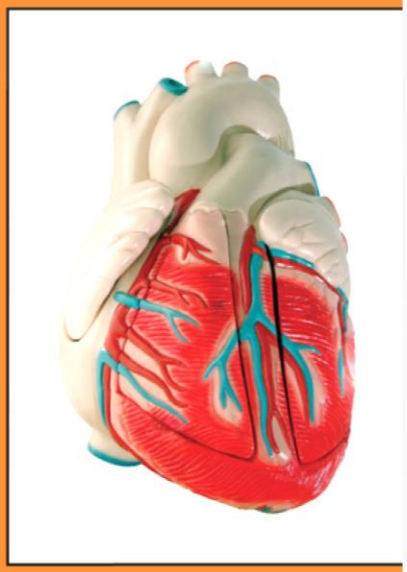
LYLE L. LEFFLER, H.D.

The FACTS and TRUTH about CARDIOVASCULAR DISEASE



Cardiovascular Disease

Lyle Leffler, H.D

During the last century, cardiovascular disease has become the number one cause of death in the industrialized world, and continues to be so today. In 2003, there were an estimated 71 million people affected by this disease in the United States alone. In recent years, with the development of new and improved drugs and surgical procedures, there has been a decline in the mortality rate of this disease; however, this is *not* the case with the number of incidences of cardiovascular disease. Furthermore, people are succumbing to this disease at a much younger age, as young as in their forties. Conditions sequential to this disease are numerous, and include stroke, hypertension, myocardial infarct, and diabetes. It also affects blood circulation, which has a direct effect on every physiological function in the body. This is why blood is known as the River of Life.

The financial implications that the cardiovascular epidemic has placed on our health care system is staggering. In 1998, $91 million was spent on the treatment of this disease in the United States.

What is Cardiovascular Disease?

Cardiovascular disease is a broad, all-encompassing term. Despite what its name may suggest, CVD is not actually a particular condition or disorder in itself. Rather, CVD is a collection of diseases and conditions that affect the heart. The focus of this discussion will be coronary heart disease, which involves the vascular system, or blood vessels, of the heart muscle. The actual disease affecting the arterial circulatory system of the body is referred to as Arthrosclerosis, and is more commonly known as the hardening of the arteries.

If a person were to stretch out all of the arteries in his/her body, they would expand to 60 thousand miles. The body's arteries are composed of three layers, the outer layer, a middle layer, and an inner layer. The middle layer consists of a very strong connective tissue, and the inner layer is endothelial tissue, which is very smooth, thus facilitating a smooth flow of arterial blood. If the carotid artery, located

on either side of the neck and on the wrist, is palpated, a pulse can be felt, which is pumping in rhythm with the heartbeat. The contraction and relaxation of the arteries assists the heart to facilitate good arterial circulation. The body's arterial circulation is the vehicle which is responsible for supplying oxygenated blood and nutrients to the cells required to maintain life and to function normally.

Arthrosclerosis is a degenerative disease affecting the body's arteries or, more specifically, the coronary arteries. The coronary arteries are responsible for supplying the heart muscle with oxygenated blood and nutrients. The manifestation of this disease is very insidious, beginning early in life, even before the teen years. Usually the first symptoms occur between 45 and 50 years of age.

The Affect of Arthrosclerosis on the Arteries

The inner, or endothelial, lining of the artery wall is the barrier or protective layer between the blood and the blood vessel wall. This layer contributes to a variety of metabolic functions, such as optimum blood viscosity. The smooth cells produce collagen and other reinforcing molecules, providing optimum stability and tone to the blood vessel walls.

This is where Arthrosclerosis begins, then proceeds in the following pattern. The inner lining starts to develop millions of cracks or lesions. The primary cause of this process is the presence of free radicals, which are atoms or groups of atoms with an unpaired number of electrons, and can be formed when oxygen interacts with certain molecules. Once formed, these highly reactive radicals can start a chain reaction, like dominoes. Their chief danger comes from the damage they can do when they react with important cellular components, such as DNA or the cell membrane. Cells may then function poorly and/or die. In the body's attempt to repair the damage, cholesterol and other repair factors are produced at an increased rate in the liver, and are then transported through the blood stream to the artery walls for repair. Although this on-going repair is occurring in all arteries, the coronary arteries sustain the most damage; they are the most stressed arteries in the body. The pumping action of the heart results in the coronaries being squeezed one hundred thousand times per day.

