

Heart Health For You



A Free Book

And Simple Guide to Vitamins,
Minerals, and Arterial Health



by

Robert Brocato



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A Free Book

By Robert Brocato

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Welcome To The Heart Health For You Free Book!

**“My people are destroyed for lack of knowledge”
(Hos. 4:6a, NKJV).**

What we don't know can often hurt or even kill us. What the prophet was saying in this passage isn't about our heart health, but it could be applied in that way. When we don't know about treatments that can help us, we can die physically. What the prophet was saying is that if we don't know God's ways, we die. He provided us with a Savior, His Son, Jesus Christ. If we don't know Him, we will be destroyed.

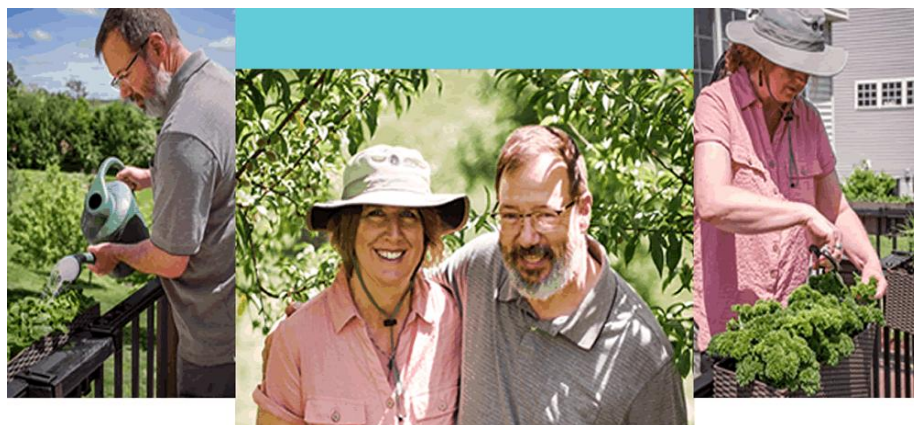
One has to wonder what motivates industry leaders to persecute a doctor for learning about minerals and using them successfully to treat his patients. Dr. Robert Thompson is being threatened right now for this very thing. He is being told he could lose his license.

Dr. Shute used to tell his fellow colleagues to write about alpha tocopherol instead of saying vitamin E, to get an article published. Why? Because the journals stopped publishing the truth about vitamin E. This was in the late 1970's.

Before this time, articles were published to discredit Dr. Abram Hoffer for using vitamin B3 to treat his patients who suffered from the symptoms of schizophrenia.

What could motivate industry leaders to do such things? Hmm. I leave it to you to figure that one out.

My wife and I are bringing this book to you as free information. It is free because too many people needlessly die in the US to charge for this kind of knowledge. It belongs to everyone. We all need to know this.



In all likelihood, you don't need to have heart disease, and you are suffering needlessly. Please read this book and tell everyone you know about it.

There will be 9 chapters on this topic. The intention of this book is not to diagnose or treat conditions, but merely to give you information. You need to decide what you will do with that information. I'm not a doctor and don't pretend to be one. I am a nutrition health coach, and some doctors may disagree with my information, but some may agree.

Also, if there are any errors or omissions in this information, please contact me so I can fix them. I'm not God. I make mistakes too. That said, don't send me pop culture info pretending it to be fact. Please send me real stuff.

If a professional puts someone on a routine such as the one I describe in this book, many might follow it for a period of time. But without understanding the why behind the routine, most would stop after some period of time. I want you to understand the *why*.

Without education and knowledge, we perish. When we don't know, how can we act? This book is here to help you see that there may be a way for you to prevent and reverse heart conditions that does not involve traditional "medicine."

Around **1,000,000** people die in the US each year from hardening of the arteries and the associated conditions that it causes. This is not necessary. We could tremendously reduce this number. Let's see how!

Enjoy the book!



Chapter 1

Vitamin E for Hardening of the Arteries: Why One Million Americans Die Needlessly Every Year



“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being” (Gen 2:7, NKJV).

We did not evolve from monkeys. We were created by a wonderful God. He wants us to take care of our bodies while we live. Yes, we will all die sometime, but we don’t need to die as young and helpless as we currently do here in the US.

Introduction

Imagine the following very short fictional story:

Sarah Chen pressed her mic toward the cluster of demonstrators gathered outside the federal building. Hand-painted signs bobbed in the autumn wind.

"Can you tell me why you're here today?" she asked the first woman she reached, a gray-haired grandmother in a canvas jacket.

"We're here because our tax dollars are funding a war machine that kills children," the woman said firmly. "Plain and simple. Baby killers — that's what we're financing."

A younger man beside her leaned in. "The defense contractors write the checks, and Congress cashes them. They are feeding the monster. Every vote for another weapons package is another shovelful."



Photo by Sima Ghaffarzadeh

Sarah scribbled some notes. "And the administration's position is that this is a defensive alliance."

"Defensive?" A third protester, tall and bearded, let out a short laugh. "They are in league with the giant. It has been for decades. You follow the money, and you'll see whose interests are actually being served. It isn't the people dying over there."

Sarah lowered her mic for a moment. "What do you want people watching at home to take away from today?"

The grandmother looked at her steadily. "That ordinary people showed up. That not everyone agreed, and that somebody said no, not anymore."



616,000 Americans Died in All of the Wars in an ENTIRE CENTURY!

Behind them, the crowd began to chant, their voices rising together over the sound of the passing traffic (1).

I'm not stating anything about the military here. I'm just making a point for comparison. Now, ask yourself: where are all the protestors outside the cardiologists' offices?

Around 116,000 Americans died in World War I. Around 405,000 Americans died in World War II. Around 37,000 Americans died in the Korean War. Around 58,000 Americans died in the Vietnam War (2). If you total these numbers, you find that around 616,000 Americans died in the 20th century from four different wars.

Cardiovascular Disease Deaths in the United States: The Real Numbers

Consider that the number of people who died in 2022 in the United States from cardiovascular disease (CVD) was 941,652 (3). This includes 854,652 deaths where the leading condition was directly attributable to atherosclerosis, and about 87,000 deaths from heart failure, where atherosclerosis was an indirect contributing factor.

That translates roughly to:

Coronary heart disease (heart attacks, CAD)	~372,000	Direct — plaque blocks coronary arteries
Ischemic stroke	~115,000–140,000 (est.)	Direct — plaque in carotid/cerebral arteries
Peripheral artery disease (PAD)	~11,596 (as underlying cause)	Direct — plaque in limb arteries
Heart failure (atherosclerotic origin)	subset of ~87,000	Indirect — damaged heart muscle
Total CVD	~941,652	Atherosclerosis is the dominant mechanism (1)

This doesn't include the number of people who died of kidney failure due to hardening of the arteries. Those deaths could be counted separately — "Number of deaths from nephritis, nephrotic syndrome and nephrosis: 55,081" (4). And these total numbers repeat nearly every year — roughly one million (**1,000,000**) deaths this year, one million next year, and so on.

The number of deaths from atherosclerosis doesn't need to be this high. "Nobody has to die," as a friend of mine used to say. If everyone suffering from atherosclerosis-related illnesses were to take vitamin E every day, the number of deaths would likely be significantly reduced. How far, you ask? Let's explore this and see. Over the next nine chapters, you'll hear more information on this topic, and you can decide for yourself.

As a side note — pretty please don't chain yourselves together outside your cardiologist's office either. Just read on, and start taking your vitamins correctly.

Dr. Wilfrid Shute's Vitamin E Approach to Hardening of the Arteries

Canadian cardiologist Dr. Wilfrid E. Shute spent decades arguing that mainstream medicine was overlooking one of the most powerful tools against cardiovascular disease: **vitamin E**. Working

alongside his brother, Dr. Evan Shute, at their clinic in London, Ontario, the two physicians successfully treated over 35,000 patients with high doses of vitamin E from the 1940s to the late 1970s.

For hardening of the arteries — arteriosclerosis and atherosclerosis — Shute believed vitamin E worked on multiple fronts. He described it as a dilator of blood vessels that opens up new pathways in damaged circulation, bypassing blockages produced by clots and hardened arteries. As early as 1945, the Shute brothers discovered that vitamin E was beneficial in reversing heart disease and treating angina pectoris. Additionally, Shute believed — and had evidence to support it — that vitamin E would remove plaque from arterial walls. He also found that adding vitamin C would greatly increase the effectiveness of vitamin E (5).



Dr. Shute's Vitamin E Dosage Recommendations

Regarding dosing, Shute basically prescribed up to 1,600 IU of vitamin E daily (sometimes 800 IU, and sometimes slightly more than 1,600 IU), unless the patient had a recent strep infection that resulted in chronic rheumatic heart disease (5). If a patient had recently had a strep infection in the knee or another joint, and they suffered from chronic rheumatic heart disease, he would give a different dose.

This is where Shute's approach became notably careful. For **chronic rheumatic heart disease**, he recommended:

- **Month 1:** 90 IU daily
- **Month 2:** 120 IU daily
- **Month 3:** 150 IU daily (may be the ideal dose, though occasionally more was necessary)

He cautioned that the response would necessarily be slow (6). The reason is that if too much is given at the beginning, the increased strength of the heartbeat may create difficulty. If done gradually, the final dose could safely reach 800 to 1,600 IU eventually (5).

Note: if a patient had just had the strep infection — which is virtually synonymous with **acute rheumatic fever** — he would give a dose of 800 IU to 1,600 IU right away (5).

Hypertension

For hypertension, Dr. Shute noticed that approximately one-third of his hypertensive patients tended to have an increase in blood pressure on high doses of vitamin E. For some time, historically, his patients did not have blood pressure medicine to turn to, so he would start his patients with high blood pressure off slowly at around 90 IU or 150 IU per day.

After more of them began to take blood pressure medications, he tended to leave his patients on their high blood pressure medications while starting vitamin E. As he monitored their progress over time, he would see how they did with increased doses.

He would basically follow the same pattern he followed with chronic rheumatic heart disease, of starting on lower levels and raising them over time. If the blood pressure meds were doing their job well, he would increase levels at a faster pace.

Some suggestions for helping with blood pressure may be to use beet root concentrated juice, beet powder, hawthorn berry, hibiscus, artichoke, and others. Sometimes combinations work better. In Shute's day, a personal blood pressure cuff was rare. Today, blood pressure cuffs are not that expensive. Buy one, and as you introduce vitamin E, monitor your blood pressure levels. Increase the vitamin E slowly if your blood pressure tends to rise when you take vitamin E. See a nutrition specialist to help.

Vitamin C Dosing for Heart and Artery Health

As stated above, vitamin C tends to help vitamin E work better. Additionally, vitamin C begins to heal the fissures in the artery walls so that plaque has less room to attach itself to and grow.

To dose vitamin C, many nutritionists recommend the following approach. To find your correct, safe dose, start by purchasing a small, simple bottle of basic ascorbic acid vitamin C. On a day when you are not ill or feeling sick, take 1,000 mg per hour, every hour, until you start to have cramps and perhaps develop loose bowels. This is a sign you've reached **saturation** — also known as **bowel tolerance**. Some people reach saturation at 6,000 mg or 7,000 mg; others have gone as high as 18,000 mg. Everyone is different. If you're ill, your need for vitamin C increases — so again, choose a day when you feel good and aren't going anywhere, in case of loose bowels.

As a side benefit, all that vitamin C will help your body detox, along with other benefits of increased vitamin C intake.

After finding your saturation point, you may safely take 1,000 mg less than that every day, if you choose. We'll discuss why this is a good idea in a later chapter on antioxidants. You may also benefit from switching to the **liposomal form** of vitamin C, since people generally don't experience loose stools from it as easily, and it's far more absorbable by the body.

Best Forms of Vitamin C

Other recommended forms include vitamin C buffered with rose hips or buffered with magnesium. If you take a buffered vitamin C, you may also tolerate more of it than regular ascorbic acid. You may take more at once, but not all of your daily bowel-tolerance dose at one time — you still need to spread dosing throughout the day.

When choosing a magnesium-buffered vitamin C, pick a good form of magnesium. A simple rule: if it ends in "-ate," it's okay to eat. Magnesium malate, magnesium taurate, and magnesium glycinate are all good forms. Other forms of magnesium tend to cause loose bowels.

The same spacing principle applies to liposomal vitamin C — you can take more than 1,000 mg at once, but it's still best to spread out your full daily dose, though this matters somewhat less than with other forms.



If you're using regular ascorbic acid, it leaves your body fairly quickly — with a half-life of around 30 minutes, meaning roughly half of it clears within that time (depending on how much vitamin C is already in your system and other factors). Not all of it leaves, though. Liposomal or buffered vitamin C stays in the body longer.

If you're ill, your need for vitamin C increases again, so you can take more. The need varies by illness and severity.

Vitamin E Myths vs. Facts

There's a lot of misinformation about vitamin E circulating today, in both print and audio form:

- Many say it's a blood thinner. **It is not.**
- Many say you need to take "natural" vitamin E. **You do not.**
- Many say the mixed tocopherol form is the only kind you should take. **This is not true.**
- Others claim mixed tocotrienols are best. **It likely isn't.**
- Others don't believe vitamin E will remove plaque from artery walls. **It will.**
- Others don't realize it's the master controller of blood clotting in the body. **It is.**

And that's not even counting vitamin E's other benefits. Let me explain a little further.

Vitamin E comes in eight different forms: alpha, beta, delta, and gamma tocopherol, plus alpha, beta, delta, and gamma tocotrienol. The most common form is regular **alpha tocopherol**, and this is the one Shute used. Today, many argue that vitamin E needs to be "natural" or "mixed" in form, or it will somehow be less effective. That's incorrect.

Here's the problem: there is no single "natural" vitamin E in nature. Every food containing vitamin E has a different mixture of tocopherols and/or tocotrienols. For example, rice has a different mixture than wheat, and these differ from nuts and seeds, etc. There are even a couple of fruits in South America that contain only two tocotrienols. So, what counts as "natural"? Every food is different. You may benefit slightly more from mixed tocopherols, but the actual advantage is greatly exaggerated. Regular alpha tocopherol is very safe and effective.

Vitamin E is one of the few natural substances capable of removing plaque buildup in the arteries. No manmade substance can do this. A few other natural substances can remove plaque as well, but none are as likely to be as effective as vitamin E.

Shute treated his patients with simple alpha tocopherol, and he said, "Over the years we have achieved substantial relief in 80 to 85 percent of our more than thirty-five thousand cardiovascular patients!" (5). His results would have likely been even better had he known everything I'll be covering in this book on heart health.

I'll talk more about the benefits of vitamin E and share more heart health information in the following chapters.

Key Takeaways

- **Cardiovascular disease is the real "war"** — it kills more Americans every single year than died across WWI, WWII, Korea, and Vietnam combined, yet draws no protests, no outrage, and little public urgency.
- **Atherosclerosis is the hidden driver** behind most of these deaths — hardening and plaque buildup in the arteries are the underlying mechanisms behind heart attacks, stroke, and a large share of heart failure cases. It also contributes to many deaths from kidney disease and aneurysms.
- **Vitamin E was Dr. Shute's primary tool**, used in doses up to 1,600 IU daily for most cardiovascular patients — but he treated rheumatic heart disease very differently, starting as low as 90 IU and increasing gradually over months to avoid overtaxing a weakened heart.
- **Hypertension required its own careful titration** — roughly a third of Shute's hypertensive patients saw blood pressure rise on high-dose vitamin E, so he started them slowly (around 90–150 IU) and, once blood pressure medications became available, kept patients on those meds while introducing vitamin E and adjusting the pace based on how well the medication was controlling their pressure.
- **Acute strep infections and rheumatic fever** required a different approach — patients with acute rheumatic fever were started on a higher dose of 800 to 1,600 IU.
- **Vitamin C and vitamin E work as a team**, in Shute's view — vitamin C was believed to enhance vitamin E's effectiveness, while also helping heal the arterial wall fissures where plaque tends to attach.
- **Not all vitamin E is the same** — Shute used plain alpha tocopherol. Claims about "natural," "mixed tocopherol," and "tocotrienol" forms being superior are largely overstated, since no food source produces one uniform, universally "natural" blend anyway.
- **Dosing vitamin C requires finding your personal bowel tolerance** — a self-titration method where you increase intake by 1,000 mg per hour until mild GI symptoms appear, then back off slightly to find your daily ceiling.
- **Liposomal vitamin C** is generally the best-absorbed and longest-lasting form, offering real practical benefits over plain ascorbic acid.

