

Healing Miracles For The Heart

The concern over heart attacks and heart disease in the U.S. is at the top of the worry list along with cancer. These are the number two and three causes of death. Only iatrogenic causes, deaths from the medical system itself, exceed them. Heart disease is increasing every year despite the fancy and expensive interventions that have become “standard of care” in this country.

According to the American Heart Association, a person has a heart attack approximately every 34 seconds in America, while every minute a person dies from such an event. And the risk of having heart disease after 40 years old is 49% for men and 32% for women (as women age their risk approaches that of men). This means half of us will have heart disease if we live as Americans have chosen to live—essentially unaware of healthy habits, healthy eating and blindly following the lifestyle of the masses.

Definition of Heart Disease

Heart disease is essentially the narrowing and blocking of the arteries that provide blood and oxygen to the heart. The deposit of calcified fatty materials causes the narrowing and blocking of the arterial walls over a period of time. If the blood is completely cut off to the heart due to a block in the artery, then the resulting condition is termed a heart attack. Approximately half of the first heart attacks in men are fatal.

Causes of Heart Disease

I’ll bet you immediately thought of unhealthy cholesterol as the main cause of heart disease, right? Let me clear up this misconception. It is not the amount of cholesterol alone, but more so it is cholesterol becoming electrically charged in addition to the other chemical mediators of inflammation and the stickiness of blood that drive the risk for heart attack.

The following is an interesting case history (reported by the Life Extension Foundation) of former President, Bill Clinton:

In early September 2004, former President Bill Clinton underwent quadruple coronary artery bypass surgery. There was a lot of reporting on what may have caused the apparently robust former president to develop such a severe case of coronary artery occlusion. Bill Clinton’s penchant for eating artery-clogging fast food was noted, along with his mild hypertension.

Regrettably, the news media spent so much time focusing on Clinton’s cholesterol level that people could have been misled into believing that keeping cholesterol low is all it takes to avoid coronary artery occlusion.

According to the results of the last exam performed before he left the White House, Bill Clinton’s total cholesterol was 233 mg/dL, which is not outrageously unhealthy. Since optimal cholesterol levels are now considered below 200 mg/dL, the news media made a big deal over the fact that Clinton’s

cholesterol was too high. Interestingly, Clinton was prescribed cholesterol-lowering medication before he left the White House, but decided on his own to stop taking the drug after losing some weight.

Also of interest is that Clinton's blood pressure was 136/84, well below the accepted normal limit of 140/90.

My point here is that the accepted "risk factors" often miss the real underlying risk to heart disease, which I will discuss in this report.

Risk Factors for Coronary Artery Disease

According to Medline Encyclopedia Update (February 13, 2004), the risk factors are:

- Family history of coronary heart disease (especially before age 50)
- Male gender
- Age (65 and greater)
- Tobacco smoking (doubles the risk)
- High blood pressure
- Diabetes
- High total cholesterol (above 240 mg/dl) high LDL cholesterol (above 130) or low HDL cholesterol (below 40)
- Lack of physical activity or exercise
- Obesity
- High blood homocysteine levels
- Menopause in women
- Infection that causes inflammatory response in the artery wall. (There is some evidence that suggests this, but the theory is being studied.)

The risk factors that I taught my patients as a physician in residency training 15 years ago look very different to me now, despite the fact that conventional training is still emphasizing things like cholesterol, hypertension, family history and male gender. While these and the others on the list above are still known risk factors, there are other risk factors that look further at the underlying causes of heart disease.

The conventional-only medical world is still bent

on treating cholesterol with a statin drug (Lipitor[®] for example), treating hypertension with an anti-hypertensive, and addressing family history and male gender with more frequent blood testing and monitoring such as treadmill testing and carotid ultrasound.¹

A Newer Set of Risk Factors

Would you like to learn some newer risk factors for coronary artery disease that may have more significance than those listed above? A review of the scientific literature shows that coronary artery disease (atherosclerosis) is associated with the following blood levels:

