Why should we challenge medical opinions on heart health?

Our belief in Science:

Here are the opinions of editors of two of the most well respected peer-reviewed medical journals in the world. If they can no longer believe all the scientific studies they publish then why should we?

Latest from Lancet:

"The case against science is straight forward: much of the scientific literature, perhaps half, may simply be untrue. Afflicted by studies with small sample sizes, tiny effects, invalid exploratory analyses, and flagrant conflicts of interest, together with an obsession for pursuing fashionable trends of dubious importance, science has taken a turn towards darkness." (Dr. Richard Horton is the current editor-in-chief of the Lancet Medical Journal.)

the New England Journal of Medicine:

"It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of the New England Journal of Medicine." – Dr. Marcia Angell

A second opinion can offer alternative solutions

The low fat heart-saving diet has not stood the test of time. We now face a resultant obesity epidemic and insulin resistance - two known causes of heart attacks. Should we then restrict or omit carbohydrates and eat unlimited amounts of fat? We need a second opinion on fat, fads and so-called facts. We need to find out why we do not have to believe everything the media hypes on about. The Heart foundation tells us what food to eat in combination with the drugs we take for high cholesterol, high blood pressure and to prevent blood from clotting. They claim that this reduces the incidence of heart disease. Naturopaths now tell us not to eat soya products, whole wheat bread and low fat dairy products as well as other sugar-laden (high fructose) beverages that carry the red Heart Foundation logo. Approval to carry the red heart logo costs the manufacturer a lot of money and appears on bottles of beer, sugary snacks, juices and pasta.

For many decades Willem Serfontein, a South African Professor of pharmacology, spoke out against "scientific" opinions that later on were shown to be misleading and untruthful. He was a popular lecturer and researcher of medical biochemistry and pharmacology at the University of Pretoria in South Africa. He identified pro-inflammatory conditions like homocysteine (page 24) that that relate to nutritional deficiencies as bieng the real cause of cardiovascular disease. He was frowned upon by his colleagues for exposing what he called "the cholesterol myth. He did not believe the theory that eating fat and high cholesterol levels are risk factors for heart disease. He pointed out that too many people with normal cholesteol levels who ate little or no fat had as many heart attacks. Yet medical propaganda still endangers the lives of patients who take common cardiovascular drugs that supposedly protect them from heart attacks. Well known side effects of these drugs include dementia, depression and impotence.

Why medications cause cardiovascular problems

Harmful drugs are prescribed to the exclusion of tried and tested natural supplements to prevent cardiovascular disease. It seems that the bigger the lie, the more people will believe it, even to their detriment. Some of the time-honoured opinions about heart attacks need to be put under the spotlight because the preventative measures they allude to are actually causing heart attacks! A sick or elderly person could be taking upwards of 30 different prescription drugs per day. During the last 10 years drug prescribing has increased by 55%. The use of statins for lowering cholesterol has doubled and they can cause diabetes and congestive heart failure.

The use of antidepressants has risen by 98%. These can cause severe if not fatal side effects if given with anti-inflammatory drugs, especially those used to treat autoimmune diseases. Depressed people crave carbohydrates, especially wheat and sugar which raises LDL cholesterol. Side effects of Fluoexetine can cause erectile dysfunction or impotence. This cuts out the benefit of sexually triggered hormones like oxytocin, dopamine and endorphins that make us as well as the heart happy. In the end more drugs are needed to treat the side effects of drugs that have already been prescribed. What really needs to be treated are the causes.

All science and no common sense or logic?

Physiologically, the heart controls the circulation and distribution of blood. All the other organs depend upon it. Yet thoughts and emotions also influence the functioning of various organs which are controlled by the heart. We often overlook emotions, especially anguish, grief, anger and frustration as an instigator of a condition that causes the heart to tense up or affect blood pressure. Misdiagnosing these symptoms and prescribing the wrong drugs could make it worse because of their possible adverse reactions. A fatal heart condition has many causes and often science cannot provide the patented cure. We also need to rely on love, prayer, trust and positive emotions to heal the broken heart, the mind and the body.

the Open Heart Forum 2

Second Opinions of note:

"The history of medicine is replete with stories of genius betrayed by backward thought and jealously,

but most pathetically, by greed and money."