- **Monitoring matters** — a home blood pressure cuff is inexpensive today, and Shute's cautious, watch-and-adjust approach to hypertension is far easier to follow now than it was in his own time.

Conclusion

For nearly four decades, Dr. Wilfrid Shute and his brother Evan quietly treated tens of thousands of patients with something most of mainstream cardiology still dismisses as irrelevant: a vitamin. Why does a disease that kills nearly a million Americans a year get treated as background noise, while far smaller death tolls from war or disaster dominate headlines and provoke public outcry? And why has a simple, low-cost nutrient that Shute believed could meaningfully reduce that death toll never been seriously tested at scale by modern medicine?

This chapter is an invitation to look at the history, weigh the evidence, and ask better questions about an approach that has been largely set aside rather than disproven.

Summary

The scale of cardiovascular death in America dwarfs the combined toll of the 20th century's major wars — yet receives a fraction of the public attention. Roughly one million people die per **year** from cardiovascular disease, compared with about six hundred thousand per **century** from the major 20th-century wars.

Shute's approach was never one-size-fits-all — the same nutrient that helped most cardiovascular patients at high doses had to be introduced cautiously and slowly in patients with rheumatic heart disease or hypertension, where Shute watched closely and adjusted as he went. Shute believed that consistent, correctly dosed vitamin E and vitamin C supplementation — and the synergistic benefits the two offer together — could meaningfully reduce the death toll by as much as 80 to 85 percent.

In the chapters ahead, you'll see how these percentages may be achievable and even improved. The conversation about atherosclerosis prevention and reversal is far from settled — and the next several chapters in this book will dig deeper into related topics, the controversy, and what it might mean for your own heart health.

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Chapter 2

Heart Health Supplements: Vitamins E, K2, D3, and the Truth About Calcium



**“The first one to plead his cause seems right, Until
his neighbor comes and examines him”
(Prov 18:17, NKJV).**

This proverb is describing how the first to state his case usually seems right until someone else gives a different point of view or someone else questions the person. This is our spiritual state without Christ. We seem right with God, but if you look deep enough, if you are cross-examined, you will know you need a Savior.

You have been told again and again, go see your doctor, follow his advice, do as you are told, take your medicine, and so forth. And while this may sometimes be good advice, it is not always good advice.

I am describing alternative advice for you, and you may want to examine what I am saying and decide for yourself if it is something you want to look into. I am not saying not to see your doctor. I am not giving medical advice at all. I am simply giving you information that you likely have not heard before, a different perspective, a cross-examination, if you will.

Why Heart Health Starts with Understanding Nutrients

Your health matters, and you can improve your heart health.
Knowing what to look for can help you make better decisions.

When it comes to heart health and wellness, few topics generate as much confusion as nutritional supplements. Are vitamins safe? Are they as risky as some headlines suggest? And how do they really compare to pharmaceutical drugs in terms of side effects



Photo by Gizem, N

and danger? This chapter takes a closer look at these questions, exploring the difference between nutrient side effects and drug side effects, debunking some common myths about vitamins like E and K2, and beginning the discussion of minerals — specifically calcium — with respect to your heart health. Along the way, we'll challenge a few widely repeated claims and ask you to look at the evidence for yourself.

The Safety of Nutrients vs. the Danger of Pharmaceutical Drugs

The first thing you have to realize is that, in most cases, vitamins and other nutrients do not have negative side effects. Anything you eat, whether food, a supplement, or anything else, can have negative side effects in a sense. If you drink too much water, you can push all the electrolytes out of the body and eventually die. Is this a negative side effect of drinking water, then? Well, sort of, but not really.

If you were to add a little sea salt to your water, this would not happen, and then you could safely consume as much water as you want, as you replace your electrolytes and other minerals. So, there can be negative consequences to anything you do nutritionally. That said, this is not the same as taking a pharmaceutical drug, where the list of side effects is real and can be devastating.

For example, the US spent about 8.5 billion dollars in the year 2004 on NSAIDs (nonsteroidal anti-inflammatory drugs), and then spent another \$2 billion treating the side effects from taking NSAIDs (1). And although people do occasionally hurt themselves by taking supplements, there are seldom serious, lasting negative consequences. There are exceptions, as I will reveal below, but not usually fatal ones.

The screenshot shows the FDA website's 'Drugs' section. The main heading is 'Why Learn about Adverse Drug Reactions (ADR)?'. Below this, it lists several statistics and facts about adverse drug reactions (ADRs):

- Over 2 MILLION serious ADRs yearly
- 100,000 DEATHS yearly (circled in red)
- ADRs 4th leading cause of death ahead of pulmonary disease, diabetes, AIDS, pneumonia, accidents and automobile deaths
- Ambulatory patients ADR rate—unknown
- Nursing home patients ADR rate—350,000 yearly

The page also includes a search bar, navigation links (Home, Food, Drugs, Medical Devices, Vaccines, Blood & Biologics, Animal & Veterinary, Cosmetics, Radiation-Emitting Products, Tobacco Products), and social media icons (Facebook, Email, Reddit, Blogger, LinkedIn, AddThis).

(<https://thetruthaboutcancer.com/killer-drugs/>)

Listen to this. A recent report put out by a panel of two professors and three doctors claimed this: "And as you can see, 106,000 of those deaths were from non-error negative effects of drugs. Let

that sink in. Over 100,000 people died from FDA-approved drugs that were used properly, yet they still killed the person who took them" (2).

And this is a vastly conservative estimate, as the real number is more likely much higher. And again, this has nothing to do with doctors who made errors or patients who took their drugs incorrectly. These are patients who followed their doctor's advice and took their drugs correctly, and still died.

But let's say that somehow the FDA managed to tell the truth, and the real numbers were not really much higher. This would still mean 100,000 people died from following their doctor's orders when taking drugs. How many people died from taking nutritional supplements in the same year? There weren't many, if any.

Listen to this report from Dr. Andrew Saul:

(OMNS Jan 30, 2021) The 37th annual report from the American Association of Poison Control Centers shows zero deaths from any vitamin. Supporting data is in Table 22B, p 1508-1518, at the very end of the report published in Clinical Toxicology. [1] Interestingly, it is so quietly placed way back there where nary a news reporter is likely to see it.

Furthermore, there were no fatalities from amino acids, creatine, blue-green algae, glucosamine, or chondroitin.

There were no deaths from any homeopathic remedy, Asian medicine, Hispanic medicine, or Ayurvedic medicine. None.

There were no deaths from herbs. This means no deaths at all from blue cohosh, echinacea, ginkgo biloba, citrus aurantium, ginseng, kava kava, St. John's wort, valerian, yohimbe, ma huang/ephedra, guarana, kola nut, or yerba mate.

...Throughout the entire year, coast to coast across the entire USA, there was not one single death from a vitamin. If vitamin supplements are allegedly so "dangerous," as the FDA, the news media, and even some physicians still claim, then where are the bodies? (3).

All that said, you can hurt yourself taking supplements, but most often you can also correct the problem and begin to take the supplement again the right way without serious harm. Nevertheless, it is best to supplement correctly, so you don't needlessly suffer and put yourself at risk for temporary discomfort or illness, and yes, very occasionally, death.

In terms of vitamins, we usually speak of side *benefits*, rather than side effects. With pharmaceutical drugs, seldom do we speak of side benefits, and very often, almost always, we speak of negative side effects — including death.

My own dad had cancer twice. Both cancers happened when he was taking pharmaceutical drugs. In each case, the particular cancer he had was listed as a possible side effect of the particular drug he was prescribed.



During the first cancer he had, when he started bleeding, his primary care doctor told him that he had an infection and put him on an antibiotic. Fortunately, he was also seeing a very sharp cardiologist at the same time, who had a record of his medications, listened to his symptoms, and suggested that my dad see a very good urologist. The urologist diagnosed cancer and began treatment. This early intervention likely saved my dad's life.

As a different example, Dr. Hoffer used to prescribe niacin (vitamin B3) for his patients with mental illness, and he was often asked about the side effects of taking all that niacin. He used to answer, "Hmph, you'll live longer." Nowadays, we know he was correct. Many people seek to increase their NAD levels for the benefit of a longer life, and this is the very positive effect of niacin he was describing. Niacin raises NAD in the body.

An infographic titled "FOUNDER OF ORTHOMOLECULAR MEDICINE" in large, bold, yellow letters on a dark blue background. On the left is a black and white portrait of Dr. Abram Hoffer, a man with glasses, wearing a suit and tie. Below the portrait is the text "DR. ABRAM HOFFER (1917-2009)". To the right of the portrait are three sections, each with an icon and text. The first section has a brain icon with chemical structures and the text "PIONEERED THE ADRENOCHROME HYPOTHESIS" and "Used Niacin (Vit B3) & Vit C in Schizophrenia Research." The second section has a balance scale icon with a heart and a leaf, and the text "THE RIGHT MOLECULES IN THE RIGHT AMOUNTS" and "Focus on Optimal Nutrition for Mental Health." The third section has a microscope icon and the text "EVIDENCE-BASED NUTRITION" and "Early Advocate of Clinical Trials in Nutritional Therapy." At the bottom is a dark blue banner with the text "EXPLORE THE FOUNDATIONS OF ORTHOMOLECULAR MEDICINE | FREE EDUCATIONAL RESOURCE" and a small icon of an open book.

One more point for illustration: magnesium is used in over 300 processes in the human body. When you supplement with magnesium for one thing — like helping with blood sugar — you support all of those other processes as well. You gain all of those positive effects. Magnesium leaves the body fairly quickly, so supplementing with it is usually a good idea.

So, when we talk about supplementing with vitamins E and C as part of a heart health supplement routine, you will usually see a positive benefit to your health beyond what you may be trying to achieve with your specific wellness goals.

Food-Sourced vs. Isolated Vitamins: What's the Difference?

All vitamins are natural in a sense because they are God-created. But some people use the term "natural" to mean food sources of vitamins, such as an orange or acerola berry for vitamin C. I will use the term *food-sourced* versus *natural* to make this distinction.

Food-sourced vitamin E, C, and other vitamins can help, but this can also add expense. And depending on your goals, it may or may not be necessary. I will discuss other nutrients besides vitamins, like minerals, below, as we progress.

I have talked a little about food-sourced vitamins concerning vitamin E. However, all vitamins also come in a food-sourced form and a more isolated form. In a perfect world, we would all get our vitamins from the food we eat. But, alas, no such world exists. Well, maybe it exists in your science fiction novels, but other than that, it is not to be found.

In order to accomplish certain things in the body, it is often beneficial to isolate a particular vitamin to receive the benefits of higher levels of it. Higher levels of isolated vitamin C have been shown to help the body deal with infections, both bacterial and viral, support detoxification, and more. All of these things are very beneficial. In most cases, you cannot get your vitamin C levels high enough by just eating foods high in vitamin C. So, we take isolated vitamin C.

That said, often we can increase the effectiveness of isolated vitamin C by adding a few teaspoons of food-sourced vitamin C, perhaps in the form of powdered rose hips or acerola berry. This will give your body even more support. But seldom is it necessary to take all food-sourced vitamin C for all of your desired vitamin C intake.

Common Vitamin Myths, Debunked

In the last chapter, I made a few claims about vitamin E: that it isn't a blood thinner, that you don't need to take mixed tocopherol or natural forms specifically, that it can help remove plaque, and that it supports healthy blood clotting. These claims are not only true, but I could cover even more ground than this.

There is a lot of misinformation on the internet today about vitamins and nutrients. A friend of mine once said that niacin (vitamin B3) was a poison. He looked it up on the Internet. Another person told me she was allergic to vitamin C. And another told me he was allergic to iodine.

You can't be allergic to a vitamin by definition. If you have no niacin in your diet, you develop a niacin deficiency called pellagra, and you can die from it. If you have no vitamin C, you develop scurvy. With no iodine at *all* in your diet, you die. It's like saying you're allergic to water — by definition, you can't be. It is essential.

We are told vitamin C causes kidney stones. The evidence does not support this. We are told we will "just pee expensive pee" if we take vitamins — Not true. We're told you can get all the vitamins you need from food alone — Again, not true. And one of the biggest myths we'll address below is that taking more calcium is automatically good for your bones. The evidence suggests it's far more complicated than that. You need all your minerals for healthy bones.

There are so many vitamin myths that it's hard to list them all. One such myth, which we'll dig into next, is that vitamin E is a blood thinner. It isn't. This is a modern myth, and it's an easy conclusion to reach if your research consists solely of quick internet searches. But that doesn't make it true.



Is Vitamin E a Blood Thinner? The Truth

I'm not making any claims here about whether adding vitamin E or K2 to a regimen that already includes warfarin or other blood thinners is a good idea. This chapter is not personal medical advice — see a competent nutrition specialist for your specific situation. That said, vitamins E and K2 themselves are not blood thinners. Dr. Shute used to take his patients off blood thinners because, in his clinical experience, they statistically didn't help and could worsen the situation (4).

An antithrombin is a substance that helps the body break down blood clots. If you look up the word "antithrombin," you'll see that many people lack the ability to break down blood clots efficiently. Few sources explain why. They simply go on to explain what drugs can do for this. The reason people have trouble clotting is most likely a lack of vitamins E and K2 in the body.

Blood thinners are classified as antithrombins. Next, you'll read elsewhere that vitamin E helps the body break down blood clots. The conclusion many jump to: vitamin E is a blood thinner. A more accurate statement is that vitamin E is an antithrombin, but that does not make it a pharmaceutical-style blood thinner.

It rarely occurs to people that it may have been a *lack* of vitamin E that caused the body to have trouble breaking down clots to begin with — and that vitamin E breaks down clots through a completely different mechanism than a pharmaceutical blood thinner. If the body had sufficient levels of this important nutrient, it might never struggle with blood clots in the first place.

Both pharmaceutical drugs and vitamin E are antithrombotic, but they work through different mechanisms. Vitamin E is not a blood thinner — it uses a different pathway to support healthy clotting.

Vitamin K2 also helps the body with blood clotting, and it isn't a blood thinner either. Vitamins are nutrients, not commercial-grade pharmaceutical blood thinners that come with a long list of side effects.

One well-known blood thinner is warfarin — the same compound used in rat poison. If you want to take rat poison instead of natural vitamins, that's your choice. I wouldn't, but I won't stop you.



Photo by Nikolett, Emmert

Vitamin K2, D3, and Magnesium for Arterial Health

Let's talk briefly about vitamin K2 and other supplements for heart disease and hardening of the arteries.

Vitamin K2 can be very helpful for people concerned about atherosclerosis. Vitamin K2 helps the body utilize calcium properly. If people have enough K2 in their diets, they will tend to direct calcium to where it belongs — bones and teeth — rather than soft tissue. K2 is associated with reduced calcium buildup in the arteries and elsewhere in the body. In other words, with enough K2, people tend to have a lower likelihood of calcium oxalate kidney stones, bone spurs, and calcium deposits in the shoulders, knees, gallbladder, or elsewhere.

Additionally, for the body to utilize K2 properly, you should have enough vitamin D3 and magnesium in your diet. Vitamin D3 not only helps the body use vitamin K2 properly, but also plays a role in helping the body use calcium correctly to begin with. While not as directly important as K2 for calcium regulation, it still plays a supporting role — and vitamin D3 also helps the body use K2 more effectively.

Magnesium helps the body to utilize K2 properly as well. Because magnesium is an electrolyte, the body loses it quickly. Like all electrolytes, it's a good idea to supplement with some every day.

Magnesium is generally best taken in forms like magnesium malate, magnesium taurate, magnesium glycinate, or other "-ate" forms, which tend to be well absorbed. Other forms of magnesium (like magnesium citrate or oxide) are more commonly used for relieving constipation rather than for absorption.

So, by taking vitamin K2 — and to a lesser extent D3 — you may help prevent the buildup of arterial plaque. Vitamin E and C, on the other hand, are associated with helping the body break down and remove existing plaque. Combining vitamins E and C with K2 and D3 and the mineral magnesium may be a powerful heart health supplement strategy for both stopping plaque buildup and supporting its removal. Next, let's look at how minerals fit into this picture.