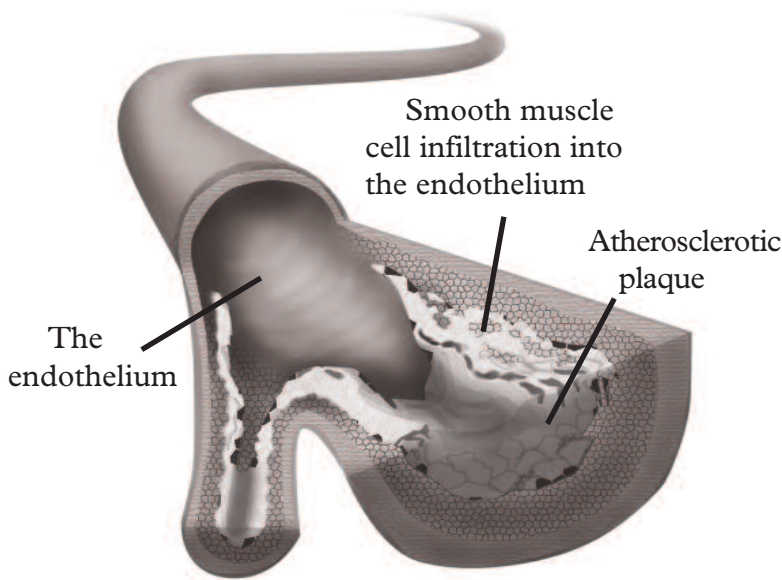
- High homocysteine²
- High fibrinogen⁵
- High C-reactive protein⁷
- High cholesterol⁹
- High glucose¹⁰
- High insulin¹²
- High iron¹³
- High LDL¹⁵ (Stress and radiation oxidize LDL. The children of Chernobyl nuclear accident had the highest levels of Oxidized LDL.)
- High triglycerides¹⁷
- Low HDL¹⁸
- Low testosterone¹⁹

In addition, stress, anger, and depression²¹ are independent risk factors that must be looked at. It is accurately said that, "anger is the Achilles' heel of the heart." It can even cause clots to rupture.

Interestingly, the average Greek man lives eight years longer than the average American man. And in the 1970s there were no heart attacks on the entire island of Crete for ten years, even though the average cholesterol was over 200. This was due to their Mediterranean diet, plus the mind/body healing lifestyle, which lowers stress levels.

Optimizing each of these risk factors can dramatically reduce heart attack and stroke and goes far beyond just taking a pill. Therefore, I will touch upon various interventions that reduce the above-mentioned risk factors.

Before doing so, let me outline the three main categories of causes for coronary artery disease and heart problems. These categories are increased inflammation (an example is oxidized LDL cholesterol), increased blood thickness from fibrin and platelet clumping, and heart muscle cellular metabolic dysfunction (weakening or degenerating muscle). Abnormalities in any one of these areas ultimately produce a picture in the vessels of the heart as shown.



One source of inflammation is from the infection of periodontal disease, which is directly related to heart inflammation. Also, mercury toxicity, insecticides and pesticides all play a role for inflammation and toxicity to the heart muscle along with other tissues. However, the much more common-known causes of inflammation and increased blood thickness comes from diet, stress, and environmental toxins that set up for low-grade immune hypersensitivity. In this way we also “turn on” genes that can replicate heart muscle cells that are weak and sensitive to sub-optimal metabolic functioning.

Heart Healing Tips: Real Foods Instead of Fake Foods

Our tissues, glands, and organ systems perform according to the type of nutrients, energy sources, oils, and sugars we provide them. Eating correctly cannot be emphasized enough in this report. And yet Americans continue to ignore this crucial and simple recommendation.

Imaging Tests

Here are the diagnostics imaging tests that are used in heart disease. With any good luck, you will never have to have one of the following:

Electrocardiogram (ECG): It provides the electrical rhythm and is a standard life insurance screen.

Exercise stress test: If you have symptoms, doctors will ask you to have this test every two years after age 50. It can detect as high as 85% of atherosclerosis cases, but usually gives false assurance that all is well.

Echocardiogram: This ultrasound is not done for screening. It gives pressures, volumes and function of the heart, but it cannot tell much about the vessels that occlude during a heart attack.

Intima and Media Thickness (IMT): IMT is a measurement of the inside of the carotid neck artery. It has up to 95% correlation to the coronary arteries of the heart and measures soft plaque.

Nuclear scan: Detects areas of the heart muscle that are not getting blood during exercise.

Coronary angiography/arteriography: This test shows narrowing inside the heart vessels. It directs the cardiologist where to stent or the surgeon where to place a bypass graft.

Electron-beam computed tomography (EBCT): Measures calcium within the plaque found in the arteries. The higher the calcium score, the higher the likelihood for disease.