(Jeff Rense)

Some diets may look good on paper and tingle the tastebuds...

But how well does your diet suit your genes? How well do you fit into your jeans? We cannot maintain our weight unless we control inflammation. (See pages 155-159 for more suggestions.)

Dr Mercola explains how raised blood sugar levels counteract vitamin C

"In the '70s, Linus Pauling knew that white blood cells needed a high dose of vitamin C and that is when he came up with his theory that you need so much of it to combat the common cold. But if we know that vitamin C and glucose have similar chemical structures, what happens when sugar levels go up?

They compete for one another upon entering the cells. If there is more glucose around then less vitamin C will be allowed into the cell, and it doesn't take much glucose to have this effect. A blood sugar value of 6,5mmol/litre reduces the efficacy of the immune cells against bacteria and pathogens by 75 percent. (Sugar thus weakens the immune system)"

How and why can chronic inflammation cause heart problems and Alzheimer's?

Repeated exposure to antigens causes one to make antibodies that fight against your own DNA. An allergen such as wheat, especially or a conflicting food-based lectin from the nightshade family is usually the culprit. Food-based lectins are blood type specific. (Page 26)

Autoimmune diseases are states of chronic inflammation. They can cause cardiovascular disease, cancer, dementia (Alzheimer's) and typess of arthritis. They damage thyroid and adrenal glands and raise cortisol levels that affect the heart.

What is HbA1c?

The red blood cells in your body contain a protein called haemoglobin, which is responsible for transporting oxygen throughout your body. As sugar builds up in your blood, some of it (glucose) combines with haemoglobin to form a 'glycated haemoglobin' molecule, called haemoglobin A1C or HbA1c.

...so what should my HbA1c be?

For people with diabetes, an HbA1c level of below 6,1% indicates that you have fair control of your blood sugar levels. The more glucose in the blood, the more haemoglobin A1C or HbA1C will be present in the blood. Alzheimer's begins with amyloid plaque as a result of glycated haemoglobin. (See pages 21, 26)

One man's health protocol may be the death of another

Blood viscosity - too much blood - too thick or too thin?

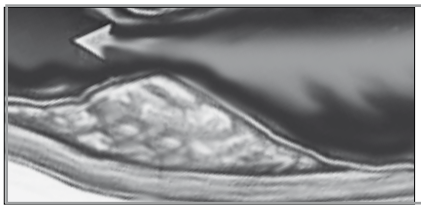
"A young athlete dies of sudden cardiac arrest every 3 days in the USA. 90% of them are males."

Young athletes dropping dead in the middle of a game or after a race are a common occurrence. Although fit and healthy, with normal blood pressure and no signs of dehydration they succumb to heart attacks. Why? High blood viscosity values, both systolic and diastolic, were noted recently in athletes being checked before the event. If blood is too thick and sticky it limits the amount of oxygen it can carry. (Page 37)

Increased blood viscosity is the villain

Hyper viscous blood (very thick and sticky) is the true villain of cardiovascular disease. Thicker blood is very abrasive and scours the walls of the blood vessels, specially when a vitamin C deficiency leads to an increased inflammatory response. A scab made from cholesterol, fibrin and calcium (plaque) is made to patch up the damage. But the rough surface increases the blood turbulence in an ever-narrowing blood vessel. The heart then has to work harder to pump the sluggish blood under more pressure with less oxygen.

Red blood cells stick together and scour the capillary linings. The body responds by thickening the capillary walls but this inhibits diffusion of oxygen and nutrients into the tissues. This noticeably affects healthy capillaries of the kidneys, eyes, fingers, and toes. Elevated blood viscosity for this reason affects microcirculation in the following conditions: diabetes, insulin resistance, pre-eclampsia, intra-uterine growth retardation, stroke, transient ischemic attacks, atherosclerosis, myocardial infarction, peripheral artery disease, hypertension, headaches, visual field defects, glaucoma, retinopathy, Hodgkin's disease, Raynaud disease, sudden deafness, nephrotic syndrome or Alzheimer disease.



