Is Your Heart a Ticking Time Bomb?

Discover Why Modern Heart Medicine is Failing ... and Why Natural Alternatives are Far Safer and More Effective

PART ONE

The Terrible Failure of Modern Heart Medicine

At this very moment, 40% of American adults are suffering from silent heart disease without even knowing it. By 2020, heart disease will be the leading cause of death throughout the world. Like dozens of other chronic illnesses, heart disease stems from low-grade inflammation. However, while every health problem caused by low-grade inflammation is dangerous, heart disease is considered by far the most deadly.

According to the Centers for Disease Control and Prevention (CDC), one in every four deaths in the United States is due to heart disease—that’s about 600,000 deaths annually. These are frightening facts, but the most frightening fact of all is that standard treatments simply do not help. The options that mainstream medicine has to offer 21st century heart patients are, to put it bluntly, failing miserably.

The low efficacy of conventional medicine for heart disease may come as a surprise or even a shock to you, considering the seemingly amazing advancements in recent decades. Most people assume that heart problems can be basically solved by modern medicine’s arsenal of treatments—from stents and bypass surgery to the wildly popular prescription statin drugs. These treatments may seem viable at first glance because they have positive short-term outcomes. But the larger truth about these treatments are a rather disturbing story: the latest surgeries and drugs fail to produce the long-term outcomes that really matter, such as preventing attacks, stroke, and death.

As heart disease grows more deadly by the year, even mainstream medical doctors are coming forward to speak out about the failures of their treatments for cardiovascular disease. For example, Dr. K. Lance Gould minces no words when it comes to the shortfalls of existing treatments. Dr. Gould, of the University of Texas Medical School at Houston and The Bush Center for Cardiovascular Health at Hermann Hospital, says, “Long-term follow-up studies of people who underwent coronary bypass surgery...show little or no decrease in their overall risk of heart attack or death.”
Fortunately, science has revealed an array of all-natural alternatives proven to prevent and even reverse heart problems. Some of the best natural heart remedies have been used for centuries, like a remarkable mushroom from Traditional Chinese Medicine (TCM) that’s proven to treat previously unresponsive hypertension in just four weeks. Or an Indian berry, which one doctor says has “nearly legendary powers in healing and preventing atherosclerosis and related cardiovascular disease.” Other remedies, such as an isolated substance from the skin of red grapes, are the result of today’s most revolutionary science.

The best of these natural heart healers can actually reverse preexisting cardiac damage. From the wineries of France, the courts of ancient Chinese royalty, and all across the globe, alternative health experts have unearthed the very best methods for safeguarding and improving your heart health.

Why High-Tech Treatments Fail Heart Patients

As mentioned, statistics indicate that up to 40 percent of adults in the United States today have silent heart disease, officially known as early coronary atherosclerosis. Unfortunately, for many of these individuals, their first indication of a problem comes in the form of a heart attack. Between 60 and 80 percent of heart attacks and sudden deaths stemming from heart disease occur without warning.

However, the situation is by no means hopeless. To the contrary, there is a very bright silver lining when it comes to heart disease prevention and cure. That’s because anyone, young or old, diagnosed or undiagnosed, can safely and easily start preventing and even reversing heart damage right now.

Dr. Caldwell B. Esselstyn Jr. strongly supports this empowering view of how you can heal your heart naturally. Dr. Esselstyn is an internationally recognized surgeon, researcher, and clinician at the world-renowned Cleveland Clinic. He believes that heart disease can be prevented ... reversed ... and even eliminated completely. But not with standard treatments. Dr. Esselstyn says conventional treatments fail to work for the heart because they focus solely on treating the symptoms while ignoring the cause. Today’s high-tech treatments are aggressive and often astoundingly expensive, yet they do nothing to actually cure heart damage. “Modern cardiology has given up on curing heart disease,” Esselstyn states firmly.

Why Heart Attacks So Often Occur “Out of the Blue”

By age 50 or more, most people know of at least one person who has had a heart attack, and far too often, these attacks seem to happen “out of the blue” without the sufferer ever having been aware of a heart problem. To understand why this happens, it helps to have some basic knowledge of the process of heart damage and why it only sometimes produces symptoms.