There is so much research and clinical evidence to support eating whole foods high in fiber, micronutrients, enzymes, antioxidants, vitamins, minerals, and healthy oils to regulate heart problems that I won't even try to document it! And now evidence has emerged that eating minimal animal protein and eliminating refined and processed foods is also important. So, in a quick overview, here are some directions to follow each day:

Vegetables: At least six servings daily! Aim for over 50% raw vegetables—the remaining steamed from fresh and the last choice, cooked from frozen.

Legumes: Beans, lentils, peas, peanuts (not roasted)

Commonly Used Prescription Heart-Related Medications

Here are some of the commonly used prescription medications, all of which come with a distinct set of side-effects:

- Cholesterol-lowering medication.
- Antiplatelet agents, such as aspirin, ticlopidine, or clopidogrel, to reduce the risk of blood clots.
- Glycoprotein IIb-IIIa inhibitors, such as abciximab, eptifibatide, or tirofiban, to reduce the risk of blood clots.
- Antithrombin drugs, such as blood-thinners (low-molecular heparin, unfractionated heparin), to reduce the risk of blood clots.
- Beta-blockers to decrease heart rate and lower oxygen use by the heart.
- Nitrates such as nitroglycerin to dilate the coronary arteries and improve blood supply to the heart.
- Calcium-channel blockers to relax the coronary arteries and all systemic arteries and thus reducing the workload for the heart.
- ACE inhibitors, diuretics, or other medications to lower blood pressure.

or salted), and peanut butter with no additives.

Soybean products: Tofu, tempeh, miso are fermented soy, shown to be superior to other soy products.

Beverages: Herbal drinks (“teas”), freshly juiced vegetable and fruit juices, cereal grain beverages (often sold as coffee substitutes), Capra Mineral Whey, purified mineral water, and natural lemonade (freshly squeezed lemon with some Grade B maple syrup in 16 ounces of water).

Cultured milk products: Approximately 1 cup daily of: plain yogurt, sour cream, buttermilk, cottage cheese, or kefir. Small amounts of butter are fine. The best animal milk is raw goat milk, goat cheese, goat whey, or organically-fed raw cow’s milk to avoid the chemicals in commercial brands. Vegetable sources avoid the issue altogether such as rice, soy, or almond milks.

Eggs: Boiled or poached (limit of four weekly). Frying increases the heat and free radical damage.

Fish: All freshwater white fish, salmon, broiled or baked fish, and water-packed tuna. Use less than 10% of total meal, such as in soups or on top of large mega-salads.

Fruit: At least three servings daily. Eat the skins of all fruits where possible!

Grains: All whole grains and products containing whole grains.

Nuts: All fresh raw nuts and seeds. Eat peanuts in moderation.

Oils (fats) in limited amounts: Oils are best from the whole foods themselves. Mist on oils after frying food in water. I recommend all cold-pressed oils that are high in omega-3 monounsaturated oils, such as olive, flax, evening primrose, black cumin seed, hemp seed, borage seed, and grape seed oils. Even coconut and macadamia nut oils are high in omega-3.

Seasonings: Garlic, onions, cayenne, spike, all herbs, dried vegetables, apple cider vinegar, and seaweed. Other plant seasonings are basil, oregano, cilantro, pepper, etc.

Soups: Homemade (salt- and fat-free) bean, lentil, pea, vegetable, barley, brown rice, and onion. Vegetable or herb flavored bullion makes a soup that aids in cleansing.

Sprouts and seeds: Raw sprouts (broccoli, wheat-grass and alfalfa) and seeds (sunflower, pumpkin, etc.).

Sweets: Small amounts of raw honey, pure maple syrup, stevia, unsulfured blackstrap molasses, agave nectar, turbinado (crystallized sugar cane extract), or fruit extract. Please do not use artificial sweeteners.

Exercise

Develop an exercise regimen that you enjoy, even if you are by yourself. Short but frequent sessions of exercise are far better than a completely sedentary lifestyle. Walking or biking instead of driving, taking the stairs instead of the elevator, parking far from building entrances are all measures that most of us do routinely. Yet these still are not going to do what a real, mind-clearing, sweat-inducing exercise will do.

Lower Your Weight

Ultimately, though this report is not focused on weight loss, I have learned that lowering weight down

translates into less heart disease risk. The best way to do this is to eat high nutrient, low calorie food, release painful emotions, heal strained relationships, exercise and get hormones in balance. Sounds easy enough? Well, it's not. But when it is done, every aspect of quality of life goes up—and you can still enjoy desserts once a week!