Over the years, the repair process of the artery wall over-compensates. Arthrosclerotic plaques form, especially in the areas where the most intensive repair is required. This continual build-up of plaque and other materials result in a narrowing of the diameter of the artery, which causes Ischemia. This reduces the flow of oxygenated blood to the heart muscle. Early symptoms may be shortness of breath upon exertion, chest tightness (angina pectoris), and heart palpitations.

Eventually plaque can completely obstruct arteries and very often Arthrosclerotic lesions will rupture, forming a clot that can result in a myocardial coronary infarct, more commonly known as a heart attack. Furthermore, as the endothelial layer continues to deteriorate, circulation is reduced to the middle layer of the artery resulting in poor contractility, and arteries lose their pumping ability.

Causes of Arthrosclerosis

All healthcare providers agree that smoking, saturated fats, lack of regular exercise, and obesity are the primary contributing factors in the manifestation of Arthrosclerosis. Medical science continues its unrelenting battle against coronary heart disease, remaining steadfast in its conviction that deposits of fatty substances, called cholesterol and cellular waste products, and high blood pressure are the primary causes of this disease. This theory is responsible for creating a multi-million dollar business in both blood pressure- and cholesterol-lowering drugs.

However, what creates confusion in these two theories are the many thousands of people who, despite their efforts to live a healthy life, obviously avoiding the primary causes, unfortunately have still succumbed to coronary heart disease. Ironically, since the introduction of low fat, low carb foods, obesity has increased significantly, as has coronary heart disease.

World wide hundreds of millions of people have elevated blood levels of cholesterol, triglycerides, LDL [low density lipoproteins], lipoprotein [a] and other risk factors. However, cholesterol and other blood risk factors are considered only "secondary" risk factors because they can only cause damage if the arteries are already in a weakened state.

It is a misconception that cholesterol looks like the fat that forms on soup. Thousands of cholesterol molecules are packed together with other fat molecules in tiny round globules called lipoproteins. The best known among these lipoproteins are the high density lipoproteins [HDL], or "good cholesterol" and low density lipoproteins [LDH], or "bad cholesterol". The purpose of cholesterol, more specifically LDH is a vehicle for supplying our cells with fat molecules and nutrients. Cholesterol is necessary for the production of hormones, therefore during times of high stress, it is common for cholesterol levels to rise.

Lipoprotein [a], not LDH, is the most important fat particle responsible for the deposits of cholesterol and other fats in the artery walls. Because of its sticky properties, lipoprotein [a] is one of the most effective repair molecules in the artery wall. Lipoprotein is the primary marker to determine your risk of CVD. Doctors monitoring patient's cholesterol levels do not test for lipoprotein [a] because presently there are no drugs that affect this fat molecule. The only substance that has shown to reduce lipoprotein levels are vitamins, more specifically Vitamin C.

The Canadian and American Heart and Stroke Association has written many articles about Arthrosclerosis, very few of which mention nutritional deficiencies and prolonged stress as contributing factors. Humanity must realize that coronary heart disease is the number one cause of death in North America. However, the incidents of all disease are on the rise. If we consider the cost of maintaining our health care system, it would not be an exaggerated statement to say our society's health is in an epidemic state.

One of the obvious reasons for North America's ill state of health is the Industrial Revolution, as it is totally responsible for upsetting the finely-tuned balance of nature. The quality and harmony of nutrients has been severely jeopardized. Humanity must realize the body is a biological unit, composed of many different types of cells, all requiring a constant supply of necessary nutrients to maintain their normal function. A prolonged deficiency of just one nutrient over extended time will result in an eventual ill state of health. The artery's structure contains both sympathetic and para-sympathetic nerves, controlled by the autonomic nervous system. Therefore, it is obvious that stress must be a strongly-considered factor.

Arthrosclerosis, like any disease, comes about when there is a malfunctioning of one or more of the body's systems. Every system within the human body requires a constant supply of various nutrients to maintain its integrity and normal function.

Other than heredity, there are only two primary causes of Arthrosclerosis, nutritional deficiencies and stress, both of which will be discussed later in greater detail.