The most common symptom of heart disease that sends patients to see their doctor is angina, or chest pain. Angina is the result from atherosclerosis. Atherosclerosis describes the slow accumulation of pools of lipids (essentially fat and cholesterol) in the wall of the artery. The body responds to this accumulation of fat lipids by covering them with caps made from the lining of the arterial wall. These build-ups cause inflammation ... scarring ... and calcification (hardening of the arteries).

The scar tissue that forms as a result of atherosclerosis causes bumps and patches, which subsequently get covered over by new growths of arterial lining. The word commonly
used to describe these arterial build-ups of blood lipids and arterial growths is plaques. Over time, plaques narrow the artery and interfere with the flow of blood.

Eventually, if the restriction of blood flow becomes extreme, individuals may experience symptoms such as chest pain, shortness of breath, or other discomforts that could spur a trip to the doctor. However, if the restriction is not severe, the individual may notice nothing. In fact, far before a person would typically notice any symptoms, one or more plaques might break away from the arterial wall, causing a sudden and complete blockage of blood flow, or a *thrombosis* (blood clot).

Blockages and blood clots caused when plaques break free can result in life-threatening conditions such as...

- **Myocardial infarction (MI)**
- **Cardiac arrest**
- **Stroke**

This is why fatal heart attacks so often happen seemingly out of nowhere. It is because a plaque breaks off or ruptures long before significant narrowing of the arteries has occurred.

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**The Key Reason High-Tech Diagnostics Fail**

A key issue impeding the efficacy of modern treatments is the failure of a diagnostic tool called *coronary arteriography* (also sometimes called *arteriogram* or *angiogram*). Most cardiologists use arteriography to diagnose coronary heart disease. Unfortunately, *this test cannot detect key warning signs* showing a plaque rupture may be imminent.

The explanation for why arteriography does not work is simple, according to Dr. K. Lance Gould, who directs the Weatherhead P.E.T. Center for Preventing and Reversing Atherosclerosis at the University of Texas Medical School at Houston. Dr. Gould explains that the three factors that indicate when a plaque will rupture are:

1) The size of pool of lipids
2) The thinness of the cap covering the lipid pool
3) The concentration of *microphages*

Microphages are inflammatory cells produced by the immune system, and these cells release enzymes that dissolve the cap covering the lipid pool. None of these factors are directly related to each other, however. And none of the factors directly affect the severity of arterial narrowing.

In fact, **seemingly healthy individuals are at greater risk of heart attack than individuals who are exhibiting symptoms.** This is because smaller and younger plaques typically have more fat and less scar tissue, making them more prone to rupture than the older, more scarred plaques that generate severe arterial narrowing.

Even when heart disease is accurately diagnosed prior to the rupture of a plaque, conventional treatments still fail to resolve the root issues. **“The prevailing philosophy of using surgical procedures as a primary**
treatment does not lengthen and may even shorten life,” warns Dr. Gould. For instance, long-term studies indicate that surgical revascularization procedures including the coronary bypass and the balloon angioplasty often fail to lastingly correct the primary symptom of chest pain.

The reason surgeries don’t work is simple: they don’t alter the basic progression of heart disease or the causes that underlie it.

The Problem With Stents

A coronary stent is a tube placed in the coronary arteries that supply the heart, to keep the arteries open in the treatment of coronary heart disease. When used as an acute for heart attacks, few would dispute that stents are beneficial. But acute cases account for only about half of the 700,000 stent procedures performed annually in the United States.

The other half of stent procedures are performed on elective-surgery patients in stable condition. As a result, overuse, death, injury and fraud have accompanied the device’s use as a go-to treatment. These dire negative outcomes are, says an article in the highly respected journal Bloomberg Sustainability, documented by thousands of pages of court documents and regulatory filings, interviews with 37 cardiologists and 33 heart patients or their survivors, and more than a dozen medical studies.

“Stenting belongs to one of the bleakest chapters in the history of Western medicine,” says Dr. Nortin Hadler, a professor of medicine at the University of North Carolina at Chapel Hill. Dr. Hadler says cardiologists “are marching on” with stents because “the interventional cardiology industry has a cash flow comparable to the GDP of many countries.” They don’t want to lose that cash flow, Hadler says.

Heart Drugs: Can You Take the Grizzly Side Effects?