Calcium and Heart Disease Risk: What You Need to Know

First, it's worth saying: you need more than calcium alone to be well. If you take any single mineral in complete isolation for long enough, you can damage the body. I'll get into this in more detail in the next chapter in this book.

Dr. Robert Thompson, who has been ordering Hair Tissue Mineral Analysis (HTMA) tests for over 12 years, reports that 90 percent of his patients show calcium excess or relative calcium excess, ranging from significant to extreme (6). This may be fairly typical of the broader US population. According to Thompson, calcium supplementation may increase heart disease risk. He says, “Calcium supplementation increases heart disease risk by 31%, while worsening bone health” (5).

The concern with excess calcium is that it's the primary mineral the body uses to build the plaque that accumulates in arteries. Thompson's HTMA research suggests arterial calcification and cellular energy depletion are common findings linked to calcium supplementation (5).

So, if you want to reduce your risk of heart disease, it's worth examining your calcium intake and considering a mineral test, such as an HTMA test, to see where you stand. I'll look at minerals more closely in the next chapter, but for now, consider getting an HTMA test done and reviewing your calcium levels alongside your other minerals.

A final thought: minerals work best when they're balanced. Any mineral that's out of balance — too high or too low — can affect the body negatively. Excess calcium, in particular, has been linked to heart disease risk and other concerns, including thyroid health.

Heart Health Supplements: Putting It All Together

Heart health is not just about avoiding disease — it's about giving the body what it needs to function properly. Vitamins, minerals, and other nutrients are not the same as pharmaceutical drugs. While supplements should still be used wisely and responsibly, nutrients often support many systems in the body at once and may offer benefits far beyond the original reason for taking them.

Vitamins such as E, C, K2, and D3, along with magnesium and properly balanced minerals, may all play important roles in supporting healthy arteries and overall cardiovascular wellness. The key is not to guess — learn, test, and make informed choices. A good mineral test, such as an HTMA test, can help reveal whether calcium and other minerals are out of balance. In the next chapter, we'll look more closely at minerals and why balance matters so much for the heart and the rest of the body.

Key Takeaway Points

- Nutrients and pharmaceutical drugs are not the same, and their risks should not be treated as equal.

- The benefits of vitamin E and vitamin K2 are commonly misunderstood, especially in relation to the ability of these nutrients to help control blood clotting.
- Vitamin K2, D3, and magnesium may help the body use calcium properly and reduce unwanted calcium buildup.
- Excess calcium may contribute to arterial plaque and other health problems when minerals are out of balance.
- Testing, especially mineral testing such as HTMA, can help people make better decisions instead of guessing.
- The next step is to understand minerals more deeply, especially calcium, and how mineral balance affects the heart and your overall health.

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Chapter 3

The Calcium Lie Continues: How Mineral Imbalance Is Quietly Hurting Women's (and Men's) Heart Health

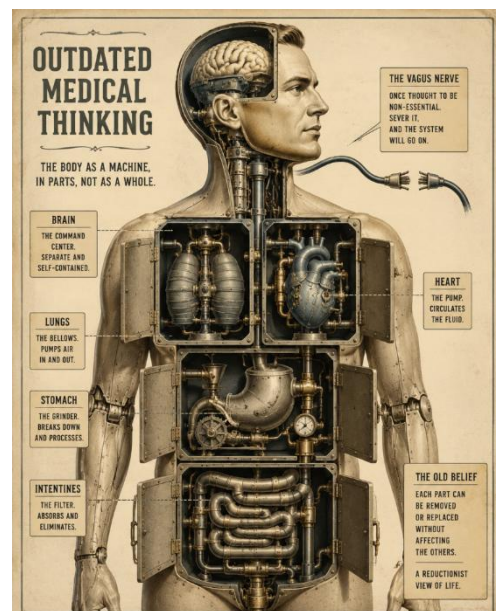


**“I will praise You, for I am fearfully and wonderfully made;
Marvelous are Your works, And that my soul knows very well”
(Psa 139:14, NKJV).**

God wonderfully made us with all kinds of complex and intricate systems coming together marvelously and awesomely to allow our bodies to function and prosper. Everything is intertwined like many supercomputers networking and passing signals in a multifaceted and fantastic manner, all designed with purpose and meaning.

Scientists and doctors used to look at the human body and see a system of cogs or boxes. This would allow them to do things to the body, like remove your vagus nerve, called a vagotomy, if perhaps you were suffering symptoms of a peptic ulcer. They did not see all the uses and ways the body depends on this nerve. People who had a vagotomy would suffer from numerous complications because the vagus nerve helps carry nerve signals all over the body.

God created sea salt with all the minerals the human body needs in perfect proportion. In the late 19th century, man created modern table salt as an “advancement.” Man had used some processing before this time, but not like in the late 19th century. By 1925, the US was using almost exclusively sodium chloride as table salt. Now, all those numerous minerals that were in sea salt were reduced to just



sodium and chloride. Yeah! An improvement! Right? And then later, manufacturers added some iodine – maybe. And let’s not forget all the added chemicals to make the “salt” free-flowing and easier to use.

God’s salt has over “74 ionizing minerals” (2). Modern table salt has 2 or maybe 3. God created sea salt to provide all the minerals the human body needs in perfect proportion (2).

The late 19th century brought us many “advancements” like white rice, white flour, and table salt. Did we really advance?

Introduction

If you've been following along in this book, you already know that vitamins alone don't tell the whole story when it comes to bone and heart health. In this fourth installment, I look more closely at a true accounting of cellular calcium, and I reveal a little bit of why so many people—especially women—have been led toward a calcium-heavy supplement routine that may be doing more harm than good. This chapter makes the case that mineral balance, not simply more of any one mineral, is the real key to lasting health. Minerals need to be in balance and raised in most people.

Summary of What We Have Learned So Far in This Book

I have covered a lot of ground, and I want to be sure that you understand what I have said up to this point. After this, I will say even more.

Dr. Shute saw a significant improvement in 80 to 85 percent of his patients.

- Shute used **just** vitamins E and C.
- What if he had added vitamins K2 and D3?
- And what if he had added magnesium?
- What if he also looked at everyone's cellular level of calcium and all their minerals?

What may have been his results if he had done all that?

Remember that arterial plaque usually consists of calcium deposits. And there is more I will explain to you. This is just the beginning in some ways. What do you suppose may be the results if you start a vitamin and supplement regimen that includes all of the above supplements taken at proper doses?

As a side note here, for proper dosing, it is my suggestion that you may want to seek the help of a nutrition specialist. I am giving general guidance, not specific advice.

More on Minerals and Women

In recent history, women in the US have made some negative advances. Nowadays, they are just as likely, or getting to be just as likely, as their male counterparts to have arteriosclerosis and

atherosclerosis and all the negative effects this creates, including heart attacks and other negative consequences. Yes, women in the US have made gains.

Why do you suppose women have made such gains? The answer isn't really that hard. In all likelihood, it involves the following. Middle-aged women in the US are the most likely to listen to advertising online and buy supplements because of the advice they hear.

Some say that women account for 85% of all consumer purchases and that middle-aged and older women are more likely to purchase online. Some claim that they make 80% of all healthcare purchases (1). Even if these numbers are off, there is no doubt that they are way more likely to buy supplements and related products than men and do so online.

Doctors are also saying the same thing to women, even though doctors are not trained in nutrition. Commercials on TV, the internet, and all over the place, they all say the same thing. The message is loud and clear.

"Got milk?"

Take calcium for strong bones. The message may or may not include taking vitamin D3 as well.

The result of all that messaging is that middle-aged and slightly older women are very likely to buy and take calcium, thinking they are improving their health.

In fact, most likely, they are hurting their health. I know there may be other factors involved, such as diet and more, but taking too much calcium is a huge part of the equation.

- Middle-aged women are more likely to buy healthcare products than men.
- Women are barraged with messaging that says to take more calcium.
- Taking calcium in excess is likely to help bring on atherosclerosis.
- Women have been increasingly catching up with men in having this condition in recent history.

Again, I certainly acknowledge that there are other factors involved, but the facts I have just listed play a huge role. Listen to this story.

Dr. Sarah Mitchell's Story

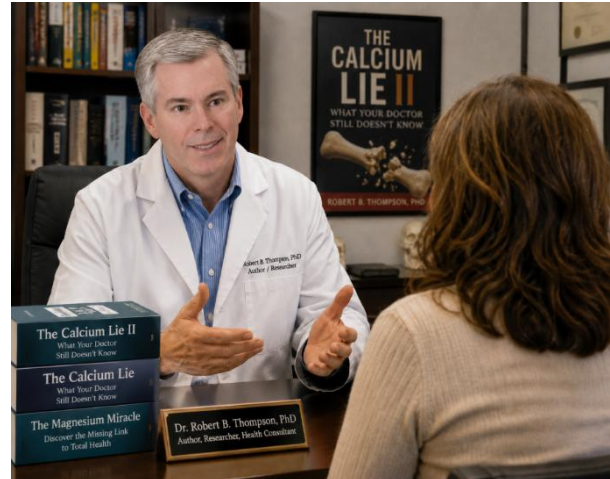
Dr. Thompson tells a story of a woman he treated for excess calcium. She happened to be a doctor who thought she was doing everything right for her health, and yet had no energy and had recently had a heart attack.

Dr. Sarah Mitchell had been following all the advice she was given. The ads, her doctors, and almost everyone told her to take calcium, take vitamin D, avoid salt, and drink plenty of water. So, she did for years. Her DEXA scan came back good; her tested cholesterol levels were fine, and everything was great. And then, at age 58, she had a heart attack that almost killed her.

Six months later, she learned about testing her minerals with an HTMA test, and she finally understood. She saw her results. She was 340% above normal in calcium and low in potassium as well, at around 12% (2).

She said, "I wasn't preventing heart disease, I was creating it, one calcium pill at a time" (2).

Today, Sarah is off all cardiac medications and has reversed her condition by getting her calcium levels down and her minerals more in balance. It took about a year, but she did it. As a doctor, she knew how to monitor her progress. Also, while increasing her potassium levels, over time, she realized a gain in energy and feels younger and stronger (2).



The Truth About Minerals

The truth is that almost everyone is too low in minerals or out of balance in minerals or both. Between the two, often being out of balance is worse than being too low. Dr. Robert Thompson reported, "In more than 12 years of analyzing mineral statuses and treating nearly 2,000 patients, I have seen only one patient who had no deficiencies at all, and his imbalances were minimal. This is a rare patient. We all need to know our tissue mineral levels and ratios to meaningfully improve our health" (3).

Virtually everyone is low in minerals and out of balance. If you are out of balance in many key ratios, many health problems can occur, including depression, uncontrollable anger, heart health issues, weak and brittle bones, poor memory, and many more (3,4). Again, being out of balance is a greater problem in most cases than being too low.

"Think of it like this: potassium and water create flexible, hydrated proteins that work like well-oiled machinery. Calcium excess creates stiff, dehydrated proteins that work like rusted gears grinding against each other.

These dysfunctional 'prion' proteins are found in every major disease: cancer, Alzheimer's, heart disease, and Parkinson's. They are not the cause of aging – they're the result of calcium excess combined with potassium deficiency" (2).

And, if you are low in minerals, you will also not have optimal health, as everything will begin to wind to a screeching halt. Dr. Thomson said this, "I can say without reservation that more than 95 percent of us are mineral deficient..." (3).

There is no evidence to support the idea that older people don't need the same mineral levels as younger people. They do. And, again, almost all of us are too low. We see lower levels of minerals in older people because they have lost them over time due to poor diet and other factors, and then we say, "Hey, it's a normal part of aging." In actuality, it is not normal, and you will age just fine if you maintain all your minerals. If you lose them, you will suffer needlessly and likely die younger than you would have.

Your bones are not just made of calcium. "Bones contain at least 12 essential minerals and traces of 78 total minerals" (2). If you give your bones an excess of calcium, you tend to make them more brittle, and they break more easily.



Photo by Fedor

Calcium is what they put in concrete to make it harder, but bones are not steel-reinforced concrete. Bones are living tissue. If you treat them as if they are concrete, then you wind up with brittle bones, not stronger bones.

Let me ask you a question as an analogy. Which is easier to break? A green stick or an old dried stick? The old dried stick is easier to break. Your bones need all the ingredients God created in them to maintain their "green color." If they turn "brown," it is because all the minerals are missing, or you just added hardener. One mineral, calcium, that makes bones harder, is not going to make your bones green. In fact, it will just make them easier to break because it just makes them more brittle.

The point is this: we all need all of our minerals, not just a few or one mineral. You need all of them, and you likely need to raise them all and keep them in balance. Additionally, around 90 to 95% of people in the US have been supplementing with predominantly calcium, and the result is out-of-balance mineral levels.

All that excess calcium is leading to hardening of the arteries and an increased risk of negative symptoms: heart attacks, strokes, kidney disease, and more.

Sea Salt and Water

God created sea salt with all the minerals the human body needs in perfect proportion (2). Man created table salt and took everything out of it except sodium and chloride. Then, he added some

iodine in some cases. And as I said earlier, man also added nasty chemicals to make the salt free-flowing and easier to pour.



There is so much misinformation about salt that it is hard to know where to begin. I will just state it briefly. There is little real evidence to support the notion that lowering salt helps the heart with blood pressure or in any other way. The truth is that few people are known to have salt allergies, and if these people take a salt tablet, they may temporarily see an increase in blood pressure. This is not the same as a judicious use of actual sea salt. Salt tablets are made of just sodium chloride and are not complete minerals.

Most of the surveys, both in the US and around the world, support the idea that people who eat more salt have a lower risk of heart disease. Lowering salt almost always increases the incidence of heart disease and death. To my knowledge, other than testing sodium chloride salt tablets for temporary increases of blood pressure in some people, there is no evidence to say sea salt raises blood pressure at all. People just claim it does.

Around the world, a greater intake of sea salt equates to longer and healthier lives.

"So, what's the evidence for these mineral truths?"

... the Tibetans in China's northeast plateau, the Hunzas in Pakistan, the Titicacans of Peru's Andes Mountains, the Vilacamba of the Ecuadorean Andes, and the Russian Georgians and their sister cultures, the Abkhazians, Azerbaijanis and the Armenians of the Caucasus mountains as far as northern Turkey. Centenarians, those who live more than 100 years, are quite common in these cultures.

The large amount of sea salt consumption (up to 20 grams per day in some cases) and longevity in these simple cultures is a strong indicator of the value of minerals from natural salts, either from the seas or from the salt mines that mark the remains of ancient seas. It's something our society should reconsider" (3).

A good way to help your mineral levels is to eat a little sea salt with your water every day. Since sea salt has all of the minerals the human body needs in perfect proportion, when you eat some every day, you not only tend to raise your mineral levels, but you also tend to even out anything that is out of proportion.

If you consume high levels of just water, you tend to force more minerals out of the body. This is especially true for electrolytes. If you add enough sea salt to your water, this does not happen.

If you find you are seriously out of balance on an HTMA test, you may be better off taking other corrective action. For example, if you find you are seriously low in potassium, then supplementing with some potassium may help more than just taking sea salt alone.

HTMA Testing

As you look to be tested for minerals, remember this. Blood tests are not accurate. A normal doctor's office blood test will assess only about 6% of your actual mineral levels, while an HTMA test is more like 94% accurate (2). One good place to get an HTMA test is Trace Elements Inc (TEI). Another place that may help is Doctor's Data, as described below.

So, the woman doctor I talked about earlier, Sarah Mitchel, would likely have never known she was 340% too high in calcium and too low (only 12%) in potassium if she had only gone by the standard tests. She would likely still be getting more and more ill. Don't rely on the standard doctor's office visit tests.

Final Words

If you want strong bones, a healthy heart, and greatly improved overall wellness, get an HTMA test done, raise all your minerals, and try to get them back in balance.

The HTMA test I recommend is the one put out by Trace Elements Inc. It will give you way better results and cover more minerals (and unwanted heavy metals) than any test your doctor will likely order. It will also come with a list of doctors' recommendations that you may find useful.

