

Well-Beings



HEART AND VASCULAR DISEASE – OUR NATIONAL DISGRACE

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“One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It’s the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation.” Dr. Royal Lee, 1935

In the 1930’s, Dr. Lee described heart disease as the “disease of white flour”. What he meant was that heart disease is the result of eating processed foods—heart disease is a nutritional disease. Today, heart disease is a rampant killer in the adult population. This is a sad fact because heart disease is easily prevented and is one of the easiest diseases to heal, once you know and understand the dynamics of heart health. Before addressing these dynamics, let us go back in history.

What did the majority of people die from 100 years ago? The answers are accidents and infectious illness. What will one half of every American die from currently? You guessed it: Heart disease. (I include heart and vascular disease under heart disease as I believe them to be so interrelated as to be almost inseparable.). Heart disease was rare—now it is the leading cause of death—a stunning statistic! Why? Why has heart disease become so prevalent? In a word—diet! The fact that heart disease is in large part a nutritional deficiency disease has been known by a core of health care professionals since the early twentieth century. Why has this information been kept out of public awareness? In a word—greed. The fact that heart disease is caused by a lack of whole food nutrients is now resurfacing in the medical literature. The first autopsy to identify heart disease was noted only a few years after the advent of processed white flour. Heart and vascular disease is a direct result of fraudulent chemicals masquerading as food. It is a deficiency disease of essential vitamins, minerals and phytochemicals vital to a healthy body. In particular, these vitamins are whole food supplements including Vitamin A, B, C, E, and essential minerals and fatty acids. This article will attempt to explain the interrelationships between the cardio vascular system and these nutrients and how they function. Let me just repeat again as I have in other articles that vitamins occur

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in nature as complexes of many molecules and are not manufactured and sold over the counter. (See Healing from the Inside Out).

All chronic illnesses are primarily deficiency diseases, but no where else is this more evident than in the cardiovascular system. Our food supply was devitalized and made toxic to increase the profits of food manufacturers. By rendering them useless as foodstuffs, these processed foods became virtually imperishable and had an indefinite shelf life. They could be made cheaply and distributed nationwide to increase profits. In order to maintain a long shelf-life, they had to be rendered “lifeless” to prevent spoilage and infestation. Nothing that can sit on a shelf for months is food. During this time period, a core group of medical professionals tried to ban these chemical synthetic “foods” thus initiating a “war” in the medical literature. The food companies in conjunction with high level medical authorities decided to “fortify” these devitalized foods with synthetic, and/or isolate vitamin fragments thus connoting that the worthless foods were now better than the original wholesome grain products. Ha! That was the most medically dangerous lie ever perpetuated on the American Public.

It was known then and is currently being reestablished by medical research that these isolate-synthetic vitamins are harmful to your body. When you combine the denatured foods, isolate vitamins, and other toxic chemicals (bleach, preservatives, high fructose corn syrup and others) you have a deadly substance passing as food. (See my article on Diabetes for information on these chemicals.) Dr. Alice Faye Morgan from Canada showed that the new “fortified” white flour was far more dangerous than the regular bleached white flour without the so-called vitamins. Why? Because vitamins occur in nature as complexes that are interdependent on each other and these isolate vitamin fragments do not contain any of the co-factors needed; therefore disrupting the internal balance. Cattle deprived of the whole food vitamins B and E complexes found in fresh whole grains dropped dead of heart attack in early middle age without any symptoms.

The major groups of vitamins taken out of grain products are whole food B, E, and essential fats. Organically bound minerals are also removed. Ground wheat spoils in less than one week unless refrigerated and even then it has a short shelf life. Not only are the vitamins, minerals and phytochemicals destroyed over time and through processing, but the oils in the germ become rancid very quickly. This rancidity is linked to many diseases, including cardiovascular disease and cancer. Of course, we obtain these vital nutrients from other foods to some extent, but fresh grains provide the majority of the nutrients in the correct combination for heart health. Diet is of the utmost importance—not just what should be included but also what needs to be excluded. Even if all the vital nutrients are taken into the body, toxic chemicals can cause great damage and add a tremendous load on the heart and other systems.

There are several bodily systems involved in healthy heart action. These include:

- Cardiovascular
- Muscle
- Nerve

- Endocrine
- Digestive-assimilative-metabolic

These are the major systems, but all the bodily systems are interrelated and interdependent on heart action.