Reasons for Society's Multiple Deficiencies

On June 19, 2002, the American Medical Association (AMA) reversed decades of preaching that vitamin and nutritional supplements only created "expensive urine". The Journal of the AMA published a recommendation that most Americans should be taking nutritional supplements for chronic disease prevention. In addition, the World Health Organization (WHO) made the following statement that, "the United States has one of the worst health pictures in the world today, and is in the worst epidemic of chronic degenerative diseases that mankind has ever known!" Canada is only two steps behind.

But what are the reasons for this dilemma? To start, over the last fifty years, society's dietary habits have dramatically changed. Missing meals, eating on the run, and over-indulging in man-made foods are all common daily practice for many. The food industry is responsible for producing a host of so called foods that have been genetically altered to contain additives and preservatives. Labeling may refer to these products as low calorie, low fat, or free of cholesterol, thereby enticing people into believing these products are actually healthy. The balance of protein, carbohydrates and fat has been severely jeopardized, and the vitamin and mineral content is virtually nil. The real problem is the body's inability to metabolize these products into bio-useable form for cellular support. The unfortunate consequence is the formation of waste, which will result in the formation of free radicals, the leading cause of Arthrosclerosis. For many, their daily diet represents starvation in terms of nutritional substance obtained.

To further show how truly unhealthy many of today's foods actually are, consider that in 1995 park rangers at Grand Canyon

National Park had to kill dozens of deer because they had become sick due to an addiction to junk food. It seems that visitors to the park took delight in, and thought they were being kind to the animals by, feeding them a diet of candy, cupcakes, hotdogs, hamburgers, French fries and even pizza. This diet of unhealthy, unnatural food caused extremely poor health in the animals, just as it does in human beings.

Another reason our society is so unhealthy is that agriculture during the last several decades, by trying to improve crop yields with the implementation of chemical fertilizers, insecticides and pesticides, has totally destroyed the nutritional content of our soil. Most farm land no longer contains earth worms, which tells us a lot. In a study conducted in the United States, a selection of fruits and vegetables were put through blender and a sample was sent to a laboratory for testing to determine their nutritional content. The results for many were that some nutrients did not exist, and for others one would have to ingest five times the amount to obtain a sufficient daily supply.

The Affects of Nutritional Deficiencies on Arteries

The body is a biological unit, its structure consisting of many different types of cells. Every second of our lives millions of cells are dying and must be replaced. This ongoing process requires a continued supply of quality nutrients. A deprivation of any one nutrient may result in decreased cellular production and impaired cellular function. This is a degenerative process.

The following deficiencies can result in abnormalities within the artery wall which will eventually manifest into Arthrosclerosis.

***Vitamin C increases the production of collagens, which are required to maintain the elasticity and integrity of the inner lining of the artery.**

***Vitamin C, E, and B Complex are required to reduce homocysteine levels that are a contributing factor in the manifestation of Arthrosclerosis because they make cholesterol stickier.**

***Vitamins C, E, A, D (antioxidants), and B are necessary to reduce free radical damage. B vitamins are also required to assist the nervous system during high stress times.**

***Amino Acids are mineral trace elements required for cellular integrity.**

***Essential Fatty Acids derived from nuts and seeds, unrefined vegetable oils and salmon oils are required to maintain high levels of High Density Lipids (HDL), or good cholesterol, to assist in the removal of Low Density Lipids (LDL), or bad cholesterol. Essential Fatty Acids are also necessary for the production of prostaglandins, or hormones, which are found in virtually all tissues and organs. They are lipid mediators that act on platelets and endothelium tissue.**

Stress's Contribution to Cardiovascular Disease

During the last several decades the most common statement used in our society is "I'm stressed out". This refers to one who is experiencing difficulties in coping with some situation within his/her life. Unlike our ancestors, we live with constant stress. Instead of occasional, acute demands followed by rest, we're constantly over-worked, under-nourished, exposed to environmental toxins, worrying about others, lacking in sleep, dealing with a demanding boss, the threat of losing your job, financial pressures, personality conflicts, yo-yo dieting, relationship turmoil, death or illness of a loved one, skipping meals, reliance on stimulants like caffeine and carbs, digestive problems, over-exercise, illness or infection, unresolved emotional issues from our past or present and more.