One thing missing from this test is your iodine levels, a special mineral called a halide. It is beyond the scope of this book to discuss this very much, but suffice it to say, your iodine levels are very important as well. An HTMA test may not give you accurate results on your iodine levels. Blood tests from your doctor aren't helpful either. You need to supplement with iodine for about 3 to 6 months before any meaningful test can be done. And then you will be required to pee in a bottle. You can order such tests through Doctor's Data.

Your iodine and selenium levels should be in balance as well. How to do this is beyond the scope of this book, but TEI and Doctor's Data can provide such guidance.

Another detail that I am not going to cover very much is that your pH level has a lot to do with your bone health, as well as your overall health. Most of us are very acidic, and taking sodium bicarbonate (baking soda) tends to raise our pH and make us more alkaline. When you take baking soda, you raise your pH, and you improve your overall health, bone health, and heart health.

Sodium bicarbonate should be taken at ¼ tsp per day for two weeks, and then stop for two weeks, and then start again. Buy some saliva test strips. Don't buy the urine test strips. The saliva test strips provide a more accurate representation of your blood pH. Test often, and when your test strip shows you are at a pH level of 7.4, you can stop. Check your pH levels from time to time after this.

Bicarbonate is part of a special group of minerals known as electrolytes. These tend to leave the body faster than other minerals. There are seven electrolytes in the body: sodium, potassium, calcium, magnesium, chloride, bicarbonate, and phosphate. Because they leave the body faster, it is important to supplement with them slightly more than with other minerals.

And remember, drinking plain water tends to force out all minerals, but especially your electrolytes. Adding some sea salt or other electrolyte powder on occasion helps to reverse this.

As a side note, another way to raise your mineral levels is through whole food fruits and vegetables. However, this can take a long time. And the fruits need to be tree-ripened to really be of any value. This can be a difficult process.

Conclusion

Calcium taken without all of the other minerals that the body needs doesn't strengthen the body—it tends to stiffen it, in the same way calcium stiffens concrete.

Key takeaways:

- Balance matters more than any single mineral. Being out of ratio—too much calcium relative to potassium and magnesium, for example—can be more damaging than simply being low in a nutrient.
- Calcium-heavy messaging has consequences. Decades of "take your calcium" advertising, often aimed at women, may be contributing to the very arterial and bone problems it claims to prevent.
- Standard blood tests don't tell the full story. They capture only a small fraction of your actual mineral status; more comprehensive testing (like HTMA) offers a fuller picture.
- Whole-food minerals like sea salt beat isolated ones. Sea salt, used judiciously, supplies a broad spectrum of minerals needed by the body in a natural proportion—something refined table salt and single-mineral supplements can't replicate.

Next in this book, I will look at diets and the food you eat. You likely could do better. People tend to be misinformed about diets and food in general. For example, as a tickler, if your regular diet is not high enough in fat, you could have trouble holding onto all your fat-soluble vitamins, including vitamins E, K2, and D3.

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Chapter 4

Why the Low-Fat Diet Myth Is Hurting Your Heart Health (and What to Eat Instead)



“You shall not circulate a false report. Do not put your hand with the wicked to be an unrighteous witness” (Exo 23:1, NKJV).

My goal with this chapter is to persuade you of this: a low-fat diet will **not** help your heart. In all likelihood, it will hurt it. If you have been spreading the myth that a low-fat diet is heart healthy, please stop. You are in danger of being among those who spread a “false report.”

Introduction

We've all heard the warnings: cut the fat, watch your cholesterol, count your calories. It's the advice doctors have handed out for decades, and most of us have followed it without question. But what if some of that advice is exactly backward? What if the very foods we've been told to avoid are the ones our bodies actually need—and the "safe" substitutes are quietly making us sicker, heavier, and more nutrient-deficient than ever?

That's the question I want to dig into here by drawing on my own family's experience, looking at how traditional cultures ate for generations without our modern diseases, and taking a closer look at how cholesterol, fat, and carbohydrates actually behave in the body. I want to challenge some of the most common—and most costly—dietary advice out there. Along the way, we'll also look at a quieter problem: how the modern food supply has slowly drained vitamin E from our diets and what that's doing to us (1).

How a Low-Fat Diet Led to Weight Gain in My Own Home

There is a lot of truth to the saying, "You are what you eat." While not true in every sense, it can often help you see accurately into your health. What you put on the end of your fork has a great impact on your health. It is likely the most important factor.



My wife, Mary, had some heart problems several years ago. The doctors did what doctors typically do. They put her on a low-fat diet. And what mama eats, most of the house eats. So, as an added benefit, I got to eat a low-fat diet as well.

And then, we gained weight, and gained, and gained. We still haven't completely overcome this worst of bad advice. We have somewhat reversed this situation and are improving, but not fully. It is bad advice for several reasons.

First off, fatty foods actually contribute to more large-particle cholesterol in the body, but not the small-particle kind. If you have a fissure in your artery, only small-particle cholesterol can get stuck in it. The large-particle cholesterol floats right on through. Since fatty foods only contribute to the large-particle cholesterol, they are irrelevant with respect to plaque buildup.

Simple sugars like table sugar, bread, pasta, white potatoes, white rice, and more produce small-particle cholesterol. This type of cholesterol gets stuck in your artery wall fissures. It builds up and causes hardening of the arteries and all of its associated diseases.

So, here we are eating a low-fat diet, and what do we consume? We eat sugar, bread, pasta, white potatoes, white rice, etc. These are all low-fat foods. And guess what? This causes weight gain as well.

Not only does small-particle cholesterol hurt your arteries, but gaining weight also affects your heart health. Excess weight helps bring on high blood pressure, increased risk of diabetes, and other factors that can indirectly contribute to heart disease, but excess weight is also a direct causal factor. The more weight you carry around, the more likely you are to have a heart attack.

Additionally, when you eat a low-fat diet, you have trouble holding onto your fat-soluble vitamins like vitamin E, K2, D3, and others. Yes, you should eat good fats, but eating good fats isn't as important as eating fat in general.

Food: What It Is Made Of

Food is made of three parts, or five, depending on how you are counting. When you eat, you consume fats, proteins, and carbohydrates. And you could count toxins and water as well.

Alcohol is either a toxin or another category. Alcohol is not a carbohydrate, but it usually comes along with a great deal of them. We won't debate this for now.

When doctors put you on a low-fat diet, you consume more carbohydrates and less protein and fat. You watch your fat intake only.



News flash, we don't need carbohydrates to survive. We need fats and proteins. The American Eskimos used to live on a diet of fat and protein for 9 to 10 months of the year. I don't necessarily recommend never eating carbohydrates. But the fact of the matter is, if you go without them for a period of time, you won't die. If you go without protein or fat for an extended period of time, you will likely die.

What a Carnivorous Diet Looked Like for Traditional Cultures

The American Eskimos (specifically the Inuit tribes) used to live on a carnivorous diet. For around 9 to 10 months out of the year, all they ate was whale, seal meat, walrus, caribou, and polar bears. They would mix in some wild berries, wild tubers, and roots for a couple of months, and they lived long and healthy lives.

The people in a California town did not believe anthropologist Vilhjalmur Stefansson when he reported how the Eskimos lived and the benefits they received from eating in this manner. So, he paid a person to watch him and ensure that he followed the same diet. To everyone's amazement, when the doctor ate the diet, he developed zero deficiencies and seemed very healthy after one year (2).

It should be noted that the Eskimos had very low atherosclerosis despite their high-fat diet, or I should state more accurately, *because* of their high-fat diet. This is what we should actually expect (3). We have been sold a bill of goods and untruths about fat vs. sugar.

Dr. Weston A. Price followed the Masai people of Eastern Africa and observed that they ate a meat-only diet and that they ate raw meat, mixed with blood and raw milk. The Masai people were strong and doing well (2).

"Lastly, it is a historical fact that the largest land empire in history was that of the Huns, with the Khans as their leaders. Genghis Khan's army derived most of its nutrition from mutton. Eating mostly lamb allowed the Hun army to go for longer periods of time than their enemies without eating again, travel greater distances, and have better tooth and mouth health. Not to mention, the army likely



performed better on the battlefield as well. Most of their enemies, including Western armies from Europe, were dependent on grains and had to eat more often, were smaller in stature, and had poor dental health and other problems.

If you want to be strong like a Hun, you may consider the carnivorous diet for a time" (4).

Eating Fat Makes You Thin

Many people go on special diets to lose weight. Seldom will you lose weight on a low-fat diet. However, many report losing weight and doing well on lower-carb diets. A few of these diets include the Atkins diet, the paleo diet, the keto diet, and the low-carb diet. There are others. They all tend to be lower-carb and higher-fat.

The Atkins diet and the paleo diet have many followers. However, each time they rewrite the diet, it seems to change a little, so if you're going to try either one of these, you might need to do a little research to see if you are truly following the latest version. Both allow for more carbs than the keto diet, but the carbs are complex, not simple sugar carbs.

The keto diet is stricter. When you achieve ketosis, you are no longer burning glucose for fuel, but you are now burning fat. The typical ketogenic diet contains 70% fat, 20% protein, and only 10% carbs. The carbs should be healthy carbs like veggies and not processed macaroni and cheese. The fat should be good oils, not vegetable oils. A low-carb diet can be said to be anything with carbs totaling less than around 25% of your dietary intake. You may eat fewer carbs than this. As the name suggests, it is kind of arbitrary beyond the 25% or less rule.

Here is the science. A calorie is not a calorie is not a calorie. Not all calories are the same. Well, they are the same if you use a test tube and burn them with fire or some such. However, when you eat them, they act differently in the body.

If you eat 100 calories' worth of broccoli, it will act one way in the body; if you consume 100 calories from a glass of soda, it will act differently. You will gain weight from the soda, not from the broccoli.

If you are in the wild and starving, and you happen to catch a bunny, don't eat it. You will actually lose weight. You will starve faster. Bunnies give you a net negative in weight gain. The same is true for a hard-boiled egg. It is a net negative for weight gain.

Counting calories is meaningless.

Fat makes your body work, as does protein. When you eat carbs, especially simple carbs, your body doesn't work very hard. It breaks them down very fast and then stores them as fat. Eating carbs makes you fat. Eating fat makes you thin.

Ask a farmer how he fattens his cows next time you meet one.

Cholesterol Protects Our Brains and Protects Us from Cancer

Do you want to remember your kids' names? Do you like thinking clearly? Do you want to lower your chance of cancer potentially? Maybe you should eat foods higher in cholesterol.

Cholesterol protects the brain from all sorts of assaults. It improves your memory and helps you think more clearly. Lower your cholesterol and open yourself up to all kinds of trouble.

Cholesterol is also a good protection against cancer. When your body has more cholesterol, you tend to have a lower likelihood of having cancer.

When you eat a low-fat diet, you tend to consume less cholesterol, which is not good.

We Eat Fruit Devoid of Minerals

When we eat fruit in the US, it usually has very few minerals compared to what our ancestors ate 100 years ago. Before refrigeration, people tended to eat vine-ripened fruit. Vine-ripened fruit has 80 to 90 percent more minerals than does modern grocery store fruit. Most fruits absorb the minerals from the ground as they ripen or begin to turn ripe until they are ready to eat (5).

We do all sorts of bad things to fruit to make them turn ripe for the store as well. For example, it is common to spray oranges with formaldehyde to make them turn orange in color. Yum.



Why So Many of Us Have a Vitamin E Dependency

A vitamin dependency can be described as the following. When you go low enough in a vitamin for long enough, you sometimes need more of that vitamin just to stay symptom-free.

For example, when a dog goes without niacin (vitamin B3), it develops a condition called black tongue. If you give him the standard amount of niacin to stay healthy, his black tongue goes away. However, if he had black tongue long enough, he would need an even greater amount of niacin for the rest of his life, so that his black tongue does not return.

This is true for humans as well. If a person is deficient in niacin, they will get pellagra. If you give him a little niacin, the pellagra goes away. If he had pellagra long enough, he would need a great deal more niacin to stay symptom-free, and he would likely need to stay on the higher dose for the rest of his life. Instead of 10 to 20mg of niacin that would normally be needed, he might need 1000mg or more to stay free of pellagra symptoms.

This is where many in the US are with regard to vitamin E. We have been so low for so long that we have developed a vitamin E dependency.

Ways We Lose Vitamin E with the Modern American Diet

There is a lot more I could say about diet than I am briefly saying here. But I want to leave you with one last thought. The people of the US who lived 120 years ago had a lot more vitamin E in their diet than you or I do today. We have become so low in vitamin E that many of us have become vitamin E dependent.

Let's look at some of the ways our diets now lack vitamin E.

First, the freeze-drying process destroys vitamin E (6). I was at my natural veterinarian's office recently, and I was making fun of one of the foods she was recommending for my dog because the package boasted that the dog food was freeze-dried. I informed her that the freeze-drying process destroys vitamin E. So, we read the package more closely. The last ingredient added was vitamin E with mixed tocopherols!

Doggies eat better than us!

It should be noted. Freeze-drying is not the same as being flash-frozen. Many bags in the grocery store contain frozen vegetables that are flash-frozen. This process does not remove the vitamin E. Fruits also tend to be either freeze-dried or flash-frozen. When purchasing frozen fruits or vegetables, choose flash-frozen over freeze-dried.

Seed oils also destroy vitamin E. These include vegetable oil, canola oil, corn oil, etc. None of these oils existed before the 20th century. It doesn't matter how much vitamin E is found in these oils. They still deplete our bodies of vitamin E. When we cook with these oils, we lose even more vitamin E (6).

Most processed foods tend to lower vitamin E levels in the body. Artificial dyes tend to destroy vitamin E (6).

White rice and white flour were invented at the end of the 19th century. You could fill a paper sack full of white flour or white rice, and the mice and rats would leave it alone. An advancement! Right? The mice and rats wouldn't eat them because there were no nutrients in them. Later, because of the pellagra (niacin deficiency) epidemic, manufacturers started enriching the flours and the rice. However, this meant adding a few B vitamins and perhaps some D3. It did not include adding vitamin E back, and it still doesn't.

And no "whole wheat" bread is any different. Our government only requires makers of bread to put a few grains of whole wheat into bread called "whole wheat," so most manufacturers don't put much back.

Our consumption of fish is way down from what it used to be. Fish is higher in vitamin E than other forms of animal protein or meat.

We take iron or get iron injections. Iron is a vitamin E antagonist and will lower the body's supply of vitamin E (6).

Grass-fed beef is higher in vitamin E, beta-carotene, the B vitamins: B12, B3, B6, B2, vitamin K2, Omega-3 (less Omega-6), CLA, the minerals: iron, zinc, magnesium, and potassium. How often do Americans eat grass-fed beef over lower-cost beef?

Also, the advice we are given is to choose lean meat and eat lean cuts; however, if you do so, you will cut out vitamin E. The fat-soluble vitamins are stored in the animal's fat. There is some in the meat, but more in the fat. This is one of the benefits of tallow and lard.

However, vitamins E and K2 tend to be higher in ghee (clarified butter) and tallow than in lard. And, yes, ghee is pretty good with the other fat-soluble vitamins as well and has the highest smoke point, meaning it is usually a little better to cook with it.

And I'm sure there are other ways we destroy the vitamin E in our food supply and bodies.

Conclusion

At the end of the day, the body doesn't run on good intentions or government food pyramids—it runs on what we actually feed it. My own family's struggle with weight gain on a "heart-healthy" low-fat diet wasn't a personal failure; it was the predictable result of following advice that misunderstood how fat, carbohydrates, and cholesterol actually work. The traditional peoples we've looked at—the Inuit, the Masai, even Genghis Khan's army—thrived on high-fat diets that would make a modern nutritionist nervous, precisely because they avoided the processed carbohydrates that do the real damage.

A few key takeaways:

- Not all cholesterol is the enemy. Small-particle cholesterol from sugar and refined carbs is the real culprit in artery damage—not the cholesterol from fat.
- Carbs, not fat, drive weight gain. Simple sugars get stored as fat quickly, while dietary fat and protein are essential for survival and don't carry the same metabolic penalty.
- A calorie isn't just a calorie. The same number of calories can behave completely differently in the body depending on the source.
- Cholesterol supports brain and immune health, including playing a protective role against cancer—so driving it down isn't automatically a win.
- Modern food processing has quietly stripped vitamin E from our diets through seed oils, freeze-drying, refined grains, and a shift away from animal fats—leaving many of us in a long-term deficiency we don't even recognize.

