

**The Natural Facts about Heart Disease:
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1. A growing number of experts now believe that the “single cause” theory of cholesterol’s responsibility for heart disease is a myth. They say in fact, that there is no credible, scientific evidence that cholesterol has anything to do with heart disease, and that cholesterol has been demonized for the sole purpose of marketing Statin drugs like Lipitor, Zocor, Pravachol, and Crestor.

*850,000 deaths per year/2,500 every day

*The Pharmaceutical industry recently attempted to anchor its argument for cholesterol as the single cause of heart disease and statin as the solution with the 2008 Jupiter Study. The Jupiter Study first reported a relative risk reduction of 50% with Crestor, upon closer examination it showed a real difference of approximately 1%.

*In 2010 the AMA’s Critical Re-appraisal Study of the Jupiter Study acknowledged that the study was flawed, concluding that there were gross inconsistencies. Following the study there was disclosure that 9 of the 14 Jupiter Study authors had financial interests associated with Statin manufacturers.

*Renowned cardiovascular and thoracic surgeon, author of The Great Cholesterol Lie Dr. Dwight Lundell has performed over 5,000 heart surgeries. He says: “Dropping your cholesterol will not lower your risk of heart disease.” Like a growing number of experts, Lundell believes that there has been a 60 year campaign to advance a single cause theory and to demonize cholesterol.

*Julia Hippisley-Cox and Carol Coupland co-authored a recent landmark study published in the British Medical Journal that examined data from two million patients, including 225,000 who were taking statin drugs. They found that for every 10,000 women being treated with statins there were only 271 fewer cases of heart disease. At the same time they found that the statin drugs caused 74 cases of liver damage, 23 cases of acute kidney failure, 39 cases of extreme muscle weakness and 307 cases of cataracts. In other words the statins helped 271 but harmed 443 people. Thus, statins helped 2.7% and harmed 4.4%.

*Fact: cholesterol insulates and waterproofs healthy cells protecting them from 30,000 daily DNA attacks, as well as virus, and bacterial assaults.

*Fact: cholesterol helps the body produce healthy new cells, and manufacture hormones.

*In July of 2004 when the National Cholesterol Education Committee published its “stricter” guidelines for cholesterol criteria, eight million Americans suddenly became new candidates for Statin drugs, driving up marketing revenues \$10 billion annually (6 of the 9 committee members later reported having received grants, or consulting fees from Statin drug manufacturers. Today \$30 billion is generated annually from the 36 million Americans presently on Statin drugs.

*In June of 2008 the American Academy of Pediatrics recommended that children as young as 8 be aggressively treated with Statin drugs. They also recommended that we begin testing children as young as 2 for heart disease. Any doubt in your mind that they are opening the door for a new generation of Statin users?

2. The new wisdom springing forth from much of the scientific community asserts that inflammation and not cholesterol is the real cause of heart disease.

***Many believe that the inflammatory theory of heart disease began to take root in 1813 when French scientist Michel Chevreul discovered margaric acid. Then in 1869 when Loius Napoleon III offered a prize to anyone who could make a satisfactory substitute for butter, Hippolyte Mege Mouries converted Chevreul's margaric acid into oleomargarine. Soon thereafter came the mass manufacturing of omega 6 fats, and the ensuing inflammation that would produce inflammatory diseases.**

***Today we are saturated with inflammatory omega 6 fats. The typical western diet carries a ratio of omega 6:3 anywhere from 10:1 to as high as 30:1. Our crackers, snacks, chips, breads, salad dressings, condiments are all loaded with omega 6's. Our livestock poultry and meats are now being fed high omega 6 grains instead of omega 3 wild grasses. Our fish are farm raised on omega 6 grains instead of omega 3 rich ocean foods. Some experts insist that our bodies require a 1:1 ratio in order to be predominantly anti-inflammatory. Thus we are dietarily 10 to 30 times more inflammatory than our bodies can tolerate. Heart disease is but one of the results. Inflammation is responsible for 72% of all disease.**

***Also:**

In addition, the Standard American Diet is rich in red meat, egg yolks, dairy and peanuts. These also produce an inflammatory fatty acid called arachidonic acid.

3. Credible research also now suggests that Aspirin is useless for heart health and that it causes major complications with health in general.

***From the very beginning Aspirin found absolutely no heart attack prevention benefits. According to studies published in:**

The British Medical Journal 1974 vol. 1/ p. 436

Lancet 1974 vol. 2/ p. 1313

The Journal of the American Medical Association Feb 15 1980

British Medical Journal 1988 vol. 1/ p. 296 and p. 313-316

Absolutely no heart attack prevention benefits were found.

***Then one study the Aspirin industry likes to point to that showed 40% fewer non-fatal heart attacks was a study that actually used Bufferin (which is Aspirin with magnesium). Many experts believe it wasn't the Aspirin that lowered the risks but rather the magnesium.**

***1/3 of American adults over the age of 35 report taking Aspirin at least once every other day citing heart benefits as the reason.**

All this daily Aspirin taking generates a risk of Aspirin resistance.

According to a study published in the March 2003 Journal of the American College of Cardiology Aspirin resistance is associated with an increased risk of death, heart attacks and strokes compared with Aspirin sensitive patients 24% versus 10%.

My Best Honest Natural Solutions for reversing heart disease:

***Eat:**

organic produce

wild fish

free range poultry and meat

cold pressed olive oil

***Avoid:**

dairy

red meats

egg yolks

peanuts

packaged snack foods and condiments

processed vegetable oils

***Supplement with:**

Co Q 10 100-200 mg

GPLC 500 mg - twice

Fish oils 1,000 mg – 2 caps twice

Serrapeptase 100,000 units – twice

*Exercise and meditate regularly

*Have your doctor test you for C Reactive protein and make sure your numbers are between 1 and 3 mg/L