The fastest flowing blood is in in the centre of the blood vessel. Blood slows down along the wall, especially if there is plaque

Atherosclerosis only in certain places?

More damage and therefore plaque accumulation is caused at curves and bifurcations in blood vessels, particularly the large vessels nearest the heart, (coronary) that are affected by violent pressure variations with each heartbeat. Here the turbulence and thus increased viscosity is the greatest.

Not everyone develops atherosclerotic plaques. This varies according to the extent our blood becomes hyperviscous or prone to clotting due to dehydration, hormones and toxins. To cardiovascular disease risks it is vital to monitor blood viscosity, parasite and pathogen levels, hormones and other stressors, especially nutritional deficiencies.

Who needs blood viscosity testing?

The most obvious patients to test for blood viscosity include smokers, obese individuals, patients with a history of blood clots and those with insulin resistance, abnormal iron levels (Page 44, 45, 46), hypertension, or other elevated markers such as C-reactive protein, glycated haemoglobin, low-density lipoprotein cholesterol, fibrinogen and homocysteine. Healthy young male athletes also should be tested regularly by practitioners.

Testing blood viscosity gives an earlier, more accurate prediction of a cardiovascular event risk and offers the highest predictive value for strokes. It is a measurement of the thickness and stickiness of a patient's blood. Unlike a blood sample examined in a laboratory, this test shows us how the blood flows. The latest and most advanced testing uses an automated scanning capillary tube viscometer. Blood is a non-Newtonian fluid and speed affects the way it coagulates. The complete range of physiological values experienced in a cardiac cycle (10 000 shear rates) are shown in a single continuous measurement. It is simplified into a high shear (systolic) viscosity and a low shear (diastolic) viscosity. The shear rate is not the same as a blood pressure test. (Blood pressure pages 63 - 72)

The fatal effects of elevated cortisol

Cortisol increases blood viscosity in anticipation of being wounded so as to stop bleeding. But the danger to athletes and people under stress is the increased blood viscosity. When divided into three groups based on levels of the stress hormone, the group of study participants with the highest cortisol levels had a fivefold increased risk of dying from cardiovascular causes. Cortisol is known as the "stress hormone" because it is produced in high levels as the body's "fight or flight" response to stressful events.

Prolonged cortisol production resulting from chronic stress is thought to play a role in a wide range of diseases, including diabetes, osteoporosis and heart disease. Samples of a 24 hour cycle of urinary cortisol can help to show the patient that they need some therapy. (Page 147)

Oestrogen and progestin

Women taking oestrogen and progestin as birth control or HRT significantly increased their risk of heart attack, stroke and blood clots in the legs and lungs due to increased viscosity - thicker blood.Those who have existing coronary artery disease should consider other options. Oestrogen and progesterone are used to treat menopausal symptoms but not all forms of steroid hormones are safe to use in the long term. Women are often given drugs in preference to controlling both menopause and the heart disease with lifestyle management and holistically based protocols. (See pages 147-159)

Opinions and research:

Doctor Noakes:

"The diet is a fine line. If you don't fall on the right side of the fat, protein, carb ratio, just one apple, a beer or two glasses of wine will put you on the wrong side, and you will not enjoy the benefits you should from cutting carbs."

Dr Wilson:

"Saturated fats have been eaten for generations, long before cancer and heart disease were common. In fact, there was less cancer and less heart disease when people in America ate more saturated fats."

Fats with higher Omega 3 : 6 ratios (anti-inflammatory)

Fish oil, grass-fed beef, lamb and other wild game meats, raw dairy from grass-fed animals, purslane, seaweed, green algae, walnuts, chia (basil seeds), flax-seeds and hempseeds. Other oils and fats contain more omega 6 and arachidonic acids than omeg 3 and this promotes inflammation. (Pages 77, 78, 82)

Strong fingernails show how well you control inflammation

The heart loves fat – and so do we!

