

Smart Heart Health[®]

How to “Cheat” the Doctor, Save Money, Live Long, and Prosper

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Andrew Dickens NMD
Healing Pathways Medical Clinic
 6939 E. Main St.
 Scottsdale, AZ 85251
 480-699-7400
 www.healingpathwaysmedical.com
 info@healingpathwaysmedical.com

A. Basic Health Care in America facts:

1. We spend between 2.1 and 2.5 trillion dollars a year on health care
2. 16.5% of GNP (Gross National Product), this equals 16.5¢ of every dollar spent
3. Heart disease #1 killer in America (cancer is a close second)
4. AHA (American Heart Association) said in 2006 that 1.3 million angioplasties were done (\$48,399 each) at a cost of \$60+ billion and 448,000 bypass surgeries (\$99,743 each) at a cost of \$44+ billion. Total of \$100+ billion
5. NEJM (New England Journal of Medicine) April 2007 states angioplasties and stents do not prolong life in 95% of patients
6. Furthermore, they also found that bypasses only prolong life in less than 3% of patients
7. These two procedures are then dangerous, expensive, invasive and ineffective
8. The Lancet Sept 2004 found that greater than 90% of heart disease was prevented by diet, exercise and lifestyle modifications. (30,000 people on 6 continents)
9. Which side of the ledger do you want to be? Where do you put your trust?

Statin drugs:

1. Half of all heart attacks occur in normal cholesterol patients
2. Statin drugs not only block the formation of cholesterol but also CoQ10, which is necessary for heart health (See above for profit reasons)
3. Lipitor #1 best selling drug in America and it has a 4,696% profit margin
4. FDA has removed Bextra and Vioxx (killed 37,000 people) from the market. So much for conventional medicine and they're “double blind, placebo controlled” medication safety track record.

B. Disease: Kills over 700,000 in USA in 2000; 58,169 killed in Vietnam; 551,000 cancer Cost in 2001 was 298.2 billion. 1 in 5 has HTN. Almost 1 in 5 smokes, single most preventable cause of death in USA. Cardiac risk doubles a non-smokers' risk.

1. **Atherosclerosis:** LDL, macrophages, endothelium, and foam cells unto atheroma. 20-40% occlusion most unstable (clot). 40-50% narrowing – most MI's. 80-100% narrowing gives chronic angina.
2. **Cholesterol:** Perhaps not the great risk as proposed by pharmaceutical companies. It is the precursor to sex hormones. Major portion of the “insulation” of

the brain. Lack may lead to cortical spillage - “Signal Leakage” and brain atrophy. “How’s your memory?”

3. **Autonomic dysfunction:** Stress induced. Increased catecholamines. Loss of control between parasympathetic (rest and repair) and sympathetic (flight or fight).
4. **pH and PPI’s:** Proton pump inhibitors block acid introduction into the stomach and this causes acidic bodies. Urine pH 6.5 to 7 and saliva around 7.1
5. **Hyperinsulinemia:** Insulin is inflammatory and increases body mass. May damage small blood vessels.
6. **Hypertension:** associated with MI’s, strokes, kidney and retinal damage 95% is essential – a description more than a diagnosis. The result of an interplay of numerous factors.

Drugs: needed if BP > 140/90 and not manageable by other means or until corrected

- ACE inhibitors SE of cough Lisinopril etc. increase EF, post MI
- Diuretics: Lose K and Mg HCTZ and loop diuretics
- Beta blockers atenolol, Labetalol blocks alpha-1 for peripheral vasodilation
- CCB: swelling feet
- ARB: Least SE, depletes Zn so take 50mg/day. Avapro>Losartan or Diovan
- Other

Predictors of Heart Disease:

Homocysteine. B6, B12, and folic acid are required to metabolize methionine to cysteine. Small amounts are fine but with a vitamin deficiency then excess (toxic) amounts of Homocysteine can build up.

CRP “C Reactive Protein” specifically measure hsCRP - an inflammatory marker. Reduce with Vit C, antioxidants, more fiber, fish oils and eating fish, Mediterranean diet. Perhaps a much better marker for heart disease than cholesterol.

Alcohol is inflammatory in any quantity other than minimal amounts

Hypertension: implicated in 800,000 deaths a year, may be asymptomatic

Pulse pressure: indicator for vascular aging. Normally 40. DASH diet, weight loss, nutrition

Angiotensin II is elevated

C. Prevention and Healing:

Diet: Protein, carbs and healthy fats. Dean Ornish – only diet proven to reverse heart disease.

Protein: Perhaps greatest need is for a good clean protein source. Grass fed, grass finished beef. Wild salmon and small wild fish. Chicken without antibiotics, arsenic, hormones. Beans with rice for complete amino acid profile. Taurine (aa) helps detoxify.