Because the heart is a pump and has rhythm, it is dependent upon the autonomic nervous system (that portion of the nervous system that is not under voluntary conscious control). There are two branches of the autonomic system—the sympathetic and the parasympathetic system. The sympathetic acts as the accelerator to the heart and the parasympathetic acts as the brakes to the heart. When they become imbalanced through improper diet, emotional and mental behaviors, and/or genetic predisposition, then either the accelerator or the brakes can take over and an imbalance occurs.

The sympathetic system tends to speed and increase blood circulation in response to physiological demands. The parasympathetic system (or vagus) inhibits according to similar demands.

Stimulants to the sympathetic

Stimulants to the parasympathetic

(vagus)

Exercise

Worry

Anger

Shock

Excitability

Bad news

Certain drugs

Fright

Lack of whole food nutrients
nutrients

Lack of whole food

Sex

Over stimulation of the sympathetic system

Overstimulation of the

results in “sympatheticotonia”

*parasympathetic or vagus system
results in “Vagotonia”*

Symptoms include:

Symptoms include:

Hypertension

Hypotension

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Rapid respiration	Irregular respiration
Tachycardia (racing heart)	Bradycardia (slow pulse)
Dry mouth	Angina pectoris
Low gastric acidity (hypochlorhydia)	Excessive salivation
Gastrointestinal hypotonicity	Gastric and duodenal ulcer
Constipation	Hyperchlorhydia
Dehydration	Nervous indigestion
Spastic sphincter	Diarrhea
Leukopenia sphincter	Relaxed
	Hydration
	Leukocytosis

Because the autonomic nervous system controls both the heart and the digestive system, heart symptoms and digestive problems are usually concomitant. Heart disease can result from any combination of the above symptoms, although one is usually dominant. It is the available calcium, phosphorus and potassium that balance these two nerve branches. Calcium (only available if phosphorus is present) stimulates the sympathetic and potassium stimulates the parasympathetic (vagus). For example: If someone is under constant worry and calcium/phosphorus become lowered in relation to potassium, then the “brakes” are applied—not allowing the accelerator (the sympathetic) to balance it. Conversely, if someone exhibits a Type A personality (under constant hyperactivity) and potassium becomes lowered in relation to calcium, then the accelerator takes control and the person develops “sympatheteconia” with all the attendant consequences.

”Let us here consider the patient having a heart that is somewhat impaired functionally or organically, so that it is unable to respond to demands for reserve effort. Suppose a deficiency of potassium develops with consequent over-stimulation by the sympatheticus by reason of the impaired vagus inhibition. The heart will be found to be laboring as if under the demands of exercise—an engine without a governor. Nutritional deficiency here aggravates a situation that would not otherwise be serious.” Vitamin News – Dr. Royal Lee – 1942

Determining which branch of the autonomic nerve system is out of balance and then balancing the mineral ratios could go a long way in supporting heart health. The human system needs organically bound minerals found in living systems—particularly the plant kingdom. (More on minerals later).

In the article mentioned above, Dr. Lee states: “With vitamin deficiency to starve the endocrines and mineral deficiency to paralyze either or both divisions of the autonomic system, any combination of the two lists of consequences of autonomic imbalance is possible. Vitamin B deficiency alone can so impair the muscular and nervous functions as to cause extreme embarrassment of the heart”.

Let’s look at the Vitamin B complex. This complex performs two major functions and several thousand minor functions: Major functions are nerve health and energy or carbohydrate metabolism. The heart needs constant nourishment and healthy nervous control (see article on diabetes for more info on Vitamin B). The B complex divides itself into two major categories: fat soluble and water soluble. The fat soluble fraction is generally speaking vasodilating and is referred to collectively as Vitamin G complex. The water soluble portion is vaso-constricting and is referred to as Vitamin B complex. The body needs a balance of both but does not receive the “G” complex in any fortified synthetic food or isolate vitamin. From this fact you can readily understand why hypertension and nerve degeneration are so prevalent. In other words, if hypertension were a symptom, then the individual would take more whole food vitamin G than whole food vitamin B. The reverse would be true with hypotension. However, if the individual was on a good nutritionally balanced diet—heart disease would not be an issue and neither the whole food B or G supplements would be needed. The heart is totally dependent on nerve health and healthy digestion. Every organ in the body is dependent on whole food nutrients.