None of this is meant as a one-size-fits-all prescription—bodies and circumstances differ. But it's worth asking whether the conventional wisdom you've been handed is actually serving your health (1).

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Chapter 5

Old West Story: Cholesterol, Statins, and the Modern Snake Oil Salesman



**“Her officials within her are like wolves tearing their prey; they shed blood and kill people to make unjust gain”
(Eze 22:27, NIV).**

The leaders of God’s people had become very evil and corrupt. This passage from Ezekiel was one of several listing the sins of these leaders. They wanted money and gain so much that they were willing to kill for it. Does this remind you of what may be happening today?

The Old West Snake Oil Salesman

A tumbleweed blew by them as the man and his horse sauntered into town, towing a small wagon behind.

“Whoa, boy. I think we’ll stop right here. I don’t think we’ve been in this town yet,” said the good doctor to his horse. He pulled up near the church and tied off his horse. After a little stretching and shaking off some dust, he rolled back the curtain on his wagon and let down the gate.

The wind blew some dust down the road. It had been a little while since it had rained.

The good “doctor” set up a sign for his tonic. He called it Peabody’s Nectar. He put out his price sign and began to ring his bell. Calling everyone’s attention to himself, he began to extol the virtues and properties of the green Peabody’s Nectar.



“It will cure the common cold, and if you're shot, after a couple of days, you'll be back on your feet. No more disease, no more health worries; you'll feel great.”

After some time of selling his fine nectar, the local sheriff got wind of the good doctor's activities. The sheriff made his way over to the wagon, where he inquired about the good doctor's credentials.

Pulling back his hat, the sheriff said, “Can I inquire what school you might have graduated from?”

After the “doctor” failed to produce any reliable document about his credentials, the sheriff asked him to kindly shut down and leave the town. The good doctor, not wanting to make enemies, promptly left town for his next stop.

Fast Forward to Modern Times

Pulling up in his brand-new BMW, the pharmaceutical rep stopped by the doctor's office. He wore a nice suit, and he had on his special white leather shoes.

“Hey, doc, look what I've got.” He called it a statin. He explained to the doctor the following.

“Hey, doc, this is great stuff. It will lower all your patients' cholesterol. We all know from the Framingham study that high cholesterol is a marker for having a heart attack. This stuff is a game-changer. It works every time.”

“Really?” replied the doctor. “I'll make an effort to prescribe it every time. By the way, thanks for the tickets to the game. The front row seats were really great. Do we want to do lunch now? You're buying.”



The Framingham Study and Cholesterol Claims

By the way, the conclusions from the Framingham study used flawed evidence and logic.

“The question is hardly academic. In 1992, forty-four years after the Framingham project began, study director William Castelli, M.D., wrote the following in an editorial in the Archives of Internal Medicine:

‘In Framingham, Mass., the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol ... we found that people who ate the most cholesterol, ate the most saturated fat, [and] ate the most calories weighed the least and were the most physically active’” (1).

In other words, those with the best hearts ate the most fat and the most cholesterol.

We think we have gotten rid of the snake oil salesmen. We didn't get rid of him. He now rides around in a fine car and peddles his wares with a suit and tie right inside the doctor's office. He has the backing of the AMA (American Medical Association), the FDA (Food and Drug Administration), and everyone else.

A statin drug is modern-day snake oil, only worse. It not only doesn't help; it actually harms the person taking it.

Statins, LDL Cholesterol, and Particle Size

Statin drugs lower LDL type alpha (LDL-A) cholesterol. This is large-particle cholesterol. They don't lower LDL beta (LDL-B) type cholesterol. The beta cholesterol is the hard, small-particle cholesterol. The small-particle cholesterol is the only type that causes harm.

The small-particle cholesterol is the only type small enough to get stuck in the cracks of arterial linings. The large-particle cholesterol floats right on by the cracks. Lowering the large-particle cholesterol will do nothing to help.

The way to lower small-particle cholesterol is to avoid simple sugars. You can't lower it by avoiding fats or taking statins (1).

When doctors order a cholesterol test, the results only show a measurement of large-particle cholesterol. It does not show small-particle cholesterol. Again, only the small-particle cholesterol matters because only the small particles get stuck in arterial fissures. At one point, Boston Heart was the only lab in the country that offered a small-particle cholesterol test. This may have changed by now.

Do you want to protect yourself from small-particle cholesterol? Try cutting down on or cutting out the simple sugars like table sugar, bread, pasta, white rice, white potatoes, etc.

Why Cholesterol Matters in the Body

Overall, cholesterol is important to human health because it is a key part of the body's processes for making all the steroid hormones. One steroid hormone is testosterone. Testosterone is an important hormone in protecting the heart muscle (1). Lower testosterone means a greater chance of a heart attack and a greater chance of heart disease in general. If you lower overall cholesterol artificially, you will lower testosterone.

Cholesterol is also the building block used by the body to make estrogen, progesterone, cortisol, aldosterone, and all the other steroid hormones.

Lower cholesterol can also lead to a greater risk of cancer. Cholesterol protects us from cancer, as do proper levels of testosterone and other hormones (1).

Additionally, much of the brain is made of cholesterol. Lower cholesterol means lower brain function. And lower testosterone also means lower brain function because testosterone is also

protective of brain function (1). Many people on statins have memory issues. Sometimes this is very severe.

Are Statins Treating the Cause or the Sign?

At best, high cholesterol may possibly be a sign of other things going wrong in the body. Lowering cholesterol through statins is about as useless as putting a Band-Aid on a broken bone. Even if it is a big Band-Aid, the bone will still be broken. Doctors are lowering a meaningless sign and not looking at the cause.

Lowering cholesterol through statins is like fighting chicken pox with face makeup. Sure, you can't see the pox, but the disease that caused them is still there, and so are the sores. They're just covered. Curing a meaningless sign doesn't make the patient better.

If you actually lower your cholesterol because you increase your Omega-3 or take vitamin E, then you likely have improved the patient's health, but his large-particle cholesterol levels are still largely irrelevant. All this talk about cholesterol levels is smoke and mirrors.

In 1987, statins were approved for anyone with a total cholesterol of 240 mg/dL. In 2024, this number was lowered to 70 mg/dL. It seems like every other year, they lower the number on how high your cholesterol should be: 240, 200, ..., 99; who's counting? Some people even want to add statins to our drinking water.

Conclusion: The New Snake Oil Salesman

The number one prescribed medication in the US today is statin drugs. Who says we have gotten rid of the snake oil salesman? It's good for what ails ya.

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Chapter 6

Antioxidants and Heart Health: How Free Radicals Damage Your Heart (And How to Fight Back)



“When the servant of the man of God got up and went out early the next morning, an army with horses and chariots had surrounded the city. ‘Oh no, my lord! What shall we do?’ the servant asked. ‘Don't be afraid,’ the prophet answered. ‘Those who are with us are more than those who are with them.’ And Elisha prayed, ‘Open his eyes, LORD, so that he may see.’ Then the LORD opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha” (2Ki 6:15-17, NIV).

Many things go on around us all the time that we can't see. In this scripture, there was an army from heaven protecting the prophet Elisha and his servant. It was a very real and very powerful army! One angel of God destroyed the entire army of Sennacherib, King of Assyria, 185,000 men. How many could an entire army of angels destroy, armed with fiery horses and chariots?

Inside our bodies, tiny microscopic battles happen all the time, invisible to the naked eye. Antioxidants could be likened to angels at work in our body. While these antioxidants are not supernatural in nature, they are our friends, and they can often help us.

Introduction

In this book, we talk about free radicals — those unstable, electron-hungry molecules that quietly damage your body, including your heart and arteries. But knowing the problem is only half the battle. The other half is knowing how to fight back.

That's where antioxidants come in. Think of them as your body's defense force — molecules that step in front of a free radical and offer up an electron before that free radical can steal one from your cells, your DNA, or your artery walls. But not all antioxidants are created equal, and not all are equally important for your heart.

In this book, we'll break down what antioxidants actually are, introduce the five major antioxidants your body relies on, and look closely at which ones matter most when it comes to protecting your heart — whether you're trying to prevent a heart attack or stroke or recovering from one. We'll also talk about how these antioxidants work as a team, with a few practical tips along the way.

What are a Free Radical and an Antioxidant?

To know what an antioxidant is, you first have to know what a free radical is. Antioxidants defeat or help control free radicals.

First, not all free radicals are bad. Some are necessary for proper bodily function; however, even these can get out of control. An example of this type of free radical is nitric oxide. You need some nitric oxide in your body, and it is beneficial, but if it gets out of control, it can damage more than help.

It should be noted that sexual arousal is due in part to healthy levels of nitric oxide. Our immune system uses nitric oxide to help fight viruses and bacteria. Only when nitric oxide gets out of control does it have a negative effect on human health.

That said, there are a lot of free radicals in the body that are mostly bad or all bad. You need antioxidants to defeat these bad guys and help control the more friendly ones, like nitric oxide.

A free radical is an atom or molecule (or sometimes a charged atom or molecule, otherwise known as an ion) that has an unpaired electron in its outer shell. These molecules or atoms may technically be uncharged, positive, or negative; however, the key point is that they want to grab an electron from somewhere else.

An antioxidant is a molecule that lends an electron to defeat a free radical. When it lends the electron, technically it becomes a free radical itself; however, the newly created free radical will not damage the body, or the damage will be very negligible.



Free radicals damage the body because they look for different ways to steal electrons. If there is no available electron to steal from an antioxidant, then the free radical will steal one from the body and cause damage to the body. This can happen anywhere – in the skin, in the brain, in the heart, and elsewhere. It can happen in the mitochondria, in

the cell membrane, or in some other part of the cell – anywhere. The resulting damage accumulates, and people eventually suffer and die.

Five Major Antioxidants in the Body

The body uses five major antioxidants to defeat all these free radicals. Again, they fight all the free radical damage that can happen anywhere.

The body makes three of these. The other two are vitamin E and vitamin C. The three just mentioned are alpha lipoic acid, CoQ10, and glutathione. Generally, though, the body doesn't make enough of these three, and this is especially true as you age (1). Other lesser antioxidants are more or less often covered by these 5 major players. And then, besides the lesser antioxidants, I would classify a third group of antioxidants, and these are called phytonutrient antioxidants.

For an example of a lesser-known antioxidant in the body, consider superoxide dismutase. One common free radical in the body is superoxide. Superoxide dismutase defeats superoxide. However, vitamin E also defeats superoxide. So, you don't need to take both. Vitamin E also does many other things in the body besides just defeating superoxide. Superoxide dismutase just defeats superoxide.

This example could be repeated with other free radicals and antioxidants. The 5 major players cover most things, and there is little need in most cases to take the lesser antioxidants.

The other classification of antioxidants I mentioned above is generally more beneficial for you than the lesser antioxidants. They are generally considered to be phytonutrients, though not all phytonutrients are antioxidants. Some of the more beneficial phytonutrient antioxidants include resveratrol, quercetin, green tea catechins, carotenoids, and flavonoids (1). There are others as well.

Free Radical Damage and the Heart

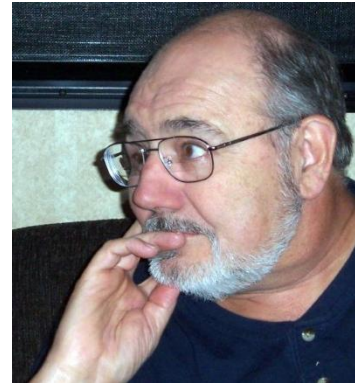
Let's look at some of the ways free radicals can damage the heart. There are other ways besides what I will mention.

Free radicals can damage the heart by contributing to the increase in hardening of the arteries. They make the plaque build-up worse and contribute to the formation of clots; they can damage the artery itself, making it stiffer or contributing to a rupture. They can contribute to oxidative stress, which is associated with raised blood pressure, among other things. And they can do more.

I want to tell a brief story here. My dad had angina and a significant blockage in the main artery (coronary) of his heart. His doctor put in a stent. Over the years, he has had six other stents that included the other 3 major arteries. Eventually, they put him on 3 different permanent blood thinners. First, he was started on warfarin. After a bad reaction to warfarin, he was put on Plavix

and a baby aspirin. Later, they added Eliquis as well. He wasn't taken off the other two blood thinners, so now he had all three.

Eventually, he wound up with a lesion in his digestive system. He wound up with a microbleed so bad that he has chronic anemia. At one point, the doctors gave him 2 transfusions and several doses of iron. Similar procedures have been done multiple times now. Today, he has a chronic microbleed, chronic anemia, and chronic atrial fibrillation. He also still constantly gets iron infusions.



Just as a side note: iron is a vitamin E antagonist and increases the body's need for E. Also, if an aspirin is given to a person and causes a microbleed in the digestive system, there is a greater risk of new fissures in the arteries as well.

Long ago, after his last stent, my dad was given some supplements that included some of the antioxidants we are talking about here by a very good holistic doctor who was also a regular MD: alpha lipoic acid, CoQ10, and vitamin C. He has not had a new stent since. However, he has not always been faithful because he didn't realize how beneficial it would have been to stick with the program. He has been in and out, or you could say off and on. Lately, he has improved and is taking his supplements more faithfully, and he has added vitamin E as well.

If you have a stroke or heart attack, there is a restriction of blood flow, causing the body to make even more free radicals. And, as the body tries to recover, a flow of blood rushes back into the brain or heart. This flow of blood usually contains an overabundance of these free radicals that are largely responsible for the damage done to the surrounding tissues. It can damage cell membranes, mitochondria, DNA, proteins, and more (1). All this damage increases your need for antioxidants.

Heart Health Antioxidants

To get to the meat of it, the best antioxidants to take for heart health are:

- vitamin E
- CoQ10
- lipoic acid
- vitamin C

as well as the phytonutrients of the families of

- carotenoids
- flavonoids



Photo by Ruben Boekeloo

Examples of carotenoids may be alpha carotene, beta carotene, lycopene, zeaxanthin, and lutein. Examples of flavonoids may be ginkgo biloba and pycnogenol. This is not a complete list of either flavonoids or carotenoids.

Dr. Shute claimed that 80 to 85 percent of his patients improved or greatly improved with just vitamins E and C (2). He generally didn't know about the rest of the antioxidants and what they can do for the heart. Also, when he talked about vitamins E and C, Dr. Shute may not have considered them as antioxidants per se.

Remember, a nutrient is not a drug. A nutrient can work as an antioxidant and help in other ways as well. When a vitamin is working as an antioxidant and when it is just helping in other ways can be a very difficult concept to describe. We don't really need to know anyway.

When you consider all the different ways free radicals can damage the heart, and knowing there is a greater list than the partial list above, you can deduce that there would be great benefit in taking all the antioxidants that can help the heart.

And really, your heart would benefit from taking all five of the major antioxidants by taking liposomal glutathione as well. I will cover why in a second. So, take all of the above, and add in glutathione.

Vitamin E is the best antioxidant for the heart, and CoQ10 would likely be second best for the heart. We have already covered many of the benefits of vitamin E. As for CoQ10, it is known that CoQ10 helps considerably in cases of heart failure. It is also well known that statin drugs can reduce CoQ10, so replacing lost CoQ10 is of great benefit as well.



Photo by Zaria, Kaduna

Alpha lipoic acid helps with oxidative stress, and it helps prevent strokes and heart attacks. It is also the best antioxidant to take if you are having a stroke or heart attack, or recently had a heart attack or stroke, to minimize the damage. Additionally, alpha lipoic acid helps prevent and reverse diabetes and some of the damage done by diabetes. Diabetes is a known contributor to heart disease as well as a killer in and of itself.

Vitamin C greatly enhances the effectiveness of all of these antioxidants and also helps with fighting heart disease directly as well.

The flavonoids and carotenoids work well with vitamin C, and together they fight heart disease better.

Helpers

It should be noted that there are some really great antioxidant helpers as well. These guys help antioxidants so well that people often list them as antioxidants. These are not antioxidants, but they do help them greatly. Two of the best helpers are selenium and melatonin. Selenium should be kept in balance with iodine. This will be explained a little more below. Melatonin may be taken at whatever level a person can tolerate. This will vary from person to person.