Reduce Your Stress Level

Emotional stress, unlike exercise or physical stress, brings with it an increase in blood pressure, acceleration of cholesterol deposits onto the arterial walls (due to oxidative stress), elevated blood fat (triglycerides), and elevated blood sugar that is known to cause type II diabetes. The overall body becomes more prone to viral attack as the immune system strength is also reduced due to uncontrolled stress.

Reduce Cholesterol

Take immediate plans to reduce cholesterol in your diet. Cholesterol is one of the contributing waxy layers that coat the arterial walls as plaque. Cholesterol is something that the body makes and has two forms that need balance—low density lipoproteins (LDLs) and high density lipoproteins (HDLs). The LDL (“bad” cholesterol) applies excess cholesterol as plaque on artery walls, while HDL removes excess cholesterol through the liver and out through normal excretory bodily functions.

You can immediately help regulate these two types of cholesterol by minimizing the intake of animal fat through red meat and by cutting out trans-fats (hydrogenated oil). Instead, focus on fish or free-range chicken servings three times a week (keeping meat to less than 10% of diet), while increasing the amount of fresh vegetables (seasoned with onions or garlic), fresh fruits, legumes, seeds and limited whole grain breads. Let fats be healthy fats, from fish, olive oil, and others high in omega-3 (see section below).

Omega 3 Fatty Acids

Omega 3 fatty acids have recently been shown to be more effective than statin drugs according to a recent meta-analysis published in the *Archives of Internal Medicine*!²² These Swiss investigators reviewed 97 randomized controlled clinical trials, including over 275,000 participants and discovered that statin drugs decreased heart attack mortality by

22% but omega-3 fatty acids decreased mortality by 32%. Even death from any cause was reduced by only 13% with statins but by 23% with omega-3 fatty acids!

It is interesting to also find studies showing that omega-3 fatty acids work by reducing inflammation, reducing blood thickness, and preventing the metabolic dysfunction of irregular electrical conductivity (remember our three main causes I listed above?).²³

Why not make fish (like ocean-raised salmon, herring, and mackerel), and cod liver, olive, borage, primrose, and flaxseed oil a part of every meal?

Fiber

The National Health and Nutrition Examination Survey (NHANES) in May 2004, revealed that high fiber is associated with a lower C-reactive protein (CRP) level.²⁴ Looking at the results of 3,920 survey results, those consuming the highest fiber had over 50% lower risk of having elevated CRP levels.

Fiber is particularly well suited to help heart health because of its ability to bond with cholesterol, and to take it out of the body. Oat bran, pectin, broccoli, legumes, ground seed, whole grains, and rice all constitute healthy sources of natural fiber that, if taken daily, may not only make you regular, but provides a terrific source of cholesterol reduction.

Antioxidants and Other Heart-Building Supplements

Antioxidants are vital to minimizing the problems incurred by free radicals. In the case of heart disease, where oxidized LDL cholesterol and oxidized inflammatory fats are ingredients in the creation of arterial plaque, we must stop the oxidation process that causes so much damage at the cell level. And there are other powerful nutraceuticals that reduce at least one of the three main causes of unhealthy hearts as described here:

- **Vitamins C**, 2,000-4,000 mg daily.
- **Vitamin E**, 1,600 IU daily for fibrinolysis (blood thinning).
- **B-Complex vitamins**.
- **Nattokinase** is a potent fibrin inhibitor, reducing blood thickness and promotes cardiovascular health.

- **Coenzyme Q10** enables the heart to effectively boost the strength of the heart muscles, and increases the ability of the electrical functions to perform properly. It is the spark that ignites the formation of ATP in the cell by the mitochondria. It helps to support cardiovascular health at the levels of 100 milligrams daily. Keep in mind that the heart muscle has 5,000 mitochondria per cell making ATP while skeletal muscle only has approximately 200!
- **Alpha Lipoic Acid** boosts the levels of the endogenous antioxidant, glutathione.
- **L-Carnitine** brings in long chain fatty acids across the mitochondrial membrane where they produce biological energy in the form of adenosine triphosphate (ATP). This is a partner with CoQ10 and D-Ribose.
- **D-Ribose** is a sugar-like molecule that works at the mitochondrial membrane, acting as a powerful substrate (starter molecule) for CoQ10 and L-Carnitine to do their job well.
- **Green tea** (*Camellia Sinensis*) is a powerful herb with antioxidant properties that has a proven, 1,000-year history among the Chinese for promoting health. There is only 1% to 4% caffeine in it, and unless you have green tea asthma, you can drink six to 10 cups daily. There is a capsule form that is dosed at three tablets daily.
- **Quercetin** may help promote heart health by inhibiting the oxidation of LDL Cholesterol.²⁵ The use of quercetin showed a 73% reduction in their risk of stroke in one study.²⁶
- **Hawthorne berry** is an herb that has a long history as a heart tonic. It is thought to normalize metabolic pathways of the heart—from helping to promote regular heart beats to regulating blood pressure. This herb can be sipped as a drink or taken as a capsule daily
- **Ginkgo Biloba.** This herb's overall strength is to increase the blood flow capability of the vascular system. The network of blood vessels have been proven to increase its ability to deliver blood and oxygen to all the organs, and in the process, regulate blood clotting for