“It should be evident that a complex vitamin concentrate is the only scientific one to use in cardiac conditions because of the innumerable various factors, all necessary, which are present in the vitamin B complex. Stepp, Kuhnu, and Schroeder recognize this fact when they say, “—in cases of vitamin B1 deficiency not responding upon administration of highly purified vitamin B1 preparation in a manner expected, it is recommended therefore, to prescribe yeast (Brewer’s or dry) which contains all the factors the vitamin B group—“ Vitamin News: Dr. Royal Lee, 1935

“SP” Vitamin B Complex concentrate contains these vitamins and associated food principles of the Vitamin B group and is in a much more concentrated form than yeast preparation. “SP” Vitamin B complex concentrate was developed over a ten year period of clinical tests on human subjects. It is a food concentrate of the B group and the associated food principles necessary to produce completely satisfactory results from Vitamin B therapy. (Yeast is also very hard to digest).

Lee has referred to heart disease as beriberi of the heart (beriberi is a B vitamin deficiency disease). However, Vitamin B complex is not the only vitamin involved. Vitamin A deficiency induces susceptibility to infection of heart valves and prevents the

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production of normal healthy epithelial cells. These “skin” cells line the cardiovascular system.

Vitamin C deficiency can cause shortness of breath, rapid heart action and rapid respiration. I am not referring here to ascorbic acid: ascorbic acid is not Vitamin C! (see Healing from the Inside Out). Ascorbic acid can actually exacerbate cardiac symptoms. Whole food Vitamin A & C deficiency together can produce:

- Physical weakness – lack of oxygen to tissues
- Shortness of breath
- Rapid respiration
- Rapid heart action
- Tendency to disease of blood vessels and heart
- Weakened protein structures of heart and blood vessels

In infection, all vitamins play a role in eliminating the toxins from microorganisms which cause most of the damage. Infections can set up an acid environment which depletes the minerals needed in healthy heart action. These minerals include calcium, magnesium, potassium, phosphorus and sodium. Vitamins regulate mineral metabolism. Most people believe that all they need to do is “Take a calcium supplement”—not understanding which supplements are better or even effective and what else they might need to properly use the supplements.

In the human body, calcium metabolism is like a transport system. Calcium is on a transport system as are most minerals. It is like moving to California—you need furniture. The usable calcium is the furniture and it has to be “loaded” on the vascular truck. After the calcium is delivered by the vascular truck system, you need to unload the calcium at the site of the tissue—either soft tissue or bone. Vitamin A and D supervise the loading of calcium and essential fatty acids supervise the unloading. In other words, if you are low on essential fats, you may have plenty or even excess blood calcium but be very low at the tissue level. This high blood calcium then can start “precipitating out” at unwanted locations –the arterial walls for example.

Calcium deposits can result in:

- Decreased vessel wall permeability.
- Hardening of the vessels
- Decrease in vessel size thus causing an increase in blood pressure
- Desensitizing of the nerve ending of the sympathetic nervous system preventing vasodilatation of arteriole system

Essential fatty acids are very important in maintaining cardiovascular health and are usually lacking in most diets. Essential fats are needed for:

- Mineral metabolism
- Digestion and metabolism of dietary fats

- In maintaining healthy endocrine balance (you can't make a hormone without fatty acids)
- Skin and bone health
- Overall health of all tissues

Here are some facts concerning calcium metabolism:

- Either a deficiency of nutrients necessary to assimilate calcium or a calcium deficiency can cause the same symptoms.
- The thyroid gland is a calcium eliminator and the thymus and parathyroid promote calcium absorption.
- High fructose corn syrup (HFCS) blocks calcium metabolism. (See Article on Diabetes).

A healthy heart is a very complicated issue which involves adequate amounts of whole food vitamins, organically bound minerals and a good balance of the endocrine glands. The adrenal gland is foremost to be balanced. The adrenals and the thyroid to some extent “back up” the heart and promote healthy heart action. The adrenals are the glands of stress. Regulating the adrenals with proper nutrition and protomorphogens (PMGs—see article on PMGs) can greatly support healthy heart action.

Cardiovascular disease (CVD) is primarily a disease of the Western lifestyle:

- Highly processed foods
- Synthetic chemical additives
- High stress
- Lack of exercise
- Lack of whole food nutrients

The keys to a healthy heart lie in addressing these issues—particularly nutrition. There will never be a drug that can cure heart disease because CVD is not a drug deficiency disease—it is a nutrient deficiency disease!

“Correct nutrition must precede more difficult therapeutic measures or we will find ourselves treating symptoms rather than cures...Surgery can't cure a dietary deficiency but only remove consequences.” Dr. Royal Lee, Vitamin News, 1935

According to established medicine, high cholesterol is now considered a significant risk for heart disease, however, this is not true! Hypercholesterol is an indication that fats are not being digested and metabolized. But hypercholesterol is the not the problem. Hypercholesterol is a vague term. Just how high is too high for total cholesterol? That is a very difficult question and depends on other factors and problems in the individual. If your cholesterol is considered high, most doctors want to put you on statins: Think before you take these drugs!