A Network of Health

Antioxidants tend to work well together. This is especially true for the five major antioxidants just mentioned above. For example, after vitamin E defeats a free radical and then becomes a less damaging one itself, vitamin C comes along and lends an electron to the free radical E, turning it back into an active antioxidant again (1).

In this manner, they all tend to build each other up. Alpha lipoic acid tends to increase vitamin C and E. Vitamin C can increase glutathione, vitamin E, and more.

This is one of the reasons why you should add glutathione to your daily regimen, even though it will directly benefit the heart the least.

Another reason is this. Even if glutathione doesn't directly contribute as much to heart health, it does contribute to your overall health. As your overall health improves, so will your heart.

This is true of all antioxidants. They all improve your health in more ways than by helping just your heart and arteries. As your overall health benefits from antioxidant effects, your heart will also improve.

Glutathione

One thing about taking glutathione that you need to be aware of is that you can't take it in its regular form. You can't digest it properly and utilize it. This won't stop people from selling you a meaningless supplement. Some manufacturers make it and sell it. It needs to be taken as liposomal glutathione, a paste that you hold under your tongue, or some other absorbable form.

Another way to increase glutathione in the body is to take N-acetylcysteine (NAC). Generally, NAC is cheaper than most of the absorbable forms of glutathione, and in many cases, it will help the body make more glutathione. This works for most people.

However, a small group of people will not benefit from the raised glutathione by taking NAC. For example, my wife has a genetic condition where her body has difficulty making glutathione from NAC. So, my wife takes liposomal glutathione.

As a side note, occasionally my wife takes NAC for other reasons. Remember, from a previous chapter in this book, that nutrients aren't drugs. They can have multiple benefits for the body at

the same time. She sometimes has sinus or respiratory issues, and NAC helps with this. So, she is not making much glutathione from it, but she can still benefit from it.

A Word About Tocotrienols

I said earlier in this book that people benefit from regular alpha-tocopherol vitamin E, and I stand by this statement. However, that said, there may be some benefits to the other forms of the vitamin E molecule as well. If you can afford it, you may benefit a little more from tocotrienols.

For example, there was a study done by cardiologist Dr. Marvin Bierenbaum of the Kenneth L. Jordan Heart Foundation in Montclair, New Jersey, on tocotrienols, among other forms of vitamin E, for various things. I'm not sure which tocotrienols were included in the study. However, the four-year study included a placebo group given nothing and a group given tocotrienols.

The study concentrated on what happened to patients who were diagnosed with carotid stenosis (a narrowing of the carotid artery) and were at high risk of stroke. "The good news is that tocotrienols may be a safe alternative to surgery for patients with carotid stenosis. In a four-year study, patients with severe carotid stenosis were given either tocotrienols or a placebo. Each patient's progress was measured by an ultrasound examination, which produces a picture of the carotid artery. Ultrasound scans of the patients were performed at six months, twelve months, and yearly thereafter. The results were quite remarkable: 94 percent of the patients receiving tocotrienols improved or stabilized, whereas none of the controls improved, and over half got worse" (1).

A Tip for Diabetes

As was stated previously, diabetes is a direct killer, and it may also contribute greatly to an increased risk of heart disease. I mentioned taking alpha lipoic acid as a great help for diabetes, but I thought I would mention a few other positive aids in helping to fight diabetes (3).

The number one herb supplement I would recommend is guggul. It is from India and is a great aid in controlling blood sugar, proving more helpful than metformin and other drugs in fighting diabetes, and also in helping the thyroid. Arginex from Standard Process is a powerful aid to the kidneys and liver. Our naturopath once told my wife, "Take Arginex three times a day for 90 days. You'll get better." She did so and got better. Other things to take include magnesium, cinnamon, and more. If your diabetes improves, so may your heart.

What We Have Learned So Far

We know Dr. Shute used to give his patients vitamins E and C. He saw an 80 to 85 percent reduction, or great reduction, of symptoms with just this.

- What if he had added vitamins K2, D3, and magnesium?

- What if he had cut down on people's calcium and balanced and raised all their minerals?
- What if he had told them to eat a high-fat diet?
- What if he had told them to take all their antioxidants?

What do you suppose may have been his numbers then?

Antioxidant Guidelines

Remember, everyone is different, but for a general heart health guideline, this chart may get you in the ballpark.

Morning

- 800 IU of alpha tocopherol
- Up to 300 mg alpha lipoic acid
- 100 mg CoQ10 as ubiquinol or 300 mg CoQ10 as ubiquinone
- 500 to 1000 mg of liposomal glutathione
- 2500 mg liposomal vitamin C (or more, remembering your bowel tolerance)

Evening

- 800 IU of alpha tocopherol
- 200 mg of tocotrienols (if you can afford it)
- Up to 300 mg alpha lipoic acid
- 2500 mg liposomal vitamin C (remembering your bowel tolerance)
- 20 mg Pycnogenol
- 30 mg ginkgo biloba
- 200 mcg selenium and 25 mg of iodine
- 5 to 10 mg melatonin at bedtime (Not everyone can take melatonin)

Note: When you first start supplementing with iodine, you may feel ill. This is because iodine is detoxing your body and pulling the toxins from your deeper tissues and dumping them into your bloodstream. Selenium will help with this process and make you feel even more ill. Taking more vitamin C and salt water may help. Salt water should be taken twice a day at ¼ tsp of salt per 16 ounces of water. Use sea salt.

Conclusion

When it comes to protecting your heart, free radicals are working against you every day — quietly contributing to plaque buildup, stiffening arteries, and raising your risk of a clot or rupture. The good news is that your body isn't defenseless. With the right combination of antioxidants — vitamin E, CoQ10, alpha lipoic acid, vitamin C, and glutathione — along with supporting phytonutrients like flavonoids and carotenoids, you can give your heart real protection against this kind of damage.

None of these antioxidants work in isolation. They build on each other, regenerate each other, and cover different gaps left by one another. That's why taking just one — even a powerful one like vitamin E — won't give you the same benefit as taking the full network together.

For now, the takeaway is simple: if you care about your heart, antioxidants deserve a place in your daily routine.

Key Takeaways

- Free radicals aren't all bad — some, like nitric oxide, are necessary for normal body function. Problems arise when they get out of control.
- Antioxidants neutralize free radicals by lending an electron, but in doing so they technically become free radicals themselves — just much weaker, far less damaging ones.
- The body relies on five major antioxidants: vitamin E, vitamin C, alpha lipoic acid, CoQ10, and glutathione. The body makes three of these itself, but often not enough, especially with age.
- For heart health specifically, vitamin E and CoQ10 stand out as the most important, with alpha lipoic acid being especially critical during or immediately after a stroke or heart attack to minimize damage.
- Antioxidants work as a network, regenerating each other — for example, vitamin C can "recharge" spent vitamin E so it can go back to neutralizing free radicals again.
- Glutathione may be hard to take effectively — it needs to be in liposomal form or absorbed another way (like a paste or perhaps derived from NAC) to actually benefit the body, since regular glutathione supplements aren't well absorbed.
- Phytonutrient antioxidants like flavonoids and carotenoids add another layer of protection for your heart, working alongside the five major antioxidants rather than replacing them.

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Chapter 7

Fish Oil and Heart Health: What the Studies Show (And What Most People Miss)



“One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother” (Prov 18:24, NIV).

Fish Oil is your friend. It can help your heart and your health overall.

The friend in this scripture clearly refers to Christ. He is the only one who sticks closer than a brother. He is everything.

Fish Oil is not quite the friend that Christ is, but it can often help your heart. Read on to find out how.

Introduction

Fish oil may be one of the most studied and most misunderstood supplements available today. In the US, it tends to be treated as just another item on the supplement shelf, but much of the rest of the world has understood its value for centuries — and as we will see, the science is catching up with what many cultures have long known.

In this chapter, we'll cover why fish oil matters so much for your heart, what the studies actually show, and a few important things you need to know before you just start taking it.

Story

My wife and I were watching a movie recently, and the movie was a historical Scandinavian movie with English subtitles. We were reading the subtitles. Normally, we don't do this, but this movie had somehow caught our attention.

The time period was sometime during the Middle Ages, likely a little later in the Middle Ages but not too late. The hero of the movie was a young man who was a very good warrior, and as

the movie opens, he and his friends are fighting an enemy. They defeat the invaders, but he is injured in the process.

As he enters his home, he loses consciousness from his wounds. His wife dresses his wounds and begins nursing him back to health. He can sip and swallow, but not much more. He is really out of it. She feeds him as much as she can every day from 2 bottles; one of the bottles contains water. What is in the other bottle? Then, after about a week, he begins to revive.

The warrior asks his wife about what she had been giving him, because it had really worked well. He even asks if it had been some strong liquor. She shows him the bottle and tells him she had been giving him fish oil. He says that it is great stuff and that he could really feel his strength returning.

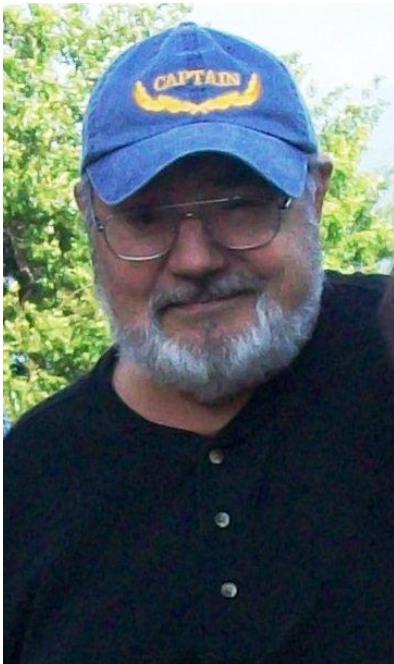
The warrior would go on to save the king as the movie unfolded.

Fish oil is more accepted around the world as good for your health than in the US. Many societies recognize the importance and benefits of fish oil, not only for heart health but also for overall health. Even today, you can buy very good fish oil from Nordic Naturals, originally founded in Arctic Norway. Their fish oil also contains a significant added ingredient, vitamin E.



Photo by Andrii Chepelovskyi

Too Much?



I described in a previous chapter that my dad saw a holistic doctor, an MD who also had extensive knowledge of nutrients. During his visit, she told him that he really couldn't eat too much fish oil and that it would always benefit his health. My dad took some for a while, but eventually, he let it slide, took less, started and stopped because of expense, and you get the picture. However, he has taken some over the years, and as I said in the previous chapter, he has never needed another new stent again.

By the way, about three months after seeing the doctor described above, my dad paid a visit to his cardiologist. After seeing that my dad's numbers were all improving, the cardiologist told him, "I don't know what you are doing, but keep doing it."

And, by the way, you really would have a tough time taking too much fish oil. One doctor used to give 9.6 grams of fish oil per day to his bipolar patients, and he had a great deal of success doing so

(1). I suppose one could take too much at some point, but it would be a very high quantity, way beyond the quantity of anything you would ever want or need.

We will see that there is an exception to this if you are low in vitamin E. If you are low in vitamin E, then fish oil could potentially be harmful.

Benefits

Study after study has found that fish oil will reduce your risk of heart disease. According to the studies, you can reduce your risk of heart disease by anywhere from 19% to around 43%, depending on how much fish oil you consume.

When a study in Japan used 1.8 grams of fish oil per day on a group of 3,600 people with cardiovascular disease, they found a 19 percent reduction in heart disease, including "...major coronary events compared to the control group" (2,3).

I would like to make a quick comment here. The Japanese people eat a lot of fish. One has to wonder about the control group. Did they tell them not to eat fish during the study? So, one has to ask if the "19 percent reduction" could have been significantly higher if there were better controls in the study. Then again, it might be unethical to tell people not to eat fish!

Another study used 4 grams of fish oil per day on a group of 8,179 patients who had an established history of heart disease and were already on statins. The results were compared with a placebo over a median of 4.9 years. They found that 4g/day cut the risk of heart attack, stroke, coronary procedures, hospitalization for unstable angina, or cardiovascular death by 25%, and there was also a 31% reduction in total major cardiovascular events (4). Of course, if you have been reading the previous chapters in this book, you will understand that the statins were not a factor other than to say that these were heart disease patients.

Again, a question I would pose: did the study examine the subjects' vitamin E levels? And still they saw a 31% reduction; not bad.

A third study showed a 43% reduction in heart disease. This clinical trial found that dialysis patients who took 4 grams of fish oil daily (containing EPA and DHA) experienced a 43% lower risk of major cardiovascular events — including heart attack, stroke, cardiac death, and vascular-related amputations — compared with those on placebo. The findings stand out in particular because very few treatments have ever successfully lowered heart risk in this high-risk group (5).

Again, what about vitamin E?

Another study by the Harvard School of Public Health showed that taking omega-3s, "...lowers plasma triglycerides, resting heart rate, and blood pressure and might also improve myocardial filling and efficiency, lower inflammation, and improve vascular function,' [and]... the benefits of omega-3s seem most consistent for coronary heart disease mortality and sudden cardiac death" (5).

In the US, it is a known fact that we are 90 percent deficient in omega-3s. "People who lack omega-3s in their diets are at greater risk of heart disease and chronic inflammation. Deficiencies



Photo by Pho Tomass

have been linked to a higher prevalence of Alzheimer's disease and dementia, ADD, violence, depression, and even suicide" (6).

Additionally, people who just eat more fish tend to have a reduced risk of heart disease as well. In 85,000 women followed for 16 years, those eating fish two to four times a week had a 31% lower risk of death from heart disease. A 12-year study of 43,671 men showed those eating fish one to three times a month had a 43% lower risk of stroke compared to those eating fish less than once a month (5).

These studies generally show how good fish oil is for overall heart health, but they do not get into the details that we will unfold as we continue. There is more to the story than just eating your fish oil. Although if you just eat fish oil alone, you will likely see great benefits.

A Little Lesson on Fats

The first thing you should know about the different types of fat is that no food falls completely into one category. In other words, when people say things like butter or lard are saturated fats, this is only a partial truth. What they mean to say is that lard and butter are predominantly saturated fats. Let me explain more.

There are basically 3 general classifications of fats:

1. Saturated fats
2. Monounsaturated fats
3. Polyunsaturated fats

Saturated fats have zero double bonds between their carbon atoms in the fatty acid chain. The carbon atoms are fully saturated with hydrogen. You don't need to understand this. Just know that these types of fats are the most stable when it comes to human health.

Monounsaturated fats have one double bond. I won't explain more. These are less stable than saturated fats, but not as unstable as polyunsaturated fats.

Polyunsaturated fats have two or more double bonds, and this makes these types of fats the most unstable.

Another type of fat to be aware of is **trans fat**. Everyone agrees, including the US government, that this is the really damaging kind of fat that has very bad heart health implications.

I once heard a speech on saturated fats and why they were supposedly bad for our health. The speaker told us that trans fats are bad for us. Then he said that trans fats are saturated fats. He concluded, therefore, that saturated fats are bad for us. The speaker used a classic logical fallacy.

It goes like this... Dogs have four legs. Animals have four legs. Therefore, all animals are dogs. The truth is that saturated fats fall into different categories, and only one of them is a trans fat. Most saturated fats, like the examples I will give in a minute, are beneficial and are not trans fats.

Saturated fats do not readily form free radicals because they have no double bonds. They are healthy and do not need intervention. Read my chapter on eating fats, "Why the Low-Fat Diet Myth Is Hurting Your Heart Health (and What to Eat Instead)," for more information on how fats are good for your health in general.

Monounsaturated fats have only one double bond and therefore are less dangerous. For example, one type of monounsaturated fat is avocado oil, and it is pretty good to cook with because it has a high smoke point and only one double bond. I highly recommend it. However, ghee has a higher smoke point, and I recommend it more. Ghee contains butyric acid, which is a short-chain fatty acid and is great for gut health. Olive oil is another monounsaturated fat and has lots of health benefits that I will discuss in another chapter.

Let's go back to trans fats. Supposedly, the US has banned the use of trans fat, but has it really?

When you cook with fats, there are two things to keep in mind. First is how unstable the fat is, and the second is the smoke point. Polyunsaturated fats are the most unstable, and this means that they break down more easily into free radicals and then eventually into trans-fatty acids. Each oil you cook with has a different smoke point. This is the temperature at which the oil begins to degrade. All oils degrade at some point. A polyunsaturated fat will degrade the most if you cook with it.

