

# **ERADICATING HEART DISEASE**

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## HOW VITAMIN C PREVENTS HEART ATTACKS AND STROKES

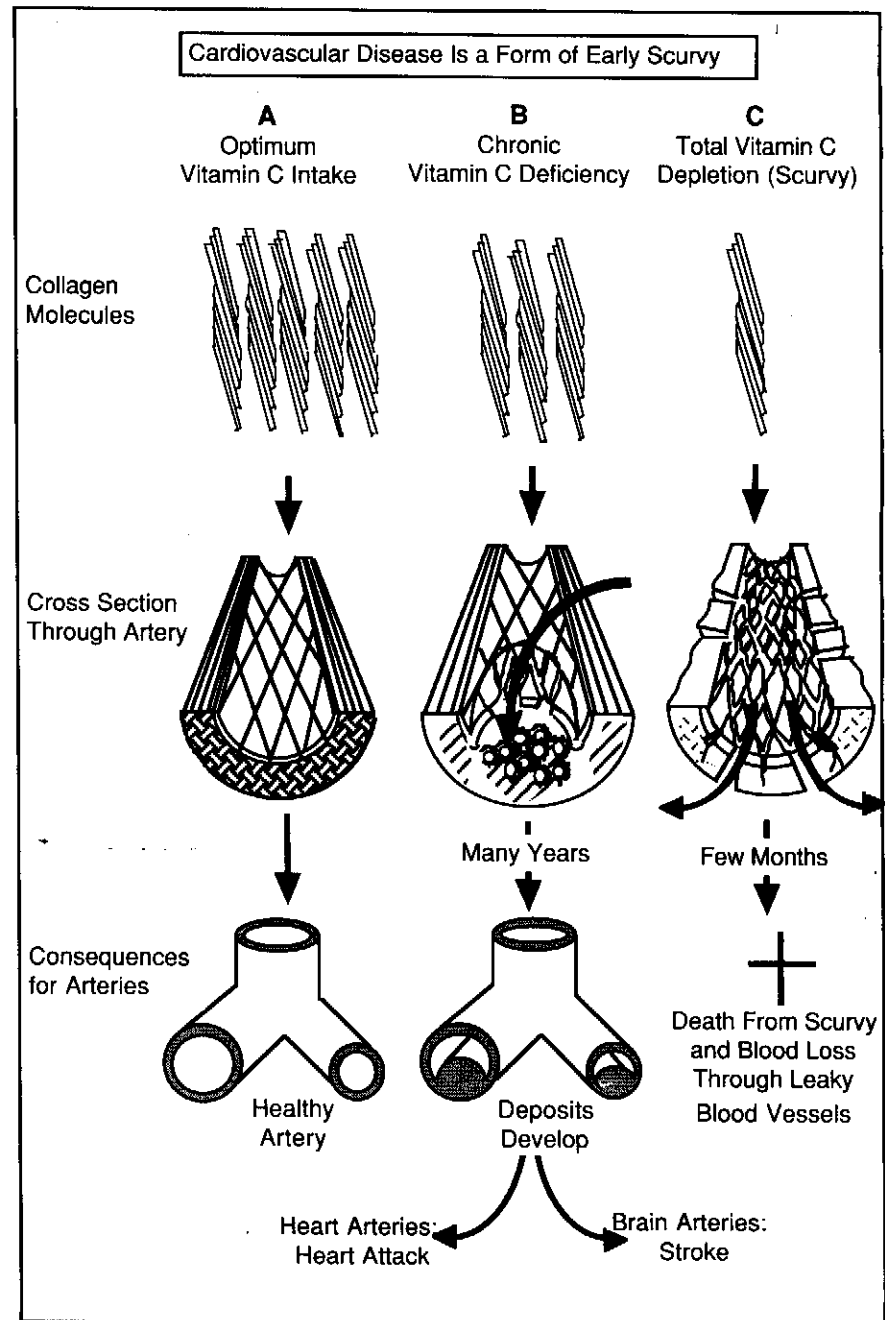
The following figure illustrates an important discovery: cardiovascular diseases are a form of early scurvy.

**Column A:** Optimum intake of vitamin C is the single most important measure to prevent heart attacks and strokes. Vitamin C has many functions in the body. Among the most important is the production of collagen. Optimum intake of vitamin C produces many collagen molecules which guarantee a strong and elastic blood vessel wall. A blood vessel wall strengthened by vitamin C does not allow atherosclerotic deposits to develop.