The heart will only burn glucose in an emergency and it requires oxygen to do so. The anaerobic glycation cycle (burning glucose without oxygen) produces a build-up of lactic acid that has now been shown to damage heart muscle tissue and weaken the heart. This causes congestive heart failure. (Page 96)Fat is the primary fuel of a ketogenic diet and is a better source of energy for the heart in this respect, providing we maintain the correct ratio of Omega 3 : 6 fats. (Page 77)

The good, bad and ugly aspects of a ketogenic diet

Severely restricting carbohydrates to less than 20 grams a day sets off a process called ketosis. It occurs when you don't have enough sugar (glucose) for energy, so your body breaks down stored fat, causing ketones to build up in the body. Side effects from ketosis can include nausea, headache, mental and physical fatigue, and bad breath. (That's how you know it's working!) The long-term health risks of a very low carb diet may outweigh the benefits. Some health experts believe that if you eat large and regular amounts of fat and protein from animal sources your risk of heart disease and certain cancers may increase. This is because of the increased methionine, homocysteine and resultant inflammation they can cause.

The Atkins / Banting method severely restricts carbohydrates including whole foods like sweet potatoes, butternut, pumpkin, fruit and carrots. It does not limit nuts and seeds and allows unlimited quantities of grass fed free range animal products, green vegetables, fish and vegetable oils, especially coconut oil. Their strategy to bypass and ignore rather than correct and control insulin resistance is questionable. Fat also relies on insulin to complete its metabolic cycle so diabetics still need their medications. As a temporary way to treat epilepsy or obesity a ketogenic diet can knock off the kilos but may affect the liver. (Pages, 84, 86, 144) For most people it is not a healthy or a balanced way to control weight on a continuous basis and the food selection is in some cases, is totally unsuitable for certain blood types.

How well do different blood types digest fat?

Blood type O and B non-secretors thrive on high meat and low sugar and grain-based foods. Dairy products especially, are very beneficial for blood type B. Blood type A's and AB's are not genetically suited to this type of diet. They tolerate carbohydrates but are less lipid (fat) tolerant. The Pritikin diet that includes a good balance of natural whole foods and and a few healthy fats would be a better choice for them. (Pages 34, 83) The non-secretor variants of the ABO blood types have lower alkaline phosphatase activity. In some cases it is as low as 20%. This digestive enzyme breaksdown of certain types of dietary fat and plays an important role in calcium assimilation.

Do no carb high fat /protein diets require insulin?

We still have to store fat and this requires insulin. (See pages 27, 67, 89, 111, 157). The cortisol we release raises our bloodsugar levels, regardless of food intake. Neglecting and in a way, rebelling against your insulin function is a risky business. If the insulin has "gone to sleep" and you eat a few party snacks there will be a problem. Extreme inflammation, indigestion, muscle pains, headaches and weak fingernails are signd of inflammation. When returning to a normal and balanced diet most people experience what we call "rebound weight gain". Some people battle to balance their insulin / blood sugar levels and so they are worse off than before. To prevent the onset of type 2 diabetes, rather address the real causes of metabolic syndrome. It is a combination of sugar, hormones and inflammation. We need to work closely with a practitioner who can help us restore the insulin function. (Page 157) People who are insulin resitant are magnesium deficient and do not assimilate calcium from the diet. They should take supplements to compensate.

How the heart is affected by wheat and gluten intolerance

Are higher blood sugar levels from sugar or wheat?

Wheat can raise blood sugar levels even higher than glucose, pure table sugar or fructose, according to blood sugar response testing due to the presence of Amylopectin A. Wheat-based foods such as breads, bagels, cereals, muffins and pasta can cause higher blood sugar level than pure sugar or fizzy drinks. An excess of both causes glycation inside your body plus inflammation and heart disease. Wheat and gluten cause more inflammation these days as a result of excessive hybridization. The modified gluten molecules are now foreign to the human digestive system compared to old fashioned wheat. Digestive disorders or leaky gut and autoimmune problems are all associated with chronic ongoing inflammation. Cutting out wheat and sugar helps to treat one of its major causes.