Again, all fat, no matter how good it is to begin with, will turn into trans fat eventually if you cook with the same fat long enough. So, our "ban" on trans fat really doesn't do much if you have a deep fryer turned on high all day long and you don't change it for a few days or longer. It is essentially just trans fat unless you happened to use it when it was just changed.

Let's look at some examples of different types of fats.

Examples of fats that are more **saturated** are lard, butter, ghee, tallow, etc. All of these fats have been with us for millennia.

Examples of fats that are more **monounsaturated** are olive oil, avocado oil, walnut oil, almond oil, etc. These oils have been with us for centuries and millennia.

Examples of fats that are more **polyunsaturated** include canola oil, vegetable oil, and corn oil. These fats were created in the **20th century**. Fish oil, on the other hand, is a different type of polyunsaturated fat that has been with us for millennia.

Foods and oils that contain predominantly polyunsaturated fat tend to create free radicals in the body. If you cook with them, they create more. All of these free radicals require more antioxidants, such as vitamin E, to defeat them. This is why these oils lower your vitamin E levels. Even if you read on the internet how high vegetable oil or another seed oil is in vitamin E, the truth is that they are always a net negative.

By the way, the free radicals created also tend to create more free radicals in a chain reaction if there is no vitamin E present. Many Americans are desperately low in vitamin E, and when we consume these polyunsaturated foods, we make it worse, sometimes by a great deal.

By the way, if you have enough of these particular free radicals, your body will tend to make trans fat on its own. That's right, you make it right inside your own body.

Omega-3 and Vitamin E

Fish oil is very high in a fat known as omega-3. Omega-3 and omega-6 are both polyunsaturated fats. We will talk more about omega-6 in a minute.

Unfortunately, the problem of free radicals applies to fish oil as well because it contains a lot of the polyunsaturated fat, omega-3. So, if you consume a large amount of fish oil and your body is devoid of vitamin E, you will eventually do your body more harm than good.

You need Vitamin E. You really do.

However, if you have enough vitamin E, then the fish oil can be very beneficial for your heart health and overall health. Vitamin E stops the chain reaction of free radical formation and damage.

Now ask yourself this: how many of the studies cited earlier **knew** that adding vitamin E was **crucial**? What if they knew this and always added adequate amounts of vitamin E when they gave the fish oil? What percentage of people would have been helped then?

A Few More Words About Fish Oil

When companies manufacture fish oil, much of the vitamin E is destroyed. The normal processing removes all of the vitamin E, and even the cold-press processing removes some. If the oil is filtered for toxins like mercury, then this process likely cleans out what may have been left.

Most manufacturers then add back some synthetic vitamin E and encapsulate the oil in capsules, so that no oxygen touches the oil. This ensures the fish oil does not spoil. However, is there enough vitamin E to account for all the free radicals? The synthetic vitamin E added back is generally meant to preserve the oil, not provide adequate intake for human health. Let's move on.



For the geeks out there, fish oil contains a lot of EPA and DHA. These are specific kinds of omega-3s. DHA is the most important for human health because this form is used the most directly by the body. EPA is generally converted into DHA, and when it is used, it is also used by the body directly to a lesser extent.

Your brain, in particular, needs a lot of DHA. People talk about salmon being so good for you because it is high in DHA. The DHA in human breast milk is the most bioavailable and will benefit babies the most. Women who consume more DHA when pregnant tend to have more DHA in their milk. Walnuts are 4 times higher by weight in DHA than salmon, and they usually contain no mercury or much less mercury. Farm-raised salmon is generally not as good as wild-caught because of the added chemicals and toxins. Whole Foods Market grocery store has better standards than most, making its farm-raised salmon perhaps better than any wild-caught salmon you can find.

DHA is very beneficial for your brain and heart for many reasons. One reason is that it helps make the cells of the body more pliable and thus allows signals, nutrients, oxygen, and everything else to pass through more easily. This improves both heart health and overall health.

One last thought: the DHA in fish oil is preformed, and this makes it far more efficient and bioavailable than plant-based omega-3 sources like flaxseed, which require conversion.

Bad Omega-6

Omega-6 oil is another type of fat that we consume, and it is also polyunsaturated. You need a little omega-6 in your diet, and this is generally healthy. However, most people in the US consume inordinate amounts of omega-6.

The reason for this is that foods made with omega-6 oils tend to be more shelf-stable than those made with other oils. Breads, crackers, chips, and many other processed foods are often made with omega-6 fats to make them able to sit on the grocery store shelves longer. As Americans, we consume a high quantity of these foods, and so our omega-6 tends to be higher.

The old advice given by most doctors used to be to eat a low-fat diet, and if you eat fat, use vegetable or seed oils. Unfortunately, this advice hasn't changed much. These oils are high in omega-6. Now, you have omega-6 from consuming the oils directly and omega-6 from all of the processed foods just described.

Omega-6 fats tend to cause inflammation in the body, and a small amount of this is good. For example, it allows our immune system to function properly. However, too much inflammation causes harm in many ways, including affecting your heart and brain.

In a previous chapter, "Why the Low-Fat Diet Myth Is Hurting Your Heart Health (and What to Eat Instead)," I talked about eating fat (and protein) instead of simple carbs like table sugar,

pasta, and bread. I said that sugar creates small-particle cholesterol, which is really the only bad cholesterol. So, eat a high-fat diet.

The omega-6 oils would be an exception to this. Even though omega-6 is a fat, it will also increase your small-particle cholesterol, just like simple carbs. You know, the kind of small-particle cholesterol that no doctor ever looks at unless they order a test from Boston Heart or similar.

Listen to what Dr. Bowden has to say about linoleic acid, a type of omega-6. "One research study showed that a diet enriched with linoleic acid increased the oxidation of the small, nasty LDL particles, precisely the cholesterol particles that are most dangerous and most involved in the formation of arterial plaque" (3).

Lastly, after all that bashing of omega-6, there is one exception to this general rule. Many Americans tend to be low in Gamma Linoleic Acid (GLA). This omega-6 happens to be very beneficial for you. Supplementing with Evening Primrose Oil and Borage Oil tends to raise your GLA. GLA, unlike other forms of omega-6, is anti-inflammatory and is usually beneficial.

But keep in mind, omega-6, including GLA, is a polyunsaturated fat and needs to be combined with vitamin E. Without vitamin E, all of the negatives I mentioned above about omega-6 are made worse.

Balance is Important

Lastly, let's talk about balance – a healthy balance between omega-6 and omega-3. The ratio many consider healthy is around 4 to 1. Anything from 4 to 1 or less is considered good; some say 3 to 1 or 2 to 1 is better. Most people in the US test out around 20 to 1. This means most of us consume 20 times more omega-6 than omega-3 fats, and this is not good. You can get out of balance in the other direction as well, but this is rare today.

Listen to what Dr. Bowden says can be a consequence of this: "Omega-6s and omega-3s compete for the same enzymes, and when omega-6 intake is very high, it wins the competition by default. A high intake of omega-6 reduces the conversion of ALA into EPA and DHA, which might be another reason why high omega-6 diets contribute to heart disease. So not only are those omega-6 fatty acids pro-inflammatory on their own, but they also reduce the body's ability to produce two of the most anti-inflammatory substances on the planet: the omega-3s EPA and DHA. It's a double whammy, and your heart is the loser" (3).

Dr. Bowden has a lot to say about a healthy ratio of omega-6 to omega-3. He says too much omega-6 leads to atherosclerosis. "For example, the primary omega-6 fatty acid—linoleic acid—has been shown to increase the oxidation of LDL cholesterol, thus increasing the severity of coronary atherosclerosis" (3).

He says the higher intake of omega-6 means increased death rates from heart disease of all sorts worldwide, and lower death rates are associated with a healthier balance. "And in the famous MRFIT study, subjects with the lowest ratio of omega-6 to omega-3 (i.e., those with the lowest intakes of omega-6 relative to their omega-3 intakes) had the lowest death rate" (3).

New Things to Remember from This Book

1. Shute used vitamins C and E and helped 80 to 85% of his patients.
2. What if he had added vitamins K2, D3, and magnesium?
3. What if he had cut down on people's calcium and balanced and raised all their minerals?
4. What if he had told them to eat a high-fat diet?
5. What if he had told them to take all their antioxidants?
6. What if he had used fish oil?
7. And what if he had remembered that fish oil with vitamin E is way more powerful than fish oil alone and would likely help more than 43% of heart disease patients?

Conclusion and Takeaways

Fish oil is one of the most powerful tools available for protecting your heart, but like most things in nutrition, the full picture matters. Here are a few things to take away from this chapter:

- Study after study confirms that fish oil significantly reduces the risk of heart attack, stroke, and cardiovascular death — with benefits ranging from 19% to 43% depending on the dose and population studied.
- Fish oil is a polyunsaturated fat, which means it is vulnerable to free radical damage. If you are low in vitamin E, taking large amounts of fish oil without correcting that deficiency can potentially do more harm than good. Vitamin E is not optional here.
- DHA is the most critical omega-3 for your brain and heart, and it is already preformed in fish oil.
- Most Americans are consuming omega-6 and omega-3 fats at a ratio of around 20 to 1, when the healthy target is closer to 4 to 1. This imbalance quietly drives inflammation, raises the dangerous small-particle LDL, and actively undermines the body's ability to produce EPA and DHA on its own.
- Getting the balance right — more omega-3, less omega-6, and enough vitamin E to protect both — is where the real benefit lies.

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Chapter 8

Toxins, Whole Foods, and Natural Blood Thinners for Heart Health (Part 1)



“Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written” (John 21:25, NIV).

Just as the Apostle John was lamenting the fact that there was too much to say about all the wonderful things that could be said about Christ, who He was and what He did, there is more information that I could tell you about heart health. Obviously, there is much more to say about Christ than there is about heart health, but it is analogous to what I would like to say. There will be just two more chapters, and they will basically be a two-part chapter.

Introduction

By now, if you've been following along in this book, you've seen some powerful ways to lower your risk of heart disease — and, in some cases, even begin to reverse it. We've covered the science of nutrients and what they can do for your heart and your overall health.

In this chapter, I want to turn to a handful of other areas that matter for heart health but haven't had their own spotlight yet: clearing toxins from the body, the power of real whole food, the role of olive oil, and a few natural compounds — resveratrol, cocoa flavanols, curcumin, and others — that can support healthy blood flow. Each of these topics deserves a deeper dive than I'll give it here, so think of this as a quick tour rather than the full map. I'd encourage you to research further on your own, especially into areas I won't have room to cover, like Ginkgo Biloba, Boswellia, Myrrh, and many more.

Toxins and Heart Health

Removing toxins can often help with heart conditions and your overall health. Toxins are barriers blocking the body from healing itself. There is a lot more that can be said about this topic than I am mentioning here.

Nonetheless, let's revisit our discussion from the last chapter on fish oil for a second. One problem with fish oil is that sometimes the fish oil may contain mercury or other toxins. This is true of fish as well. Generally speaking, the larger the fish, the more toxins it will have. This is because the larger fish eat the smaller fish, and if the smaller fish contain toxins, the concentration of toxins tends to increase the higher you go up the fish food chain.

Everyone is worried about mercury specifically, and this is a good poison to be worried about, as it is the second most toxic poison known to man, right behind plutonium. However, fish generally contain a lot more toxins than just mercury, and if mercury is the only one you get rid of, you can still have some pretty toxic fish. And you may wind up with some toxic fish oil as well.

My advice to you is to try to find and buy reputable sources of fish oil and stay away from the cheap big-box store brands. Many manufacturers try to remove mercury when they make fish oil. They generally don't remove other toxins. Other makers remove even less.

Also, you may want to try to do a detox on yourself now and again. This is good for many health reasons, not just your heart. Your antioxidants should help with this. Also, I would mention baking soda in very small doses, the supplement Arginex made by Standard Process, and other supplements as well.

Regular saunas, infrared saunas, near-infrared saunas, and red-light saunas are some great ways to detox. Your body sweats out the toxins.

Ionic foot baths and regular baths with bentonite clay and optionally baking soda in the bath water can help as well. Be careful with the bentonite clay baths (or, to a lesser extent, the other detox methods as well), as this technique may also remove some of your good minerals at the same time.

Perhaps the worst way to detox is to go to your doctor and ask for chelation therapy. This method may actually be helpful at times, but often it is just way too drastic. If bentonite clay baths remove some good minerals, and they are like an ice cube, then chelation removes way more and is like an iceberg. If you do chelation therapy, take a good multi-mineral, like sea salt, and get a Hair Tissue Mineral Analysis (HTMA) test done to check your mineral levels.

Activated charcoal and activated clay are also helpful, but be careful not to overuse them. Too much activated charcoal will give you constipation, so take it very slowly.

Vitamin C and salt water (made with sea salt) are among the safest ways to detox. Again, don't overdo the sea salt all at once. And there are many other ways to detox, such as herbal teas and more.

Eating Real, Whole Food for Heart Health

A related subject to detoxification is that of eating right. Once the barriers to healing are removed, the body needs building blocks. And by the way, not only is organic food higher in nutrients, but organic food is also lower in toxins. Many people have overcome many degenerative conditions, not just heart disease, by simply eating right. I want to share a story here that I put in my book on mental illness, *Heal Your Brain and Mood Naturally: A Do-It-Yourself Guide*. It's about a guy named Stamatis.

How powerful can the food you eat be? Consider the story of Stamatis Moraitis, a Greek man who was living in Florida and diagnosed with cancer. He eventually decided to go home to the island “where people forget to die.”

“One day in 1976, Stamatis Moraitis of Boynton Beach, Florida, felt short of breath. Climbing stairs was a chore; he had to quit working midday. After reviewing his X-rays, his doctor concluded that Stamatis had lung cancer. As he recalls, nine other doctors confirmed the diagnosis. They gave him nine months to live. He was in his mid-60s” (1).

Nine different doctors confirmed the prognosis. So, Stamatis decided to move back to the island with his Greek relatives, where he grew up off the coast of Turkey. Life was different there and much more relaxing. He decided that this would be a good place to die. One problem: he didn't die. He just kept living and living and got better and stronger.

His diet had radically changed to that of the island locals. He was eating natural garden-grown produce, good wine, and lots of freshly caught fish. Fresh non-pasteurized goat cheese, Kalamata olives, and fresh hummus were the name of the game. All kinds of great locally grown herbs were included, and more.



Photo by Areti Kr.

Eventually, after he had lived for another 25 years, he decided to go back to the United States to visit the doctors who said he had lung cancer and who had given him nine months to live. He wanted to ask them to explain his health. They, however, could not answer him because they were all dead!

Stamatis, who was told he was going to die in nine months in his mid-60s, eventually did die on his island home at the official age of 98. According to

Stamatis, his actual age was 103 years old. He likely lied about his age to enter the military, so this may not have been an exaggeration.

He did not take any medications to recover. He simply changed his diet and surroundings.

Read the rest of the story here: <https://www.rd.com/article/island-people-forget-to-die/> (2).

Stamatis had cancer, but you have a heart condition. I know, but the story is still relevant. People have reversed all kinds of conditions from multiple sclerosis to mental health conditions to heart disease and more, through eating a real diet, consisting of natural whole foods devoid of glyphosate, non-GMO food, organic food, grass-fed meats, smaller fish, and freshwater fish when possible.

If you eat **real**, good food, you will likely help your heart. You will help your overall health as well.

You know from a previous chapter that this means eating fat. I described this in the chapter titled “*Why the Low-Fat Diet Myth Is Hurting Your Heart Health (and What to Eat Instead)*.”

However, there is a lot more to eating right than just including more fat (and protein). For example, you need to be aware that there are a lot of toxins in our food supply. If you eat better foods, you give the body a chance to recover by avoiding these toxins.

Organic produce has more nutrients than regular produce. For example, organic spinach tends to be high in the healthy mineral zinc. Regular spinach can often be high in the toxic metal cadmium because it tends to absorb it if there is no zinc in the soil. Grass-fed meats are higher in omega-3, usually by 6 or 7 to 1. They tend to have a perfect balance of omega-6 to omega-3 fatty acids.