Along with surgical interventions, the most common treatment prescribed for cardiovascular disease is statin drugs. Estimates indicate that one in four Americans over the age of 45 currently take statins. These drugs are intended to lower your total cholesterol, thereby preventing any (further) accumulation of lipids in your arterial walls. As you know, the accumulation of cholesterol plays a central role in the progression of heart disease. It’s true that statins successfully prevent cholesterol from accumulating by lowering your body’s cholesterol production. Unfortunately, the drugs also cause a host of extremely unpleasant side effects, and these side effects must be tolerated long term, because most people prescribed statins are supposed to take them for the rest of their lives.

The most common side effect of statins is muscle pain. Researchers believe this may occur because statin affects the production of several enzymes in your muscle cells that control muscle growth. For some, the pain can be debilitating, making daily activities such as climbing stairs uncomfortable and
exhausting. In extreme cases, statins can cause a potential fatal condition called *rhabdomyolysis*, which can trigger severe muscle pain, liver damage, kidney failure, and even death.

Along with muscle pain, other frequent statin side effects include...

- Nausea, gas, and other digestive problems
- Rash or flushing
- Heightened blood glucose level, sometimes leading to type 2 diabetes
- Neurological side effects like memory loss and confusion

Worst of all, statins can actually have a detrimental impact on your heart health. Yes, you read that correctly. A drug prescribed to control heart disease can actually damage your heart. A study published in the journal *Atherosclerosis* showed a link between statin use and a 52 percent increased prevalence of coronary plaque. Scientists who have investigated the issue have a theory for the primary mechanism responsible for statin’s negative effects on your heart. They believe the problem is that statins deplete your heart’s supply of CoQ10 (read more on this crucial substance later, in *Part Five* of this report). Every cell in your body requires a sufficient supply of CoQ10, but none more than your heart cells, which demand 200 times more than your skeletal muscles.

Even patients who fully believe in the healing properties of statins often find the side effects so unbearable that they stop taking the drugs. A study of more than 100,000 people who were prescribed statins between 2000 and 2008 found that two-thirds of those who reported side effects quit taking the drugs. Considering the problems they can cause, that may be for the best. “The odds are very high—greater than 1,000 to 1—that if you’re taking a statin, you don’t really need it,” commented natural health expert Dr. Joseph Mercola. He attributes the popularity of statins to corporate greed, corruption, and direct-to-consumer marketing.

Mainstream medicine, for a complex and entrenched variety of reasons including greed and a focus on symptoms instead of causes, has tragically failed cardiovascular patients. The best option for those interested in ensuring optimum, long-term cardiovascular health is to look to the world of holistic health remedies.

**PART TWO**

**The French Paradox for Coronary Heart Disease**

Though statins and surgical procedures dominate mainstream heart medicine, some research scientists have dedicated themselves to uncovering and proving alternative treatments. In the early 1990s, French epidemiologists Serge Renaud and Michel De Lorgeril published a paper in *Lancet* titled “Wine, alcohol, platelets, and the French paradox for coronary heart disease.”

For the study, the authors collected data on 40 dietary variables from 40 different countries, and they showed a clear correlation between deaths caused by coronary artery disease and the amount of cholesterol and saturated fat consumed. Renaud and De Lorgeril noticed that while the consumption of saturated fats was roughly equivalent in the United States, Britain, and France, the French mortality rate for coronary heart disease was far lower than the other two countries.

Renaud and De Lorgeril coined the term the “French paradox” to describe this puzzling heart health anomaly. They proposed an explanation as well—*red wine*—which appeared to “counteract the untoward effects of saturated

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*The Healthy Heart Report*
fats. The data showed a strong connection between wine intake and coronary mortality, independent of fat intake or any other dietary constituent.” It seemed the French had found a way to counteract dietary pitfalls.

**The Resveratrol Discovery**

Renaud and De Lorgeril’s paper inspired extensive additional research. Alcohol itself has some fibrinolitic and atheroprotective effects, meaning it can help prevent plaques from clogging and hardening in the arteries. What scientists found more compelling, however, were the polyphenols red wine contains, notably a polyphenol phytoalexin called resveratrol.