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According to the research of Dr. Bruce West in California:

Statins (Cholesterol-Lowering Drugs) Prevent Cancer?

Both three and seven years ago I wrote that if you are getting on in years, your cholesterol has little meaning when it comes to heart attack. I recommend that if you are over 65 years old, you should simply reject cholesterol lowering therapy and forget about your cholesterol. Well those recommendations were not strong enough. It now turns out that as you get older, your chances of living longer go up with your cholesterol level.

Also, studies in *Geriatrics* and other journals have studied up to 150,000 people over 15 years and have shown that especially in the elderly, there is at least a doubling of the risk of death—especially from cancer—in those with lowered cholesterol levels. Studies repeatedly show that people with high cholesterol levels are at a greatly reduced risk for cancer.

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Over 90% of the cholesterol in the body is manufactured for bodily activity. Only 10% is dietary. Cholesterol is an indirect indicator of problems in fat metabolism but it is not a risk factor in and of itself. Taking a drug to lower cholesterol is insane when you can improve health naturally.

Drugs do not prolong life if you have cardiovascular issues. Research has also shown that blood pressure drugs increase strokes and fail to stop heart attacks or prolong life. My first degree was in research in public health and I was taught to question every research article I read and to never believe the claimed results but to evaluate the data myself. Dr. Bruce West in his medical newsletters does the same thing: He questions and evaluates the actual data. Several years ago he was questioning research, especially heart disease. He had this to say then: “The amazing final line is that the average person taking blood pressure drugs for 30 years will gain an additional nine days of life at a cost of about \$1,000 per year vs the patient taking nothing”. (Dr. Bruce West, Health Alert, Vol. 22, No. 3).

In Dr. West’s current newsletter (2005), he is even more passionate toward drug use for CVD—citing a mega study called the Medical Research Council study (MRC):

“The interpretation of this study in real English for real people is as follows: blood pressure drugs will help 12% of people with high blood pressure reduce their risk of stroke by eight hundredths of one percent per year. For 88% of people, blood pressure drugs will increase their risk of stroke by thirty three hundredths of one percent per year.

If you do the complicated math on these tiny, tiny numbers, you would end up with the fact that blood pressure drugs increase the risk of stroke by 0.3% per year!”

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Drug companies actually claim this study supports the use of blood pressure drugs to reduce the incidence of strokes and heart attacks. The truth is that the data from most research in America is manipulated to report the results that the drug industry wants. These false results are then used by them as an educational tool to brainwash doctors—and also used as a marketing tool for the general public.

No chronic illness is a drug deficiency disease—so no chronic illness will ever be cured by drugs! Drugs only treat symptoms and in the process cause other complications. You can heal yourself from disease using natural methods. Healing may not come overnight. Do not expect instant results when attempting to heal the body. You did not get sick overnight so chances are that healing will take time—unless it doesn't! This does not mean that you will not see some results in the beginning, but you may become worse before you feel better. This is known as the “healing crisis” and is the attempt of the body to rid itself of toxins and rebalance and reestablish equilibrium. Not everyone experiences this; but the main issue is to understand what is happening and not become discouraged and give up. Drugs work instantly; however, they only treat symptoms—they do not heal.

The only “tricks” in the allopathic doctor’s bag are surgery and drugs. Doctors are not taught even basic nutrition in medical school. Traditional doctors achieve their primary education from schools supported by the drug institution and they receive their on-going education from drug reps. Most physicians do not take the time to even read medical research much less question it. Here is what the former editor of the esteemed British Medical Journal had to say: *“Medical journals are no more than extensions of the marketing arm of the pharmaceutical companies”*.

My advice to you is: Question...question...question! Take responsibility for your own health. Seek advice but ultimately you make the decisions about your own health.

No one should stop taking drugs “cold turkey”. This can be extremely dangerous. If you decide to stop taking drugs, do so gradually under the care of a healthcare professional. I recommend starting a natural, holistic process and then ease off the drugs gradually. Everyone with heart disease should begin a “natural program” even if you still opt for drugs. This program should include:

- Healthy diet (not the one advocated by the American Heart Association).
- Whole food supplements
- Exercise
- Fresh air and some sun exposure
- Healthy sleep patterns
- Mental housecleaning
- Spiritual books and practices
- Emotional support (and counseling if needed)

I would also add that most insurance companies do not cover natural methods of healing so your cost will be out of pocket. Expect this. If the institution of medicine could actually heal, the cost would be several times what natural healthcare professionals charge.