"Man cannot live by bread alone" but now wheat is called the No1 "cereal "killer

How gluten intolerance adversely affects the heart

Gluten sensitivity is an autoimmune disease that creates inflammation throughout the body. This now applies to anybody eating GM wheat. All systems including the brain, heart, joints, digestive tract, and immune system are affected by it. Gliadin is a protein in wheat that acts as an appetite stimulant, making it an addictive substances causing an increase in visceral fat that triggers inflammation. If you experience anaphylaxis after eating gluten, you may feel chest pains and tightness, as well as an abnormally fast heartbeat. Minor allergic reactions can usually be treated with a medication, but if an allergic reaction is severe enough or if the heart undergoes too much stress, one may suffer from irreversible heart damage.

The proteins in GM wheat are indigestible so the immune system attacks what it perceives to be a toxin. The small intestine usually suffers the most damage and as a result, cannot adequately absorb vitamins and minerals from the foods you eat. Gut parasites like Giardia or Gardenerella damage the lining and make it more permeable (leaky). Due to impaired digestion the gut is more prone to yeast infections and inflammation that can weaken the inner lining and make it more permeable. (A leaky gut.) This also affects cardiovascular health by increasing inflammation and oedema - water retention and swelling. Extra fluid can increase blood pressure and decrease circulation or contribute to congestive heart failure. People with gluten intolerance have a higher risk of Type 1 diabetes. They are also more likely to develop thyroid malfunctions such as heart palpitations and high blood pressure. Most people who suffer from excesive gallstones or have had their gallbladders removed are wheat eaters. This futhere impairs their ability to digest fat.

Total wheat avoidance delivers good cardio results

Dr William Davies is a cardiologist who blames wheat for most of our health problems. So when he asked his heart patients to remove all wheat from their diets he found the following results: after 3 - 6 months their blood sugar and HbA1c readings were much lower. Some type 2 diabetics were no longer suffering from symptoms of insulin resistance. Many of them lost a lot of weight as well as centimetres off their waistlines. Some of his patients said they felt better than they had in 20 years with more energy, less moodiness and they experienced deeper sleep. Also included in the list of beneifts from excluding wheat were: complete relief from acid reflux, irritable bowel syndrome, migraine headaches, hand and finger arthritis and joint pain, sinus congestion and chronic sinus infections. He said: "their asthma improved so much that they threw away their inhalers, their rheumatoid arthritis was so much better they were in the process of reducing medication, their ulcerative colitis and Crohn's had improved so much that no medication was required any longer, their leg edema had disappeared and rashes were gone."

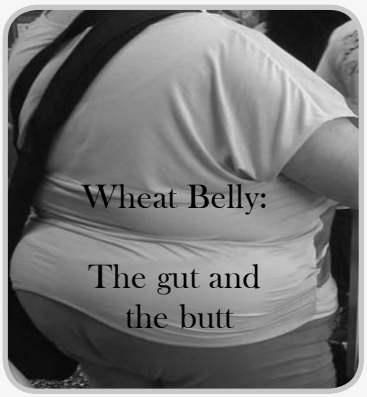
Are you ever told to stop eating wheat? Even heart surgery will not cure the negative impact that wheat has on heart patients, especially diabetics

"Discuss getting a second opinion when you are faced with a bypass operation or even catheterization... Scientific studies of bypass surgery have demonstrated that people die at the same rate with or without the surgery."

Dr William Davies

"I now recommend complete wheat avoidance for all my patients, as well as anyone else interested in regaining control over health and weight
...it was a rare person who didn't experience at least some measurable improvement in health, if not outright transformation from total wheat exclusion."

"Give us this day our daily bread..." The government put it at the base of the food pyramid. And for centuries, it has been called "the staff of life."



Dr Johanna Budwig

"Various highly trained and educated individuals are dismayed and irritated by the fact that serious medical conditions can be cured by cottage cheese and flaxseed oil." (Page 74)