Resveratrol is a unique phytonutrient generated by various plants to ward off bacteria, fungi, and other microbial attackers. It is also thought to help plants weather stress (such as drought or lack of nutrients). Testing has revealed the presence of resveratrol in a wide range sources, from blueberries to jackfruit, and from peanuts to the root of the Polygonum cuspidatum, a plant used in traditional Chinese and Japanese medicine. However, by far the most abundant natural sources of resveratrol are the skins of red and purple grapes. Because the compound is derived from the grapes’ skins, and because red wine is produced with longer exposure to the skins than white, red wine contains higher concentrations than white wine.

Some studies have also demonstrated resveratrol’s antioxidant properties, and other research has indicated that it may function as a phytoestrogen. Yet, the exact mechanism responsible for resveratrol’s cardiovascular benefits has yet to be identified. One strong possibility is that it turns on genes that produce sirutuins. Sirutuins are ancient building block proteins found in almost all living species. Researchers speculate that activating sirutuins might spark a biological response that combats disease and ensures longevity.

Polyphenols, including resveratrol, have also been found to prevent the oxidation of low-density lipoprotein (LDL), which is believed to be a significant factor in the progression of atherosclerosis. Testing also reveals polyphenols temper the immune system’s inflammatory response. A 2011 study published by the New York Academy of Sciences found that resveratrol showed beneficial effects against cardiovascular diseases such as...

- Atherosclerosis
- Hypertension
- Ischemia/reperfusion
- Heart failure

The researchers noted resveratrol also addresses related conditions such as diabetes, obesity, and aging. “The cardioprotective effects of resveratrol are associated with its preconditioning-like action,” the authors said.

Essentially, resveratrol protects your heart by exerting an adaptive stress response, which causes your body to generate cardioprotective genes and antioxidant proteins. In other words, resveratrol trains your heart and helps the heart muscle to be better equipped to handle any stress it might encounter.
Astonishing Study Results: Resveratrol Cuts Death Risk, Outperforms Standard Drugs, and Significantly Reduces Inflammation

A review of existing experimental studies found that on average, resveratrol reduced cardiovascular morbidity and mortality by 30 to 50 percent. The authors of the review, published by the Pulsus journal for experimental and clinical cardiology, sought to identify the mechanisms responsible for resveratrol’s benefits. They concluded that polyphenols “possess antioxidant, superoxide-scavenging, ischemic-precondition and angiogenic properties,” which they believe could explain resveratrol’s impact on heart health.

The longest human trial on resveratrol’s ability to reduce cardiovascular disease risk factors was published in The American Journal of Cardiology in May of 2012. That study produced impressive findings, showing that resveratrol exerted an effect “beyond patients’ standard medication.”

For the trial, researcher Juan Carlos Espín, PhD, and his associates at CEBAS-CSIC and Morales Meseuguer University Hospital in Murcia, Spain selected 74 study participants who were at high risk of cardiovascular disease. Dr. Espín and his team randomly sorted the participants into three groups: Group One received a grape extract containing 8 milligrams of resveratrol, Group Two took grape extract without resveratrol, and Group Three served as the control group and received a placebo.

For the second half of the year-long study, the doses for each group were doubled. Initial blood samples were analyzed for clotting factors, markers of inflammation, then compared to samples taken at the six- and twelve-month marks. At the end of the study, the markers for Group One showed significantly greater improvements than the others, indicating that resveratrol could be part of a “primary prevention” regimen.

Wine Alone is Not Enough

When the news about resveratrol first broke, many headlines focused on the new and exciting potential health benefits of red wine. However, those early headlines were misleading. Don’t reach for an extra-large glass of Merlot just yet, because experts now agree that wine on its own is simply not enough to ensure heart healthy effects. Accordingly, the concentration of resveratrol in wine vary widely from bottle to bottle. In addition, increased consumption of red wine (like any alcoholic beverage) can cause liver damage and physical addiction.

Conclusively, and perhaps most importantly, thus far experts emphasize that research and most findings on resveratrol’s heart benefits come from studies done with mice. To mimic the doses used for those studies, a human would need to drink over 60 liters of red wine every day.

While some have suggested eating grapes or drinking grape juice as a non-alcoholic alternative, that option has flaws as well. While grapes and grape juice would circumvent the alcohol issues, you would still need to consume an unrealistic massive quantity.