Specific Amino Acids:

Taurine is the most abundant free amino acid in the heart and has a greater level than all the others combined. Plays a roll in the metabolism of calcium in the heart. May be useful in treating arrhythmias, decreasing atherosclerosis, prevent deterioration of Cardiomyopathy, and alleviate congestive heart failure and mitral valve prolapse. “Turns on the good, turns off the bad”. 2-5 g/day

Cysteine: 2 g a day of NAC increases the efficacy of nitroglycerines used in angina and coronary heart disease. Chronic supplementation is potentially valuable for everyone. *The Healing Nutrients Within* p 304 Eric Braverman MD. A sulphur aa

Carnitine: Body can make it so not a vitamin but more like a vitamin in action. (Not used as neurotransmitter or in construction of proteins.) Involved in the transportation of fatty acids into the cell for fuel and also the oxidation (burning for fuel) once there. May help control A-fib. Heart has more carnitine than any other organ. 2-4g/day in divided doses

Arginine: Two roles: Urea metabolism (1/2 the amount in the body) and regulation of vascular constriction. Arginine is used as a precursor to NO and this gas has anecdotal reports of lowering BP. 1-20 g/day Thorne Products "Perfusia SR"

Tyrosine: Reduces susceptibility of v-fib. Raises BP of hypotensive patients. May have a regulatory effect on hypertension. 1-6 g/ day in divided doses

Vegetables: High in potassium. Necessary for removal of toxins, intake of insulin, neuron function, maintaining fluid and electrolyte balance in the body, etc. Diets high in potassium reduce risk of stroke and high blood pressure. Colors in vegetables have health benefits from the strong disease-fighting compounds called phytonutrients. 8 servings of fruits and vegetables lower systolic 11-12 points and diastolic 8

* The red in tomatoes helps reduce the risk of heart disease, prostate cancer, and other types of cancers.

* The yellow in corn protects against macular degeneration, the number-one cause of blindness in the elderly.

* The orange in carrots and sweet potatoes helps prevent heart disease by lowering cholesterol and helps reduce the risk of stroke.

* The green in dark, leafy greens helps prevent cancer.

* The blue in blueberries helps protect memory and motor function as you age, and helps fight cancer and heart disease.

* The purple in Concord grapes and grape juice helps prevent heart disease.

Minerals: Reduced mineral intake puts more strain on the kidneys to recover the available minerals. Water intake should have an equivalent amount of minerals, especially phosphorus, that are being lost in the urine. Electrolytes help to carry out toxins in the urine. Drinking distilled water is not good for this reason.

Chromium and vanadium are good for hyperinsulinemia.

Magnesium – prevents Angiotensin II damage, helps repair heart muscle, increase NO, decrease clotting 1,000mg/day

Se - 200-300mcg/day

Zn – need 50 mg/day

Supplementation of vitamins and minerals:

Why supplement? Well, if you ate an apple in 1914 you would have to eat 30 today to get the same amount of minerals. RDA for Vit C in lactation is 120mg. Goat makes 12,000mg so RDA (Ridiculously Deficient Amount) is 1/100 that which a goat produces!!! Conventional medicine makes money on disease and illness and not on healthy people. Remember, if everyone were healthy, hospitals would go broke!!!

Supplementation of Nutraceuticals:

1. Co Q10: Necessary for the synthesis of cellular energy. Statin (Satan) drugs block the production of Co Q10 and this is why statins cause muscle pain (Heart is muscle!!!) and energy loss. Statin drugs intake should call for Co Q10 to be given. If it works, it works well. 200mg/day, 600-800 mg in congestive failure
2. Anti-inflammatory steps:
 - Eliminate white flour, white rice, sugar, alcohol
 - Treat GI tract – fiber, probiotics, digestive enzymes, HCl for stomach
 - Identify and remove food allergies. We use NEAT
 - Anticoagulants – fish oils, proteolytic enzymes, Vit E, Botanical tinctures
 - Antioxidants – Vit C, alpha lipoic acid, Vit E, selenium, beta carotene
3. Other necessary heart health supplements
 - D-ribose – gives heart energy source
 - Magnesium glycinate
 - Hawthorne herb – hugely beneficial and specific to the heart
 - Homeopathic remedies – both classic and complex. Very critical often!
 - B6 – very important for CNS function, acts like clonidine. Diuretic
 - Vit D lower BP through plasma renin control (Aldosterone)
4. Natural ARB's (Angiotensin Receptor Blocker):
Antioxidants, whey protein, omega-3, K, fiber, garlic, Vit B6, Vit C, CoQ10, celery, GLA
5. Vit K2 MK7 from Natto and other fermented foods and lesser in green veggies
100 mcg/day Reduces plaque by regulating calcium

Healthy fats: Fish oils are the #1 anti-inflammatory supplement you can take. Quality means no reflux and no mercury or PCB toxicity issues.

Dr Barry Sears says “On a scale of 1 to 10 for supplements, I give high-dose fish oil 12”
<http://www.drkarenwolfe.com/posting/preventing-chronic-degenerative-disease-and-obesity-get-in-the-anti-inflammatory-zone-naturally.htm>

Exercise:

Ideally reach target heart rate (180- age) for 30min 3x/week. Check with your doctor to see if this is available. Both aerobic and weight training.

Lifestyle Modifications:

Prayer – is God there?

“Don't worry, be happy” – Bobby McPherrin

Meditation: just how cluttered is the mind?

More love and joy with less stress and confusion

See #8 under Basic Health Care in America facts

Stop the caffeine intake – increases systolic pressure and heart rate

Natural lowering of blood pressure:

Exercise:

Reduce electrolyte stress: Mineral supplementation needed

Natural lowering of cholesterol:

Red rice yeast (still needs Co Q10 to be supplemented)

Niacin Jury is out for benefit