**Column C:** The opposite of a vitamin C-stabilized blood vessel wall is the vessel wall during scurvy. Scurvy, the sailor's disease of earlier centuries, is a deadly disease caused by a complete lack of vitamin C in the diet. In this condition very little collagen is produced in the body and the blood vessels virtually break apart. As a consequence, the blood leaks through the vessel wall just like water leaks through a rattle garden hose. Eventually scurvy leads to massive blood loss through vitamin C-depleted and leaky blood vessel walls. During the ship voyages in earlier centuries thousands of sailors died from scurvy and scorbutic blood loss within a few months.

**Column B:** Cardiovascular diseases lie exactly between these two conditions. Our average diet contains enough vitamin C to prevent open scurvy but not enough to guarantee a stable blood vessel wall. As a consequence, over many years, fat globules and other risk factors from the blood enter the blood vessel wall and lead to the development of atherosclerotic deposits. Local growth of cells inside the vessel will further increase these deposits. Deposits in the arteries of the heart lead to heart attack; deposits in the arteries of the brain lead to stroke.

**Optimum daily intake of vitamin C in our diet stabilizes the walls of the blood vessels and helps prevent heart attacks and strokes.**



## VITAMINS PREVENT HEART DISEASE - THE CLINICAL EVIDENCE -

- **Vitamin C Cuts Heart Disease Rate Almost in Half**  
(Documented in 11,000 Americans Over 10 Years)
- **Vitamin E Cuts Heart Disease Rate by More Than One Third**  
(Documented in 36,000 Americans Over 6 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**

These vitamins belong to the most powerful agents in the fight against heart disease. This has been established by studies on thousands of people over many years. The results of the largest recent studies are shown above. These results are so clear that anybody questioning the value of vitamins in the prevention of heart disease can only be considered as uninformed.

The best documented vitamins for the prevention of cardiovascular diseases are vitamin C, vitamin E, and beta carotene. These vitamins are natural antioxidants and they prevent the biological rusting of our blood vessels. No prescription drug was ever shown to cut the rate for heart diseases as effectively as these vitamins. Thus the minimum dietary intake of vitamin C, vitamin E, and beta carotene is the basic assurance for the prevention of cardiovascular diseases.

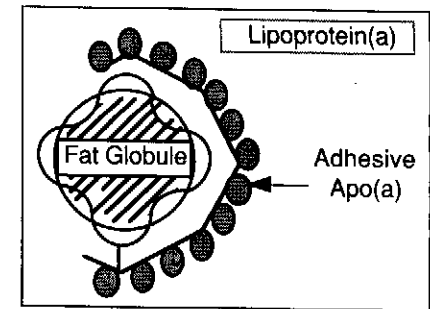
Recently, a scientific breakthrough has been made which enables us not only to prevent the development of cardiovascular diseases more effectively but also to help remove existing deposits in our arteries - without surgery. This breakthrough was made possible by recent discoveries about the mechanisms of how atherosclerotic deposits develop in the wall of our blood vessels.

**Nutritional supplements can help prevent cardiovascular diseases.**

## A NEW RISK FOR YOUR HEART 10 TIMES GREATER THAN CHOLESTEROL

Lipoprotein(a) is by far the greatest risk factor known today for

- Heart attacks
- Strokes
- Clogging of bypass vessels after coronary bypass surgery
- Clogging after angioplasty



Until now we have been told that cholesterol or LDL (low density lipoprotein or "bad cholesterol") are the main risk factors for our blood vessels. Recent scientific discoveries have antiquated this theory. A new risk factor for your heart has been identified which is a 10 times greater risk for your heart than "bad cholesterol". The name of this "very bad cholesterol" is lipoprotein(a).

What is lipoprotein(a)? Cholesterol and other fat molecules are transported in our blood in the form of small fat globules called lipoproteins. The most well-known among them is low density lipoprotein, LDL. Lipoprotein(a) is an LDL fat globule with a biological adhesive tape wrapped around. This adhesive is called apoprotein(a) or apo(a). The adhesive apo(a) makes the lipoprotein fat globule stick inside the blood vessels. Many of these sticky fat globules then lead to fatty deposits and to clogging of arteries. The main problem is not the fat globule but the adhesive tape: less adhesive - less risk for heart disease.

What is the normal function of lipoprotein(a)? Lipoprotein(a) is the body's top repair molecule. Whenever our blood vessels are weakened by vitamin C deficiency, the vessel walls develop small lesions. In this situation, lipoprotein(a) functions as a first aid ambulance; it enters the vessel wall and tries to repair the damage. However, with low vitamin C in the diet over many years, this repair goes on and on; many fatty lipoprotein(a) molecules are deposited in the blood vessel wall, and eventually atherosclerotic deposits develop.

