthesis in the liver. Apparently this was the cause of death in animals.

The drug company Merck learned about this, saw the promise of huge profits, and in 1987 unveiled their new cholesterol-lowering miracle pill, Mevacor (lovastatin). It was so profitable that they later came out with another pill called Zocor, and yet another called Vytorin. Their profits have been eyewatering (although Vytorin was recently hit with a class-action lawsuit that cost them 41.5 million).

Other drug companies, not to be left behind, have followed suit with their own versions of the statins to get their pieces of the lucrative pie. Pfizer came out with Lipitor (atorvastatin) which is the best seller of all the statins. Other statins are: Crestor by Astrazenica, Lipobay by Bayer (removed from market because it killed too many people), Pravachol by Bristol-Myers Squibb, and Lescol by Novartis.

Thus, a poison from northern China evolved into the most prescribed drug in America.

According to figures by industry monitor IMS Health, Lipitor and Zocor are the top two pharmaceutical revenue generators worldwide, together grossing nearly \$18 billion in 2004. No doubt that figure is even higher today.

LIES, LIES, LIES

In spite of what drug companies and their paid-off doctors tell us, cholesterol is NOT the cause of heart disease. Read Dr. Malcolm Kendrick's book (The Great Cholesterol Con) and you'll understand.

The lies of doctors and drug advertisements create fear in the minds of Americans (like the War On Terror, the Banker Bailout, and Global Warming). Their whole cholesterol/diet myth is based on falsified claims and misrepresentations of the hundreds of actual tests that have been conducted. As a result of their propaganda most people are

in such fear of cholesterol that even when proof is placed before them showing that cholesterol doesn't cause "heart disease" they simply cannot believe it. Their fear overrules their reason and common sense.

The many tests and trials (most of them conducted by the drug companies and universities that promote the cholesterol myth) over the past 30 years, involving hundreds of thousands of people, literally show a different picture. Nonetheless, the gullible public are prone to believe what they hear most often rather than provable truth.

Consider these facts proven in the studies:

- People with high cholesterol do not have more arteriosclerosis than people with low cholesterol values.
- Lowering cholesterol values by drugs does not cause a decrease in the amount of arterial disease.
- High cholesterol is associated with longevity in older people. High cholesterol occurs in elderly people with the lowest mortality rates and appears to protect against infectious illnesses.
- Less than 50 % of people having heart attacks have abnormal cholesterol values.

So, now, tell me again ... so I can keep it straight. "Cholesterol is bad! Cholesterol is deadly!" Okay. Okay, I got it.

WHAT CAN BE DONE?

I'll list some things that improve your chances to avoid heart attacks and strokes. You can read them ... but you probably won't believe them until after you read Dr. Malcolm Kendrick's book, The Great Cholesterol Con.

Here's what you can do: take vitamins B6, B12 and Folic Acid to neutralize homocysteine; take fish oils, flax seed or flax oil, and cook with ONLY olive oil, or coconut oil; reduce your consumption of carbohydrates, especially sugar and starch (things made from processed flour); stop using hydrolyzed oils like Crisco, Margarine, etc., as well as non-food oils like Canola; butter is good; eat more green veggies and good protein including good meats and eggs; avoid boxed breakfast cereals and preprocessed foods.

Last but not least, laugh more. Stress and moodiness is proven to be bad for your health, and especially for your arteries. Stop worrying so much ... especially about cholesterol. Read a good book (by Malcolm Kendrick). Go online and research this stuff for yourself. Don't be afraid to learn new things. Stop watching TV (it irritates you and creates stress), and talk more to your spouse and children. PRAY!

These things, and many more things I am learning, are worthy of your consideration ... for your own well-being. Do your own research. Convince your own mind. Enjoy your twilight years without fear and superstition. Grow old with truth, grace and thankfulness.

Good health, and God bless!