That’s why experts advise that for heart health effects, resveratrol supplements are the safest and healthier way to ingest clinically significant amounts. Be sure to thoroughly research companies or vendors from whom you’re considering purchasing resveratrol. Not all supplements are equally efficacious—in fact, some can’t even be absorbed by your body.
The reishi mushroom (G. lucidum) has perhaps the longest record of medicinal use of any mushroom. Reishi mushrooms have been used in Traditional Chinese Medicine (TCM) for more than two centuries. The Chinese name for the mushroom, “lingzhi,” is formed from two characters: “ling,” which translates roughly as “spirit, soul, miraculous, sacred, divine, and/or efficacious,” and “zhi,” the character used to denote traditional plants of longevity. As both characters hold a multitude of meanings, the term has many English translations such as:

- “Magic Fungus”
- “Possessed of soul power”
- “Divine mushroom”
- “Herb of Spiritual Potency”
- “Mushroom of Immortality”

Next-generation scientific testing indicates the many names for the reishi mushroom may in fact be highly appropriate. Researchers have identified more than 400 active enzymes in reishi mushrooms, which helps to explain this plant’s impressive range of uses. In her 2010 book, New Whole Foods Encyclopedia, author Rebecca Woods summed up reishi as “a cure-all.”

**Miniature Pharmaceutical Factories**

Paul Stamets, a renowned mycologist, believes that the variety of enzymes indicates that lingzhi are “miniature pharmaceutical factories that can produce hundreds of medicinally-interactive compounds.”

Mycologists are scientists who specialize in the branch of biology dedicated to the study of fungi. Mycology includes studying fungi for genetic and biochemical properties and potential usefulness to humans, including medicinal applications. Stamets has documented how his own mother successfully used Turkey Tail mushrooms to cure her stage IV breast cancer. He says part of the inspiration behind the six books and countless articles on mushrooms that he has authored is his mother’s miraculous recovery from late-stage cancer.

Perhaps the best explanation of reishi’s near-miraculous medical applications comes from Traditional Eastern medical science, rather than mainstream modern medicine. Classic Eastern doctrine holds that the body constantly strives to maintain equilibrium. To do so, it must ward off threats, which can be physical, emotional, or energetic. Examples of physical threats include viruses, bacteria, and the like. Emotional threats are stressors that cause anxiety and other negative states of being. Energetic threats are considered to be anything that reduces alertness. Reishi enhances equilibrium by fortifying the body’s innate defense system. According to this premise, cardiovascular disease is just one of the many threats reishi helps fight off.
Reishi provides almost all-encompassing protection against heart disease and stroke, thanks to its high content of cardio-protective substances such as…

- Sterols
- Coumarin
- Polysaccharides, notably Beta-D glucans
- Mannitol
- Adenosine
- Triterpenes, especially ganoderic acids

Of the many compounds reishi contains, ganoderic acid appears to be especially potent. Ganoderic acid has been shown to reduce blood platelet stickiness, which subsequently decreases the likelihood of blood clots that might incite a heart attack or stroke.

A nucleotide in reishi mushrooms called adenosine (derived from RNA), has also been shown to inhibit platelet aggression and regulate energy. Adenosine appears to work by dislodging and dismantling blood clots. Beta-D glucans and other polysaccharides found in reishi have a strong influence as well. Research indicates that these substances improve blood flow to the myocardium (the innermost muscle of the heart).

**Reducing Cholesterol the Healthy Way—in Just One Week**

Reishi has also been shown to decrease levels of LDL cholesterol. In one study, 14 out of 15 participants experienced substantial declines in LDL levels after just one week of reishi extract treatment. Further human trials confirm reishi’s ability to reduce “bad” LDL cholesterol and triglycerides (another type of blood fat). Patients given reishi extract showed significant decreases in total cholesterol, with LDL dropping, but HDL (high-density lipoprotein, or “good” cholesterol) remaining at an appropriate level.

In *The Green Pharmacy*, James A. Duke details even more heart benefits: “[Reishi] improves blood flow to the heart, reduces coronary demand for oxygen, and helps ease the chest pain of angina.”

One study focused on hypertension (high blood pressure) that was unresponsive to medication. The researchers recruited 54 individuals whose average age was 58.6 and divided them into two groups, one of which took reishi and the other of which did not. Those who took the reishi extract three times a day for four weeks achieved significantly lowered blood pressure compared to the control group. “The blood pressure of all the test subjects fell below 140/90,” noted Burton Goldberg in his book *Heart Disease*.