The result of this ongoing stress is a drastic reduction in the time we have available for rest. Sooner or later, the energy drain on your system will cause the body to fall behind in its repair work. There will not be enough time or energy for the body to fix broken cells, or replace used brain neurotransmitters. Changes will occur in your body's internal environment. You will "hit the wall", or "run out of gas". If you continue, permanent damage may be done. Maintaining optimal energy is a key to maintaining optimal health.

Every challenge to the mind and body creates a demand on the pituitary and hypothalamus glands. These two endocrine glands are the master glands, the conductor of the body's orchestra. Their hormonal secretions collectively influence virtually every cell and physiological process within the body. The consequence of the demands exerted on these glands is over stimulation of the adrenal glands resulting in an over-production of cortisol. In its normal function, cortisol helps one meet daily challenges by converting proteins into energy, releasing glycogen and counteracting inflammation. For a short time, cortisol is okay. But at sustained high levels, it gradually tears your body down. Sustained high cortisol levels destroy healthy muscle and bone, slow down healing and normal cell regeneration, co-opt biochemicals needed to make other vital hormones, impair digestion, metabolism and mental function, interfere with healthy endocrine function; and weaken your immune system.

If we are to improve our present day understanding of disease in terms of cause including cardiovascular disease, we must accept and understand the role that stress has in the manifestation of all disease. Stress and its effects must be considered as a primary reason why people are succumbing to CVD at a much younger age.

Prevention of Cardiovascular Disease

After more than thirty-five years of practice, of addressing health issues using nutrition, phytotherapy and homeopathy, my greatest reward and satisfaction comes from my observation of patients in their 60s, 70s, 80s and a few in their 90s enjoying good health. They live uninhibited lives, free of disease including CVD, requiring little or no medication. Their yearly expenditure in their quest for health preservation and disease prevention is approximately five hundred to one thousand dollars. It is not uncommon to see CVD patients requiring six to ten thousand dollars per year for their prescriptions, and if hospitalization is required, costs can become infinite. If government would only promote preventative medicine through monetary incentives, our health care system would not be in its present financial calamity.

Preventative medicine for most is perceived as a once-yearly check-up by a physician, which would include all necessary blood tests. If

all is normal, one is given a clean bill of health. Bill Clinton is living proof this is not necessarily true. Having the finest doctors in the United States performing his annual check-up, he still succumbed to a coronary bi-pass. This shows there is more to CVD than normal blood pressure and normal cholesterol levels. President Clinton led a life with many stress factors which were never addressed by his doctors.

Prevention and Treatment of Cardiovascular Disease

Herbs have been man's medicine since the beginning of time. Nature's pharmacy is vast; for every illness nature has provided us with a medicine. Over the last 50 years, modern science has provided a much deeper insight into how the active components of herbs work on the human body. This application of modern science to herbal medicine has been termed Phytotherapy. Phytotherapy's mineral, trace mineral and biological energy provides nutritional support as well as subtly stimulating cellular activity within the tissue or organ. Phytotherapy is essential for both prevention and treatment of CVD.

Preventative medicine must be discussed in three parts, beginning with Stage One. This stage represents the preventative approach. The patient is asymptomatic, meaning there is no evidence the cardiovascular system is in trouble. This is the ideal time to begin a cardiovascular preventative program, the approximate age being between 45 and 50.

At this stage, dietary changes are a must. Avoid refined and processed foods, saturated fats, fried foods, excessive coffee, tea or alcohol, and of course, smoking. Avoid foods that are man-made or foods that have been altered, such as white flour products, refined sugars, instant foods, and items containing additives and preservatives. These so-called foods cannot be converted into useable form by the body's metabolism. They create build-up in the arteries, which makes them sluggish. The best thing to do is to find out your blood type and eat accordingly. This will help greatly in losing and maintaining weight, and controlling cholesterol levels. Also, revitalize your body by correcting life-long deficiencies caused by family diet, and exercise regularly.