We have gained a new understanding of cardiovascular disease. Heart attacks and strokes are caused by an overcompensating or overshooting repair mechanisms for blood vessel walls weakened by a deficiency in vitamins, particularly in vitamin C. Atherosclerotic deposits are the body's plaster cast to stabilize weakened blood vessels. Lipoprotein(a) is the most effective repair molecule and - with ongoing repair - becomes the greatest risk factor for heart attacks and strokes. If lipoprotein(a) is so important, why haven't you heard about it?

**Cardiovascular disease is an overshooting repair mechanism for blood vessels weakened by vitamin deficiency.**

## WHY YOU HAVE HEARD ABOUT CHOLESTEROL - BUT NOT ABOUT LIPOPROTEIN(a)

### Why Cholesterol Is Known

#### Reason #1:

Cholesterol was found long ago

#### Reason #2:

Cholesterol - lowering prescription drugs are available



Many clinical studies are available



The results of these studies are published in medical journals, newspapers, and other media



Everybody knows about cholesterol

### Why Lipoprotein(a) Is Unknown

#### Reason #1:

Lipoprotein(a) is a newly identified risk factor

#### Reason #2:

No prescription drugs are available which lower the risk from lipoprotein(a)



Clinical studies are rare



No studies are published in medical journals, newspapers and other media



Hardly anybody knows about lipoprotein(a)

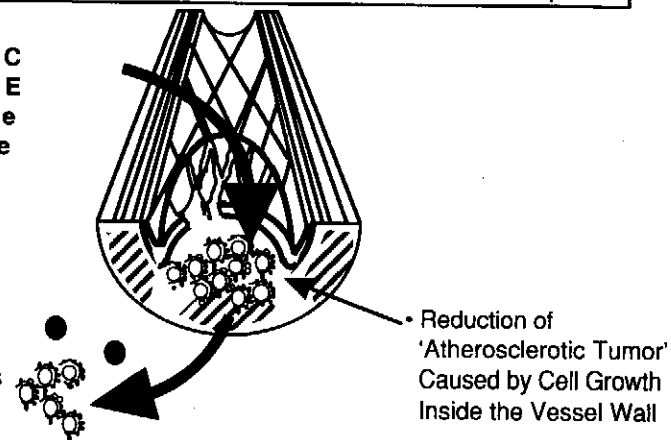
### Three More Reasons Why This Book Is Needed

- To inform you about lipoprotein(a) - the risk factor for your heart you had not heard about despite the fact that it is ten times more dangerous than cholesterol.
- To inform you about the value of vitamin C, vitamin B3, lysine and proline - effective, safe, and affordable nutrients which lower the risk from lipoprotein(a) and which can reverse existing cardiovascular disease.
- You will get little education from elsewhere as long as no patentable prescription drugs are available. Moreover, it may take ten years or more until such drugs could become available.

## A SCIENTIFIC BREAKTHROUGH - THE REVERSAL OF EXISTING CARDIOVASCULAR DISEASES WITHOUT SURGERY

### Vitamins and Natural Amino Acids Can Reverse Atherosclerotic Deposits

- Vitamin C
- Vitamin E
- L-Proline
- L-Lysine



- Removal of Lipoprotein(a) and Other Risk Factors from Deposits

- Reduction of 'Atherosclerotic Tumor' Caused by Cell Growth Inside the Vessel Wall