For those of you interested in trying reishi mushrooms, keep in mind that they are composed of 90 percent indigestible fiber. This gives reishi a wood-like texture, and those who’ve tried it say it is also extremely bitter. Fortunately, it can be found in a variety of forms you’ll likely find far easier to swallow, including capsules, tinctures, and fractionated extracts.

**Medicinal Mushrooms with Nearly Magical Heart Benefits**

Reishi may have the longest and most illustrious history of any mushroom, but it’s far from being the only one with valuable medical applications. Chances are, you or someone you know has taken the most famous fungi-derived medicine—the antibiotic penicillin. Another magnificent mushroom with incredible medicinal potential is the *Maitake mushroom* (*Grifola frondosa*). Aside from serious mushroom connoisseurs, few individuals living outside Asia are familiar with maitake.

If you have heard of this mushroom, you likely know by it the name “hen of the woods,” as its commonly called in Europe and the United States. The name refers to the fronds
of the wild-growing mushrooms, which somewhat resembles the feathers of a fluffed chicken.

In Japan, maitake mushrooms are known as “the dancing mushroom” because of an old legend about their discovery. According to the folktale, a group of Buddhist nuns happened upon a group of woodcutters on a mountain trail, and at that spot, there was a fruiting of mushrooms growing from the forest floor. The discovery so delighted the nuns and woodcutters that they began to dance, and so the maitake mushroom got its name.

**The Humble Woodland Mushroom that Fights Tumors, Cancer, and Heart Disease**

As the fable indicates, the maitake (a polypore mushroom) grows in clusters in wooded areas. For centuries, it has been prized for its medicinal applications, especially in its native Japan. Experts recommend searching around the bases of oak trees. Maitake is most famous for its anti-tumor, cancer-fighting properties, however, it has also been used to treat cardiovascular diseases.

In the late 1980s, when researchers in Japan began to mine the nation’s extensive history of medicinal mushroom use, they discovered maitake could be used to manage blood pressure and blood lipid levels, two key risk factors in heart disease. Many doctors in Japan now use maitake mushrooms to lower *serum and liver lipids*—such as cholesterol, triglycerides, and phospholipids—and to regulate blood pressure, two critical areas of heart disease prevention. Dr. Mao Shing Ni, a 38th-generation doctor of Chinese medicine and leading authority on Taoist longevity, has said that maitake is known to reduce the risk of high blood pressure, diabetes, and stroke.

Maitake mushrooms are packed with potent, health-promoting compounds. Like reishi mushrooms, maitake are a rich source of polysaccharides, compounds known to enhance cardiovascular function. Maitake mushrooms also contain a plethora of antioxidants. Researchers at Pennsylvania State University found that maitake contain extraordinarily high concentrations of a potent disease-fighting antioxidant called ergothioneine. In fact, maitake mushrooms contain **about 40 times as much** ergothioneine as wheat germ, which was previously believed to be the best natural source of this healing substance.

Studies from Asia suggest other compounds found in maitake specifically reduce the risk of coronary heart disease. Additionally, maitake are a superb source of potassium, which may reduce your risk of high blood pressure and stroke.

**Study Suggests Maitake Mushrooms Lead to a Longer, Healthier Life Span**

According to a study published in the *International Journal of Medical Sciences* in 2010, maitake mushrooms can treat “progressive, age-related elevation of blood pressure” as well as other health issues such as inflammation. Over the course of the four-month study, an in vivo laboratory model using mature female rats, the researchers found that maitake mushroom extracts “stopped the gradual elevation of systolic blood pressure (SBP).” In addition, they also noted it even reversed some of the previous elevation. The team concluded that maitake mushrooms extracts could “lead to a longer, healthier life span.”

Maitake mushrooms reportedly have a rich, savory taste, but as with red wine, it’s crucial to differentiate between the appearance of mushrooms in a person’s daily diet, and their medicinal use. Research done on
maitake mushrooms has primarily taken place in laboratories, and been focused on the properties of extracts of the mushrooms.

**PART FIVE**

**A New Standard of Care**

In November of 2013, the American Heart Association and the American College of Cardiology announced the implementation of revised guidelines for healthy cholesterol levels. The new guidelines recommended that millions of Americans should immediately begin taking statins.