improved circulation. This capability also helps the memory and other brain functions due to the stronger blood flow. Plus it has potent antioxidant properties believed to be responsible for its anti-aging effects.

- **Garlic** has been researched and shown to be an antioxidant, reduce arterial plaque development, reduce blood clotting, increase vessel elasticity, lower fibrinogen levels, lower cholesterol, and lower blood pressure.²⁷ I recommend this spice be taken with food as much as possible or taken as a capsule.
- **Magnesium and calcium** can mainly be obtained in a high vegetable diet. Yet many will desire supplementation if they are in a higher risk group for heart problems. Take them in equal amounts. They can work together for the neuromuscular functions of the heart, and in reducing blood pressure by dilating blood vessels. Additionally, magnesium is not adequately consumed by the U.S. population since it is best found in legumes, whole grains, tofu, and green leafy vegetables—all of which we sadly do not consume enough of. Therefore, I recommend these as a supplement to your food.
- **L-Taurine** is an amino acid that is found to promote normal heart rhythm. Two thousand milligrams three times a day for people with heart problems showed improved cardiovascular functions.

Bypass Graft Surgery

Along with the news media's coverage of Bill Clinton's coronary bypass surgery, they stated that 300,000 of these "routine" surgeries are performed every year in this country. What they failed to tell is that there are much better ways to deal with this common problem. Conventional medicine is bent on making big money wherever they go.

EDTA Chelation

Either intravenous (I.V.) or orally by pill, EDTA has impressive statistics and clinical reports to back up what it can do to promote cardiovascular health and open up vessels throughout the body for improved blood perfusion.

In over three million chelation treatments and over 30 years of use, it touts an amazing 82% effectiveness in promoting circulation and cardiovascular health.

Oral EDTA chelation is making its way to the forefront instead of I.V. chelation. This synthetic amino acid is safe and effective.

Oral chelation is much less expensive, safer, but with slower and scaled down results in general. However, I have been privy to reading the testimonials of thousands of users of an oral chelation product and I was overwhelmed with the positive response. From improvement in eyesight and increased libido to more energy and better heart function, these people were extremely pleased by it!

Summary

Now you have a great picture of what it really takes to support your heart naturally, instead of waiting until you feel forced to start a new prescription medication. You also now know far more than the average cardiologist about how to really pamper your heart the way it should be—with the building blocks for a long and healthy heart!

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Dr. Cutler is a Board Certified Family Physician specializing in chronic degenerative diseases, fibromyalgia and chronic fatigue. He is a graduate of Brigham Young University (BYU), Tulane Medical School and Natividad Medical Center Family Practice Residency, in Salinas, California.

Dr. Cutler has successfully brought professionals of several healthcare disciplines together to bridge the gap between conventional medical training and effective complementary medicine. Through his patients' experiences, as well as his own, Dr. Cutler has found many complementary practices to augment conventional medicine as an integrative solution. Because of his understanding of nutritional and natural medicine, he strongly promotes self-reliance in healthcare.

Dr. Cutler has over 19 years of clinical practice experience, providing services including obstetrics, newborn and pediatric care, orthopedics and minor surgeries, internal medicine and nutritional guidance. His focus in clinical care is a highly educational approach, with a focus on the cause of illness.

Dr. Cutler is uniquely qualified as a noted authority on preventative solutions to aging issues, general family ailments and nutrition, with an understanding and respect for the natural harmony of the human body. He has devoted his career to learning how to optimize health through simple changes in diet and lifestyle. His goal is to educate others so they can heal and teach others such principles of sustainable health, thereby shifting the paradigm of health care to one of personal empowerment and inspiration from God.

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