Stage Two deals with the individual who is starting to experience the beginning symptoms of CVD, such as high blood pressure, shortness

of breath, heart palpitations upon exertion, or heaviness of the chest. At this stage, symptoms must be addressed in a curative way, as they occur. This means avoiding suppressing them with the use of medication. It is at this stage that chronic disease can be prevented. The body is a divine creation without a single imperfection. It will tell you when your health is in jeopardy.

One of the earliest symptoms suggesting the beginning of CVD is high blood pressure. Of all the cardiovascular health conditions, this is the single largest epidemic. Doctors very often tell patients they suffer from high blood pressure. This is inaccurate. A doctor should be telling his/her patients that their pressure is elevated, which is a strong indication the artery walls may be starting to harden, or that there is too much stress in the patient's life. Treat the cause, not the symptom. Pharmaceutical medicine is confined to treating the symptoms of the disease. Beta-blockers, diuretics, and other blood pressure-lowering medications artificially lower the blood pressure. When one is treated at the level of the symptoms, there will always be an increased need for medication. These drugs unfortunately do not address the real cause.

Stage Three deals with the individual whose Arthrosclerotic process has become very advanced, with many years of high blood pressure and medications. At this stage, the arteries have become extremely hardened, or sclerotic, and plaque has built up, causing reduced blood flow, or Ischemia, coronary arteries are extremely narrowed. Many individuals in this stage are experiencing angina pectoris [chest pains], possible myocardia infarct [heart attack]. For many a coronary bi-pass or angioplasty has been necessary.

ANGINA PECTORIS

This is a medical term that describes chest pain caused by myocardial ischemia - a condition in which the amount of oxygenated blood getting to the heart muscle is insufficient. It usually occurs on exertion and is relieved by rest. Angina generally is a symptom of coronary heart disease. In most severe cases, it may occur with minimal effort.

Typically, angina is described as a "pressure" or "squeezing" pain that starts in the center of the chest and may spread to the shoulders or arms (most often on the left side, although either or both sides may be involved), the neck, jaw or back. It is usually triggered by extra demand on the heart: exercise, an emotional upset, exposure to cold, digesting a heavy meal are common examples.

Although angina pectoris is caused by an insufficiency of oxygenated blood required by the hearts activity, it may not necessarily be caused by Arthrosclerosis of the coronary arteries.

The primary cause of individuals experiencing angina under the age of sixty is usually not the result of Arthrosclerosis but rather coronary spasm. On questioning these individuals you will discover a lot of stress factors in their life.

Nutritional Support and Phytotherapy, Stage One

Lyle's CVS – Take one tablet in the morning, and one at night, after your meals. This will provide a synergistic and comprehensive combination of vitamins, minerals, enzymes, herbals, and other nutrients, all of which are carefully formulated and specifically designed to support the healthy structure and function of the cardiovascular system. As well CVS contains EDTA and pectin which act as chelators on plaque build up.

Lyle's EFA – This blend of vegetable oils and salmon oils, containing Omega 3 and Omega 6 (good cholesterol), are required to remove bad cholesterol, thereby assisting in maintaining normal cholesterol levels also necessary for cellular support.

Lyle's Triple Strength Garlic – This aids in maintaining the elasticity of the arterial vascular walls, thereby preventing high blood pressure. It may also help to maintain normal cholesterol levels. Garlic is one of Nature's botanicals, which has been used for many centuries for a variety of health issues.

Lyle's Lecithin Granules – Lecithin is a fat-like substance called phospholipids. It is produced daily by the liver, if the diet is adequate. Every cell in the body needs it, so it is a key building block of cell membranes.

Without it, they harden. Lecithin protects cells from oxidation and largely comprises the protective sheaths surrounding the brain. It is composed of B vitamins, phosphoric acid, choline, linoleic acid, and inositol. It is a fat emulsifier. Lecithin can aid in reducing and maintaining normal cholesterol levels.

Nutritional Support and Phytotherapy, Stage Two

Lyle's Magnesium Oxide – Take one tablet in the morning and one at night, after your meal. This aids in reducing arterial spasms.

Lyle's CVS - Take one tablet, three times daily, following a meal. See above for explanation. Reduce to one tablet, twice daily with improvement.

Lyle's EFA - Take one capsule, three time daily, following a meal. See above for explanation.

Lyle's Lecithin Granules - See above for explanation.