Last week, I went to my bank to make a deposit. I saw several elderly people selling hot dogs, white bread buns, potato chips and soft drinks. Then I noticed a large sign that read: "Donations to the American Heart Association". I inquired of the lady at the table if she saw any problem with the American Heart Association selling the very foods that contribute to heart disease...of course she did not answer. What is wrong with this picture?

In closing, I would like to include a testimonial given by a very grateful patient:

Twenty three years ago, I had a heart attack followed one week later by a severe stroke.

The stroke paralyzed the right side of my body, and I lost my voice. After extensive physical therapy, I recovered my voice and was able to walk with the help of a cane, but was permanently disabled. In September of 1996 I began to experience blackouts, nausea, dizziness and my heart was racing. I went to the hospital and was diagnosed in the emergency room with tachycardia. My heart stopped and I was revived by electric shock! The next day my cardiologist informed me that I needed an Implanted Cardio Defibrillator (ICD) or I would die. I agreed and it was done the next day. I was put on Corderone, but had a lot of side effects. Depression started to set in. My doctor told me to give it time...that he really couldn't do more. I felt miserable.

It was at this time that I sought the help of Sharon Rabb. I was desperate for some help. Sharon said, "I can help you". I jumped at the chance. Sharon made a detailed list of my condition, medications, diet and the next day she suggested a program of nutritional supplements and dietary changes. I started the very next day. Sharon encouraged me to follow the program closely, not to entertain doubts and to visualize positive changes. She was concerned about some of the medications I was taking, but suggested that I continue on with my prescriptions. She wanted to get me feeling better first; one thing at a time. I followed her instructions exactly.

Within the first week I noticed a difference—I felt better. Every day I got better and better. After a month my strength returned, my outlook took a huge positive jump. I began to walk for exercise. Sharon adjusted the supplements--adding some—stopping some. I continued to improve. I was still having some bad side effects from the medication I was taking: clumsiness in walking and being dizzy. However, I was very encouraged with the results of the nutritional supplements program.

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It was time to visit my physician again for a reading of my ICD's activity. I had the test and was told the device had been activated 455 times. (My heart had stopped and had to be restarted that many times by the ICD). I continued with Dr. Rabb's protocol. When I was tested again after 3 months—I was told that the device did not have to start my heart at all—in other words, there had been no activity at all.

Upon hearing this report, Sharon was convinced it was time to work in close contact with my cardiologist to reduce the dose of medications by half. I proposed this idea to my cardiologist on my next visit a few days later. I told him I felt thousand percent better and wanted to try this. He agreed after warning me that I could receive a severe shock if the tachycardia broke through the lowered dose of medication. I began and immediately experienced a dramatic change. My energy skyrocketed... The clumsiness faded away. The dizziness disappeared. I felt absolutely wonderful! I was incredulous. Sharon was right. She not only helped me, she gave me back my life. Two months later I had my quarterly test done on my ICD and was just floored to hear that once again there had been no activity at all. Sharon was delighted to hear this news. I was beyond ecstatic and even my cardiologist was impressed. I know what these nutritional supplements have done. I still pinch myself and remember how far I've come. I cherish each sweet new day and thank Sharon a thousand times a day.

Sharon Rabb is the most powerful positive person and the warmest, most loving being I have ever met. I am starting my eighth month of my newfound life and I'm feeling wonderful like a young child. I highly recommend Sharon Rabb and her complete program of nutritional supplements. They get results—I am the proof.

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For more information, visit Dr.Rabb's website: www.drsharonrabb.com

About Dr. Sharon Rabb

Since the 1970's, Dr. Rabb has devoted her time to the study of both traditional and holistic medicine. Her extensive studies and knowledge of allopathic (traditional) medicine and the powerful healing properties provided through nature enable her to integrate a broad spectrum of modalities that merge scientific knowledge with natural healing. She specializes in chronic illness and degenerative diseases in both adults and children.

Dr. Rabb is also a public health nutritionist and educator certified in the State of Texas. Health education is one of the foundations of her program. She also uses a variety of modalities including CRA (Contact Reflex Analysis) to facilitate individuals in achieving optimal balance and health. Nurturing and gentle approaches are integrated with the latest in scientific research to provide a professional and caring environment. As a gifted public speaker, she has become increasingly popular among both lay and professional audiences.

For more information regarding this health topic or to arrange for a **FREE** initial phone consultation, call (214) 353-0385 or email her at drsrabb@yahoo.com.

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