

Heart disease related to circulatory disorders

Question: My family has a history of heart disease. What can I do to prevent a heart condition?

Answer: Ninety-percent of heart disease starts as circulatory disorders. When you have a sudden heart attack, or your heart fails, you are suffering from a series of circulatory disorders that finally climax by involving your heart. Increasing your circulation therefore reduces your chance of heart disease. If you accept this fact, you can readily see how drug treatment for heart disease cannot heal or reverse heart disease.

If you have already been on heart drugs, you know the usual routine. Drugs are given until they no longer control symptoms, or until the side effects are too dangerous to withstand. Then alternative drugs are prescribed — sometimes in addition to the original and sometimes after the originals are stopped. The procedure usually ends when nothing works, and you are told that everything that can be done has been done.

Drugs create a stalemate by only treating symptoms while the real cause of heart disease is malnutrition. We will never know the single factor that determines how to cure “heart disease.” Rather prevention and treatment should and must be based on those essential phytonutrients required, and specifically proven, to provide the needed benefits to the circulatory system. Deficiencies of these food factors, and their resultant deleterious effects on circulation increase the heart’s workload. As strong as the hearts, if circulatory problems mount up, it

is required to perform beyond its capacity. When it cannot meet the demand, anticipated collapse occurs — the real cause of heart failure.

Capillaries, which take up 10 acres of surface space in the body, are critical to the health of the circulatory system and in turn, the heart.

When constricted in the presence of plenty of oxygen, they direct blood to the heart. And when dilated in the presence of lactic acid, they cause blood to flow through natural channels to tissues. Both of these effects are necessary for a balance in your capillaries and circulation. Both oxygenation and lactic acid are increased with exercise. That is why a person who moves very little is more prone to heart and circulatory disease.

When capillaries engorge from lack of oxygen or excess lactic acid, swelling and edema occur, and the resultant leakage can cause bruising and brown stains.

Processed foods are stripped of proper nutritional complexes necessary for healthy capillaries and circulation. So it is easy to see how a 30- to 50-year-old American with a devitalized diet can wreak havoc on capillaries and circulation — all leading to inevitable heart overload, breakdown, heart disease, and heart failure.

You can help yourself by maintaining a healthy diet of whole foods, with 25-percent of them raw, to prevent circulatory and heart disease. Avoid processed foods and oils while eating as much of a whole food diet as possible. In addition you must exercise, and take raw live phytonutrient complexes to

supplement your diet. Maintain a prime immune and nervous system with regular chiropractic care.

Quote of the week: *“The person who does not work for the love of work but for money is not likely to make money nor find much fun in life.”* – Charles Schwab