Lyle's HBP – Take 15 to 20 drops in a small amount of water, two to three times daily, 20 minutes before meals. This contains the fresh herbal tincture of hawthorn berry, wild garlic and passion flower. In combination, their action is directed to improving arterial elasticity and reducing arterial spasms.

Lyle's Stress Free – Take 15 to 20 drops in a small amount of water, three times daily. This contains the fresh herbal tinctures of St. John's Wort, Siberian Ginseng, and Avena Sativa. It acts as an adaptogen in the battle against daily stress. If you suffer from high pressure, and stress is a major component in your life, this product should be added to Lyle's HBP.

Lyle's Sleep-o-San – This contains the fresh herbal tincture of Melissa, Avena Sativa, Passiflora, Humulus, and Valeriana. It relaxes the nervous system, facilitating a deeper and more refreshing sleep.

Stage Three

Lyle's CVS – Due to the extent of Arthrosclerosis at this stage, take four tablets, two in the morning and two at night, after your meal. To start, take one bottle for every ten years of your life (example, if you are 50, take 5 bottles), followed by three tablets daily for every ten years of your life. When you have taken all of the required bottles, take two tablets daily thereafter. See above for nutritional explanation.

Lyle's EFA – See above for explanation.

Lyle's Lecithin Granules – See above for explanation.

Lyle's Hawthorn Complex – Take 15 to 20 drops in a small amount of water, three times daily, 20 minutes before meals. Reduce to twice daily with improvement. This contains the fresh herbal tincture of hawthorn berry and arnica. It improves arterial elasticity and reduces arterial inflammation. This product is suggested for chronic high blood pressure, or if angina pectoris is present or if there is arterial blockage in the lower limbs.

Lyle's Mistletoe – This contains the fresh tincture of Viscum Album, and is recommended when there has been a long history of high blood pressure. This has a reputation as a botanical for aging arteries.

Lyle's Convasculin D1- This product contains the Lily of the Valley prepared in a Potency. This botanical acts on the heart muscle and valves and is indicated when the heart muscle has become weakened due to heart attack or congestive heart failure.

Homeopathic remedies for angina pectoris

Aconite 30 C First attack of angina, coming on suddenly with terror and convinced he is about to die.

Arsenicum 30C Angina with constriction or intense burning behind the sternum, anxious, restless feeling around the heart. Attacks in bed at night especially 1 AM.

Cactus 30C The most famous remedy for angina. Constricting pains "like an iron fist" or like a wire. Pain so intense to cause patient to cry out.

Lactrodectus Mactans 30C Pain extending to the left arm, axilla and hand. Pains into left arm often associated with numbness.

Rhus Toxicodendron 30C Angina with deep aching and soreness. Worse emotional stress, cold weather, entering a cold room. Worse first motion, over exertion, "athletes heart". Better from continual motion.

Tabacum 30C Angina of people with a long history of smoking " tobacco heart". Angina with nausea and a cold sweat.

Directions **3 to 5 pellets dissolved in mouth as needed for angina pain. Repetition every ½ hour if required**

Note: no side affects and will not interact with other medications

Conclusion

During my thirty five years in practice, I have observed several hundreds of people suffering with cardiovascular disease, in spite of advancements in medical science all options had been exhausted and no more could be done. These sad unfortunates will live the remainder of their life incapacitated, experiencing crisis after crisis regardless of numerous pharmaceuticals that are being administered. Many people are of the opinion that once you are under the care of your doctor or a specialist, you are not permitted to use Nature's medicines, as they may conflict. This is not true. Nature's medicines can compliment your doctor's drugs and can prevent further deterioration of your health.

In my philosophy, I stress the importance of retaining both a medical doctor and a homeopathic doctor to look after your health, and to help you through whatever health issues may arise. I have clearly outlined the importance of diet, nutrition, homeopathy and lifestyle in terms of preventing and treating cardiovascular disease. However, with the many stress factors, and the many challenges of life we face daily, the monitoring of your overall health, not only on the physical level, but mentally and emotionally is extremely important. Very often, your personality and how you respond to the stresses of life dictate your susceptibilities. Remember, your health is your most important commodity in life, worth more than all the wealth one could possibly acquire in a lifetime. Investing in your health is a wise investment.