Dr. Smith Live

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Energy Medicine: The New Frontier

Topic: How to prevent heart attacks

- **Can heart attacks be prevented and heart disease reversed?**
- **Can taking six vitamins a day really prevent heart attacks?**
- **Can heart disease generate over 300 billion dollars a year for medicine and Big Pharma?**
- **Learn which medications can cause heart attacks.**

Fun Facts

- Did you know approximately every 40 seconds, someone in the U.S. will have a heart attack.
- Did you know that heart disease is the leading cause of death in the U.S.?
- Did you know that more than 800,000 new attacks and 200,000 recurrent attacks occur each year?
- Nearly 60 million Americans are diagnosed with Cardiovascular disease every year.
- Did you know that 85% of the clogged arteries in your heart are caused by adulterated omega 6 oils?
- Did you know that cholesterol is NOT the cause of heart disease?
- Did you know that most cardiologists are unaware of the research that proved that taking four vitamin supplements will help prevent heart attacks.
- Did you know that heart attacks generate revenues for medicine and big pharma of more than $300 billion every year.

- 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.

What Is a Heart Attack?

A heart attack, also known as a myocardial infarction, happens when the flow of blood that brings oxygen to a part of your heart muscle suddenly becomes blocked. Your heart can't get enough oxygen. If blood flow is not restored quickly, the heart muscle will begin to die.

Most heart attacks are caused by coronary artery disease, atherosclerosis. This is where plaque or cholesterol deposits build up along the walls of the arteries causing narrowing, turbulence in blood flow, and blood clots.

Symptoms of a heart attack include chest and upper body pain, shortness of breath, dizziness, sweatiness, and nausea. Women often experience different symptoms of a heart attack.

Causes and risk factors

Risk factors such as age, lifestyle habits, and other health conditions affect men and women differently.

- Women may get heart attacks at older ages than men do.
- Smoking, high blood pressure, high blood cholesterol, high blood sugar, obesity, and stress raise the risk of a heart attack more in women than in men.
- Women are more likely than men to have heart attacks that are not caused by coronary artery disease. This can make it more difficult for healthcare providers to diagnose heart attacks in women.
- Women have more health problems after having a heart attack than men do.

Symptoms of a heart attack in women

Both women and men who have a heart attack often have chest pain. However, in addition to chest pain, women are more likely to have these symptoms:

- Pain in the shoulder, back, or arm
- Shortness of breath
- Unusual tiredness and weakness
- Upset stomach
- Anxiety

These symptoms can happen together with chest pain or without any chest pain.

Certain Medications Can Cause Heart Attack

Many people don't realize that some common medications can also lead to a heart attack. Certain prescription and over-the-counter medications can lead to heart failure or increase the potential for heart attack.

Prescription Drugs and Heart Failure

The more medications you take for various medical conditions, the more likely it is that you could experience drug interactions. Prescription drugs that may put you at increased likelihood of Acute Myocardial Infarction include:

- Nonsteroidal anti-inflammatory drugs (NSAIDs), which affect blood flow through water and salt retention; Ibuprofen (Advil, Motrin IB, Aleve, Anaprox DS, diclofenac sodium and Celebrex, Elyxyb.
- Diabetes medications, some of which cause fluid retention and weight gain
- Prescriptions for blood pressure drugs, particularly calcium channel blockers
- Medications used for chemotherapy and other cancer treatment Cardiotoxicity is heart damage that arises from certain cancer treatments or drugs. It can develop years after cancer treatment, especially in adults who received cancer treatment during childhood.
- Stimulants, under certain circumstances
- Antidepressants
- Statin drugs: lipitor, Livalo® , Crestor, Zocor and others.

In 1992, while George Walker Bush was telling the people read my lips, no more taxes, Linus Pauling first claimed (on video) that he knew the reason for heart disease. Organized medicine dismisses the Pauling/Rath claim without comment or critique.

Preconditions setting the stage for heart attacks:

Ascorbate deficiency is the precondition and common denominator of human CVD. Ascorbate deficiency is the result of the inability of man to synthesize ascorbate within the body in combination with insufficient dietary intake. The invariable structural consequences of chronic ascorbate deficiency in the vascular wall are the loosening of the connective tissue and the loss of the endothelial barrier function. Thus human CVD is a form of pre-scurvy. The multitude of pathomechanisms that lead to the clinical manifestation of CVD are primarily defense mechanisms aiming at the stabilization of the vascular wall.

The most frequent patho-mechanism leading to the development of atherosclerotic plaque is the deposition of Lipoprotein A and fibrinogen/fibrin in the ascorbate-deficient vascular wall. Pauling's research discovered that virtually every patho-mechanism for human CVD known today can be induced by ascorbate deficiency. Why did it happen?

About 40 million years ago man's ancestors lost the ability to produce endogenous ascorbate. This was the result of a mutation of the gene encoding for the enzyme L-gulono-glactone oxidase (GLO), a key enzyme in the conversion of glucose to ascorbate. As a result of this mutation all descendants became dependent on dietary ascorbate intake.

Vitamin C plays a major role in the manufacture of collagen, the protein that gives shape to connective tissues and strength to skin and blood vessels. With a deficiency of vitamin C you get weakened blood vessel walls; in an attempt to repair the damage, the body lays down cholesterol patches, which in reality is the atherosclerotic plaque. Linus Pauling recommends humans take 10-12 grams a day. Pauling believes that the lipoprotein-a or LDL is a substitute for vitamin C, serving to strengthen blood vessel walls in the absence of adequate amounts of the vitamin in the diet.

Why proline is important:

Ascorbic acid works as a coenzyme to convert proline and lysine to hydroxyproline and hydroxylysine, both important to the collagen structure. [Elson M. Hass, M.D.

Why lysine is importent:

Lysyl residues are what causes lipoprotein Â to stick to the wall of the artery and form atherosclerotic plaques. Lysine helps reduce the lysol residues and build up of plaque.

"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).*

Properties of Lp(a) that are shared with ascorbate, in accordance with this hypothesis, are: the acceleration of wound healing and other cellular 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.

Conclusion:

- Vitamin C cuts heart disease rate almost in half
  (documented in 11,000 Americans over ten years)
  Dosage: 2000 mg/day
- Vitamin E cuts heart disease rate by more than one third
  (documented in 36,000 Americans over six years.)
  Dosage: 270mg/day

- Beta Carotene (provitamin A) cuts heart disease rate almost in half (documented in 36,000 Americans).
  Dosage: 1500mcgm/day
- Organic, cold pressed omega 6 oils repair the cell membranes increasing oxygen and nutrient infusion into cells and waste product removal.
  Dosage: one capsule 3X/day with meals
- **Proline: 350 mg/day with meals**
- **Lysine: 350 mg/day with meals**

Recommend food based supplements

Vitamin C Transforms Mouse Stem Cells Into Heart Muscle Cells

April 1, 2003
American Heart Association

Summary:
Vitamin C helped convert mouse embryonic stem cells growing in the laboratory to heart muscle cells, researchers report Circulation: Journal of the American Heart Association.

"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. Matthias Rath, MD"