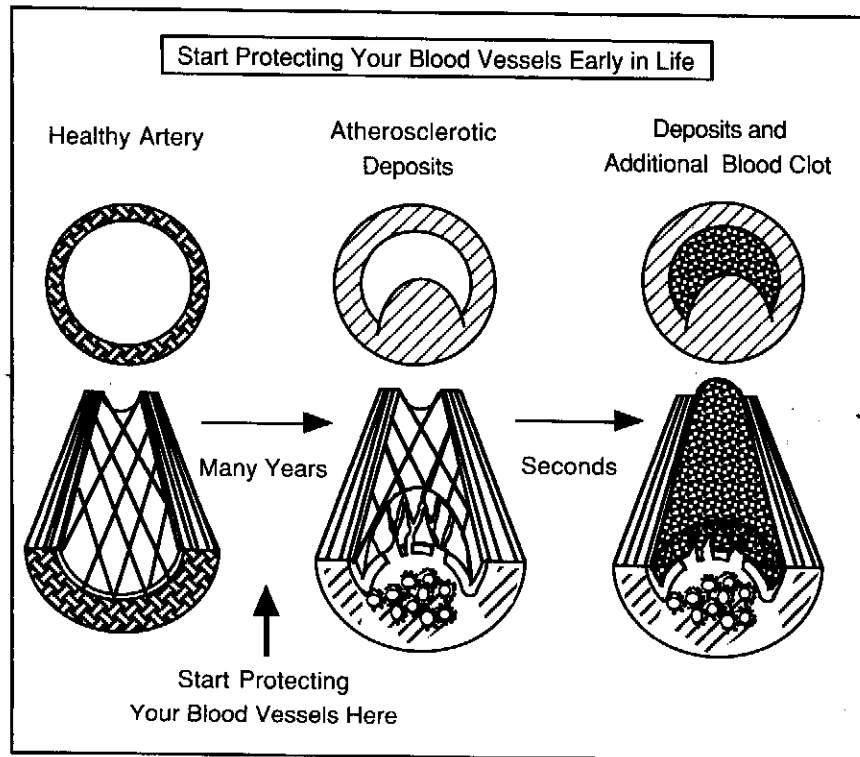
An old dream of mankind has come true: the non-surgical reversal of existing cardiovascular disease. The nutritional supplements vitamin C, and the natural amino acids L-proline and L-lysine are the keys to reverse existing deposits and thereby reverse heart disease. What are the secrets behind this breakthrough?

- *Blood vessel stability.* Vitamin C restores stability and elasticity of a weakened blood vessel wall. This stability is the basis for restoring blood vessel health.
- *A teflon layer in the vessel wall.* High intake of the natural amino acids lysine and proline provide a teflon layer around lipoprotein(a) and in the blood vessels. This teflon layer helps release lipoprotein(a) and other fat globules from their deposits in the blood vessel walls.
- *Decrease of the 'atherosclerotic tumor'.* Growth of cells in the blood vessel walls is part of the overshooting repair mechanism causing a small 'atherosclerotic tumor' inside the vessel wall. Vitamin E, and potentially vitamin C, lysine and proline can decrease this 'tumor' and thereby further reverse existing cardiovascular disease.

Until now coronary bypass surgery and angioplasty of the coronary arteries have been the standard treatments to reverse existing heart disease. On the basis of the above discoveries, safe and affordable nutritional supplements can become the method of choice to reverse existing heart disease without surgery.

**Nutritional supplements can help reverse existing heart disease - without surgery.**

## WHEN TO START PROTECTING YOUR BLOOD VESSELS AND YOUR HEART

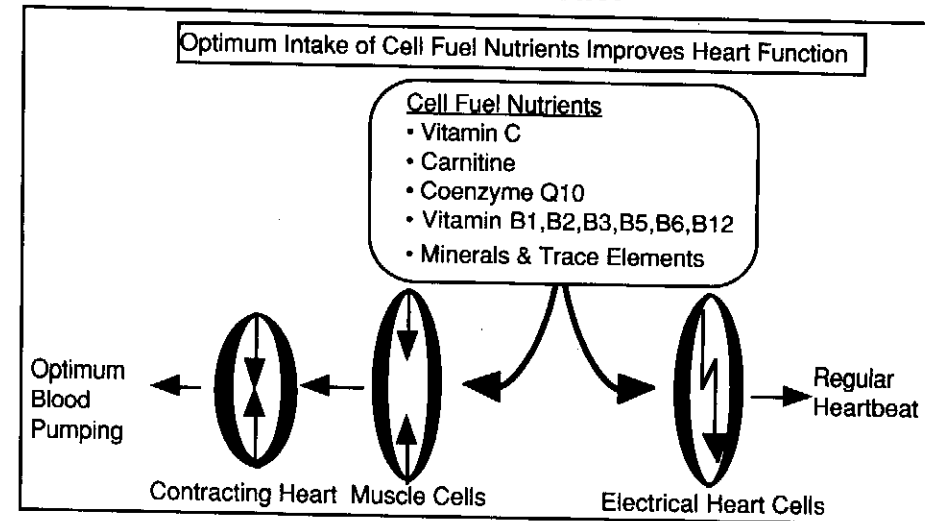


At birth the walls of the arteries are clean and show no deposits. The changes in a blood vessel leading to a heart attack and stroke occur in two stages. The first stage, the development of atherosclerotic deposits, continues over many years. The second stage, the formation of a blood clot occurs within a few seconds. Blood clots frequently form around atherosclerotic deposits leading to a total interruption of the blood flow and thereby to heart attacks and strokes. This happens so fast that many patients die immediately without being able to reach a hospital.