Shockingly, this announcement was not based on revelations about the benefits of lower levels of cholesterol. Rather, it was based on the drug industry itself, said an editorial in the *New York Times*, which stated, “[the new guidelines are] a consequence of simply expanding the definition of who should take the drugs—a decision that will benefit the pharmaceutical industry more than anyone else.”

The *New York Times* piece was the work of John D. Abramson, a lecturer at Harvard Medical School and the author of *Overdose America: The Broken Promise of American Medicine*, and Rita F. Redberg, a cardiologist at the University of California, San Francisco Medical Center and the editor of *JAMA Internal Medicine*. It seems that Dr. Esselstyn has very esteemed colleagues in complete agreement about the fact that mainstream medicine has all but given up on finding a cure for cardiovascular disease.

One treatment option that has drawn a great deal of attention is ubiquinol, the active antioxidant of *Coenzyme Q10* (commonly abbreviated to CoQ10). This essential substance is found in every cell in the body. As addressed briefly in this report’s discussion of statin medications in Part One, CoQ10 is particularly crucial to the functioning of your heart. Studies dating back to the 1970s indicate that supplementing with ubiquinol improves cardiovascular health.

A lesser-known treatment rooted in Indian folk medicine has proved to be at least equally worthy of consideration. Despite its humble name, the *Indian gooseberry*, or *amla*, offers what one doctor calls “nearly legendary powers in healing and preventing atherosclerosis and related cardiovascular disease.” Studies drawing on Ayurvedic wisdom support the use of a little-known plant for lowering blood pressure. Numerous studies confirm that in addition to reishi and maitake mushrooms, two other fungi varieties improve the health and wellbeing of those with compromised heart health. One of those, a rare, wild mushroom that grows primarily in the mountains of Tibet, is so potent it sells for $900 an ounce.

As heart disease rates continue to soar, it’s time to explore the wealth of options available to address the real cause of this devastating condition. For those who follow the traditional route for cardiovascular care, a diagnosis could mean dangerous surgery … insufferable medication … and a complete overhaul of your lifestyle. Alternately, you
could take matters into your own hands, and adopt natural solutions proven to reverse and even eliminate heart damage.

The hopeful news, as you now know, is that the natural health world readily counter-balances the weaknesses of conventional heart care. All that is required is an openness to natural, nutrient-based alternatives that target not merely the symptoms of heart disease, but the causes—especially inflammation.

“We physicians with all our training, knowledge and authority often acquire a rather large ego that tends to make it difficult to admit we are wrong,” says heart surgeon Dr. Dwight Lundell, M.D., who has performed more than 5,000 open-heart surgeries over the last 25 years. According to Dr. Lundell, established wisdom has been dead wrong when it comes to heart health.

“So, here it is. I freely admit to being wrong,” says Dr. Lundell. “Today is my day to right the wrong with medical and scientific fact.”

Dr. Lundell was once like the majority of other medical opinion-makers, who have long insisted that heart disease results from elevated blood cholesterol, and that the only acceptable treatment is cholesterol-lowering statin drugs and low-fat diets.

“Deviations from these recommendations were considered heresy and could quite possibly result in malpractice,” says Dr. Lundell. “But these recommendations are no longer scientifically or morally defensible. The discovery a few years ago that inflammation in the artery wall is the real cause of heart disease is slowly leading to a paradigm shift in how heart disease and other chronic ailments will be treated.”

The paradigm shift that Dr. Lundell describes is happening right now, and it starts with you and every other individual who takes advantage of the remarkable array of scientifically validated natural treatments that stop and reverse heart disease by addressing its causes, including inflammation. These are solutions you can put to work for you right now. According to the health experts on the forefront of today’s most exciting discoveries, those who put nutrients to work for their health are leading the way for the rest of the world.

According to Samir Brahmachari, Secretary to Department of Scientific and Industrial Research and Director-General of Council of Scientific and Industrial Research (CSIR), nutraceuticals will be the preventive medicine of the future. The right combination of nutritional remedies will be considered more effective than drugs in tomorrow’s world—but those remedies are available to everyone who needs them right now.

To learn more about natural remedies that can make a dramatic impact on your health visit us at www.UndergroundHealthReporter.com.