The time to start protecting your blood vessels and your heart is during the first stage. Since atherosclerotic deposits have been found in the arteries at age twenty and younger, preventing the build-up of deposits early in life is the safest way to prevent a heart attack.

**The right time to start protecting your heart is now!**

## HOW YOU CAN IMPROVE THE PERFORMANCE OF YOUR HEART



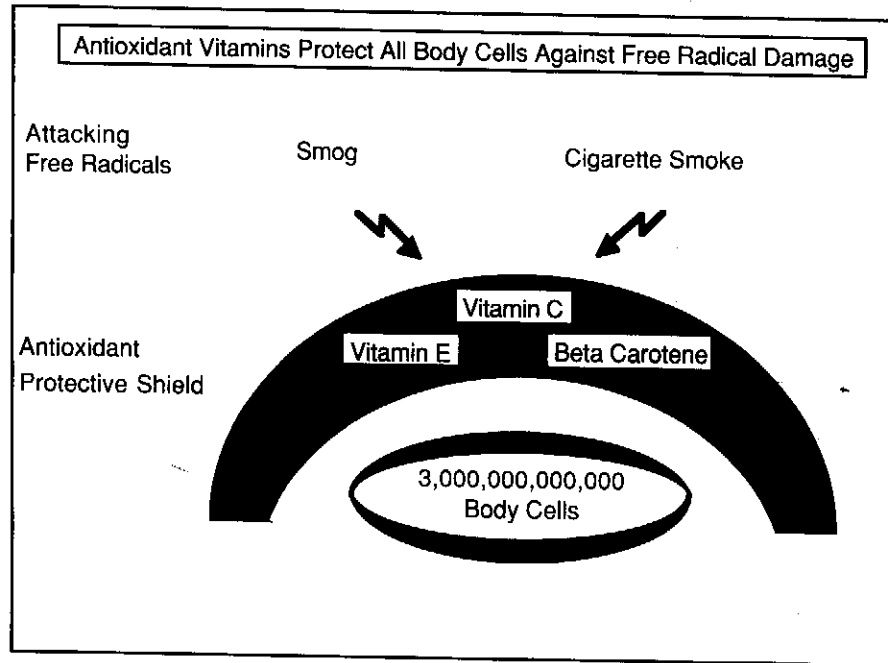
Protecting the blood vessels of the heart guarantees an optimum supply of oxygen to heart muscle cells. Optimum performance of the heart, however, also requires an optimum intake of those essential nutrients which are critically needed as fuel for these heart cells.

The heart is made up of millions of single cells which cooperate like the members of a music orchestra. Their common aim is to coordinate the regular pumping of the blood through the human body. Most of the heart cells are muscle cells which contract about 70 times per minute, each time pumping about the volume of a tea cup of blood into the circulation. Vitamin C, the B-vitamins, carnitine, coenzyme Q-10, as well as certain minerals and trace elements are critically needed as fuel for every single cell. A deficiency of these fuel nutrients in the contracting muscle cells leads to a weak pumping function of the heart. As a result only half a cup of blood may be ejected into the circulatory system with every heart beat. This typically leads to weakness of the body, shortness of breath, the accumulation of body water in the legs and other parts of the body (edema).

Another type of heart cells, electrical cells, are responsible for igniting the heartbeat. These electrical cells work automatically, without our telling them what to do. A deficiency of fuel nutrients in the heart's electrical cells can lead to many forms of irregular heartbeat (arrhythmias). Resupplementing important fuel nutrients for all heart cells can help improve many different diseased conditions of the heart.

**Optimum daily intake of cell fuel nutrients optimizes the performance of your heart**

## HOW YOU CAN PROTECT YOUR BLOOD VESSELS AND YOUR BODY FROM FREE RADICAL DAMAGE



Free radicals are present in the polluted air in large cities where we live and work. In addition, cigarette smoke generates huge amounts of free radicals. Free radicals are aggressive molecules which damage our body. This damage is called oxidation and is nothing else than biological rusting. Oxidation damages our bodies in the same way rust damages our cars. This biological rusting is particularly harmful for the heart, the blood vessels and for the fat globules circulating in the blood. Virtually no molecule in the body is safe from attack by free radicals - unless we are protected by antioxidants.

Vitamin C, vitamin E and beta carotene are the most important natural antioxidants known. Antioxidants are able to scavenge and neutralize free radicals. Regular and optimum daily intake of these antioxidants forms a shield that protects your cardiovascular system and your whole body from damage. Moreover, antioxidants can protect your body from early aging, thereby adding valuable years to your life.

**Optimum daily intake of natural antioxidants  
is the best protection against damage from free radicals.**

## NOTES