If you look for and buy organic produce, grass-fed meats, wild-caught fish, or fish that has been farm-raised only from Whole Foods Market, if you don’t eat GMO food of any kind, and if you think about what you are eating, you will likely start to get better.

Stamatis didn’t take any supplements; he simply changed his diet and surroundings. He even drank plenty of real wine.

By the way, **real** wine is made from grapes and grown in organic soil. It doesn’t have added sugar to artificially raise the alcohol level. It has no added yeast, enzymes, sulfites, or sugar. It is way better for you than you might think. But it can be difficult to find here in the US, although it is possible.

All of us can recreate going to the island Stamatis went to, right here in the US, the island where people forget to die. It may be more difficult, but it can be done.

Olive Oil and Heart Health

So many positive things could be said about olive oil that it is hard to know where to begin. For example, in southern Europe, like in Greece and Crete, there are significantly lower rates of



Photo by Damir Mijailovic

cardiovascular disease compared to northern Europe. In southern Europe, their diets are “higher in monounsaturated fat (mostly from olive oil) and lower in omega-6 fat” (3, 4).

In a study on olive oil for blood pressure, it was found that those on the olive-oil diet reduced their need for blood pressure medications by 48 percent, compared to just 4 percent after being on a sunflower-oil diet. Some patients were able to quit their blood pressure medications completely. Some people on the sunflower-oil diet wound up needing more medications.

“The primary type of fat in olive oil, called oleic acid, has been found to have multiple positive effects on cardiovascular health: it reduces the susceptibility of LDL to oxidation, reduces blood coagulation, and improves blood-vessel function” (4). Not only does

olive oil reduce heart disease, including oxidative damage, but it is also known to help with diabetes as well (4).

Resveratrol for Heart Health

Next, consider resveratrol. This is a very powerful phytonutrient with many beneficial properties. I mentioned this one in passing when I was talking about antioxidants. I, in essence, skipped it in favor of other phytonutrients. I want to revisit it now.

Resveratrol is best known for helping with aging. Many people take it to live longer lives. However, one thing about resveratrol is the expense. If you want the beneficial effects from it, you may need to pay for it. Resveratrol works best if you take more of it, so there are no clear guidelines. If you have the money, though, it can be a powerful ally. It is very beneficial for the heart and your overall health.

“It helps protect the arteries by improving their elasticity, inhibits blood clots, and lowers both oxidized LDL and blood pressure” (5). It controls and inhibits inflammatory enzymes in the body that contribute to heart disease. “It also inhibits the ability of certain molecules to stick to the arterial walls, where they can take up residence and contribute to inflammation” (5).



Red wine is high in Resveratrol
Photo by Andrew Patrick

Cocoa Flavanols and Heart Health

People who eat chocolate tend to live longer, have healthier hearts, and healthier lives. It can help with blood pressure and increase nitric oxide when needed, and it tends to inhibit atherosclerosis.

The best form of chocolate is dark chocolate, or simply the powdered cacao, perhaps added to your smoothie, for example. More sugar doesn't help. "Researchers in Germany followed more than 19,000 people for a minimum of ten years and found that those who ate the most flavanol-rich dark chocolate had lower blood pressure and a 39 percent lower risk of having a heart attack or stroke compared to those who ate almost no chocolate" (5).

Other Natural Blood Thinners

There are a number of natural blood thinners. The natural blood thinners do not work by the same principle as the pharmaceutical-grade prescribed blood thinners. That said, it may not be a good idea to mix them. However, you may talk with your doctor about lowering your dose or going off the prescriptions. He will likely fight you, however.

One has to wonder about taking a chemical prescription over all the benefits you can receive from all of these wonderful nutrients. Is the prescription really worth it?

We have already mentioned fish oil in a previous chapter. It is a natural blood thinner. Let's look at some more.

Curcumin

Many know that curcumin is anti-inflammatory in nature; however, fewer people are aware of what it can do for the heart. It is anti-thrombotic in nature and has many other positive cardiovascular effects. "Curcumin also reduces oxidized LDL cholesterol. In animal studies, it was shown to protect the lining of the artery walls from damage caused by homocysteine. The synergistic relationship of curcumin with resveratrol is especially important" (5).

Vitamin B5

There have been some reports that vitamin B5 will thin your blood and has beneficial effects on cholesterol. I don't know if this one will help with actual small-particle cholesterol, which is the only type you need to worry about. But it would not hurt to take a little more B5 anyway. This will also help you deal with stress better. You may want to consider taking a balanced B50 complex as well, as sometimes when you take a single B vitamin, you lower other B vitamins a little.

Nattokinase

Nattokinase and lumbrokinase have been reported to help with blood thinning. "They can literally turn your blood from the consistency of ketchup to the consistency of red wine! Best of

all, they work pretty quickly, within minutes to hours. If you take these supplements preventively, you may not form clots in the first place” (5).

Conclusion

Toxins, food quality, olive oil, and natural blood thinners may not get as much attention as cholesterol numbers or blood pressure readings, but they quietly shape how well your heart — and the rest of your body — functions every day. None of these is a magic fix on its own, but together they add up. In the next chapter, I'll pick up where this leaves off, looking at NSAIDs, organ health, and a few more pieces of the heart-health puzzle.

Key Takeaways

- **Detox thoughtfully.** Saunas, sea salt baths, activated charcoal, and vitamin C are gentler options; be cautious with more aggressive approaches like chelation therapy or frequent bentonite clay baths, which can strip beneficial minerals along with toxins.
- **Food quality matters as much as food choice.** Organic, grass-fed, and wild-caught options tend to carry more nutrients and fewer toxins than their conventional counterparts.
- **Olive oil is a standout.** Its oleic acid content is linked to better blood vessel function, lower blood coagulation, and reduced LDL oxidation.
- **Natural compounds can support blood flow.** Resveratrol, curcumin, cocoa flavanols, B5, and nattokinase each offer cardiovascular benefits worth exploring — ideally in conversation with your doctor, especially if you're already on blood-thinning medication.

To Be Continued

I will continue this discussion in the next chapter.

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Chapter 9

NSAIDs, Organ Health, and Natural Remedies for Heart Health (Part 2)



This is a continuation of the previous chapter and the conclusion of the book.

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (3 John 1:2, NKJV).

This is why I wrote this book. I pray that you may prosper and be in health. I also pray that you may know Jesus.

Introduction

In the last chapter, we looked at toxins, real food, olive oil, and a few natural compounds that support healthy blood flow. In this piece, I want to close out a few more important threads: why common pain relievers like NSAIDs may carry hidden risks for your heart, why steroids come with cardiovascular risks of their own, how liver and kidney health tie back to cardiovascular health, and a few practical notes on AFib and blood pressure. As with the previous chapter, these are quick overviews rather than deep dives — each topic could easily fill a chapter of its own.

NSAIDs and Heart Disease

Before I talk about Tylenol and other Nonsteroidal Anti-Inflammatory Drugs (NSAIDs), I want to say something about why most people take these pain drugs. We take them for aches and pains, but perhaps the most common reason is for the pain from arthritis.

Before I talk about the NSAIDs, let's look at arthritis itself. Speaking of rheumatoid arthritis, nutritionist and author Patrick Holford says, “It most often affects fingers, wrists, knees and ankles but can also affect other parts of the body such as heart tissue and muscles” (1). I will discuss in a moment why these NSAIDs are bad for your heart, but here, Holford is telling us that the underlying conditions that cause arthritis may also negatively contribute to heart disease.

It is beyond the scope of this book to describe this process in detail, but I will quickly give you the science and the cure, so to speak. Rheumatoid arthritis is an autoimmune condition. Some

other types of arthritis are also autoimmune conditions, and still others are related to autoimmune issues. Let's briefly look at the science.

According to Dr. Thompson, “On the biologically active end of every protein molecule is a complex monosaccharide receptor. These receptors are quite literally the keys that unlock every biochemical reaction in the human body, ranging from the formation of DNA and RNA to blood type, the creation and action of insulin, the action of all hormones, and every cell membrane receptor. Without the monosaccharide keys and the correctly fitting monosaccharide locks, things just don't work. Monosaccharide deficiencies are implicated in nearly all abnormal autoimmune responses whereby immune molecules, called immunoglobulins, become abnormal immunoglobulins” (2).

To cut to the chase, the human body needs 6 of these simple sugars called monosaccharides to thrive and be able to overcome your arthritis and other autoimmune conditions. Four of them are found in natural maple syrup (galactose, mannose, glucose, and fructose). You can get the other two from eating a stalk of celery every day and a sardine. Xylose is found in celery, and ribose is high in sardines. There are other sources of these monosaccharides as well.

On the other hand, taking NSAIDs can increase your risk of heart disease. Dr. Holford reports this: “As a study published in 2005 shows, other NSAIDs, including ibuprofen, can also raise the risk of heart attacks, although not by as much as Vioxx. A study in Spain in 2006 showed that NSAIDs can increase the risk of heart failure by 30 percent” (1).



www.kaboompics.com

Not all NSAIDs hurt the heart in the same way. Again, it is beyond the scope of this book to go into the details, but COX-1 and COX-2 are important human enzymes that have a lot to do with how we feel pain. The body needs these two enzymes to have a specific balance with each other. All NSAIDs mess with the body's natural balance between COX-1 and COX-2 in different ways. When these two enzymes are out of balance, the heart suffers. This is an oversimplification of what is going on, but it is a pretty good summary.

Differing NSAIDs affect the body in differing ways, including reducing overall vitamin C levels, damaging the liver, lowering glutathione levels, causing microbleeds, causing ulcers, causing nausea, causing vomiting, and much more. They all also increase your risk of heart disease, both directly and indirectly. When they mess with the balance of COX-1 and COX-2, they directly affect heart health. When they damage your liver or kidneys, they contribute to heart disease indirectly.

A better alternative to taking an NSAID is to use a more natural painkiller. Some of the more common painkillers are white willow bark, Boswellia, curcumin (or turmeric), olive oil, fish oil, and several others.

Steroids and Heart Health

The Minister of Finance in England died of a massive heart attack on April 10, 2014. Jim Flaherty's death brought public attention to the very real potential dangers of **steroids to heart health**. Mr. Flaherty had recently been given a steroid, Prednisone, to help with an autoimmune condition he was suffering from — then came the heart attack and death.

He was started on the steroid, Prednisone, in January of 2013 to help with a skin condition he was having. A recent study in England showed that there was a seven-fold increase in Acute Coronary Syndrome associated with regular steroid use after 7 days (3).

If you believe that steroids are a good way to help your pain from arthritis, your pain in general, or for treating other conditions, you may be sadly mistaken. Perhaps looking into **natural alternatives to steroids** is in order.

I already told you about some natural solutions to inflammation in general when I talked about white willow bark, Boswellia, and others. I already gave you a way to help with autoimmune conditions by eating all your monosaccharides. However, I want to add a few more thoughts.

If you feel the need to use steroids, there may be some alternatives that will work better without all of the nasty side effects: a seven-fold increase in "Acute Coronary Syndrome" (i.e., heart attack or heart failure, and such.) Let's begin to look at alternative solutions for **reducing inflammation naturally**.

Niacinamide (a form of vitamin B3) has been known to help with arthritis. Other B vitamins may help as well, and if you increase one B vitamin, you may also need to increase them all — this is because when you raise one, the others tend to drop a little. It is safe to take several thousand mg of Niacinamide and perhaps a B50 once or twice per day. Start small, like 500mg and one B50 pill per day. This is a gentler approach than steroids for many people.

Another option that many doctors used to rely on, but has largely fallen out of use over the years, is natural bovine, hog, or lamb adrenal extract. This can often provide relief similar to more powerful steroids without the same negative side effects.



Photo by Puwadon Sang-ngern

After the introduction of chemical steroids, doctors gradually moved away from these older, natural adrenal products. However, using a steroid such as cortisone can weaken the body's own

adrenal glands and contribute to a range of side effects, including heart-related concerns. Natural adrenal support, by contrast, works with the adrenal glands rather than suppressing them — which is one reason people dealing with adrenal burnout often respond well to it. It supports healing instead of further depleting the glands.

There are other natural ways to stop inflammation, fight pain, and help the body fight autoimmune conditions. This is just a brief overview — one that opens the door to further research.

Healing Other Body Organs Can Help as Well

This has already been stated and implied throughout this chapter and in other chapters in this book, but when your major body organs suffer, then you can have an increased risk of heart disease. For example, diabetes is more of a kidney disease than a heart disease, but you are kidding yourself if you don't believe that diabetes is a leading cause of the onset of heart disease. It is.

Healing your kidneys and liver will not only help your heart, but it will contribute to your overall health as well.

Liver Disease

To help your liver, you can try a liver detox such as the one found in my book on healing from mental illness naturally, *Heal Your Brain and Mood Naturally, A Do-It-Yourself Guide*. Here are some highlights that you can try.

You can often heal your liver by just taking alpha lipoic acid. The fact of the matter is, many people waiting on a liver transplant have overcome liver disease by just taking alpha lipoic acid regularly. Many didn't need a transplant; they just needed lipoic acid.

If you add the supplement Arginex, made by the company Standard Process, then you will increase your chances of healing your liver. Arginex is usually best taken as one pill, three times a day for 90 days. You may need to vary your approach.

Again, there are many other ways to heal your liver.

Kidney Disease (Including Diabetes)

As for healing your kidneys, you can do everything stated above for the liver and then add another step as well. Take baking soda. The process is this. You should take baking soda until you have raised your body's pH level to 7.4 (a child should be at 7.5).

The first thing you need to do is buy test strips to test your saliva pH levels. Don't get the kind that only tests your urine pH levels. Some kinds test either urine or saliva pH. Use this kind to test your saliva. Saliva pH is more reflective of your body's blood pH, which is what we are after.

Test your saliva pH often as you take baking soda. Stop when you reach 7.4.

Take ¼ tsp of baking soda per day for 14 days. Then stop for 14 days. Repeat until you reach 7.4.

Other Things

AFib

Also, note that AFib is not usually associated with plaque buildup on the arteries, but the two conditions (plaque buildup and AFib) can be deadly, and most would agree that the combination of the two is what often leads to stroke. I have found that the best way to combat AFib is with sea salt and electrolytes. If you consistently keep up your electrolytes and all your minerals through sea salt, you are unlikely to continue to have AFib.

Get an HTMA test done and go to work raising your minerals. And remember, your electrolytes tend to leave the body faster than the other minerals. The seven electrolytes are sodium, potassium, calcium, magnesium, chloride, bicarbonate, and phosphate. Most of us are already high in calcium, so be careful with this one in particular, and get your minerals tested. Take more electrolytes in general than the rest of your minerals.

What Helps Blood Pressure



Photo by Puwadon Sang-ngern

I'm not getting into the science of blood pressure in this book. I'm only going to list a few natural herbs that could help. Beetroot, hawthorn, berberine, hibiscus, artichoke, and ashwagandha are very helpful, as are turmeric, olive oil, fish oil, Boswellia, and many more.

Also, if you read my chapter on eating fat titled “Why the Low-Fat Diet Myth Is Hurting Your Heart Health (and What to Eat Instead),” you will know one pretty good way to lose weight, and losing weight tends to really help with blood pressure.

Lastly, raising all your mineral levels evenly tends to help (see the chapters on minerals). The number one reason most people in the U.S. have high blood pressure is because they follow a low salt diet. The idea that if you have low sodium, you will have low blood pressure is a myth. Moderate to higher sodium levels seems to be optimum, and very low and very excessively high levels seem to not be as beneficial. But more importantly, raising all your minerals in a more balanced method helps the most.

To my knowledge all the salt studies are only collected by test sodium in urine or asking about intake of regular table salt which is just sodium chloride and maybe some iodine. No studies that I am aware of test all mineral levels raised evenly or ask about taking sea salt. Sea salt has all the minerals the human body needs in perfect proportion.

Remember, eating low salt does not help. In most cases, it will raise your blood pressure. Excess calcium will also cause high blood pressure. Balance is key.

Conclusion

Heart health rarely comes down to just one factor — the heart doesn't operate in isolation from the liver, kidneys, or the rest of the body's systems. Managing pain without leaning too heavily on NSAIDs, supporting organ health, and keeping electrolytes and blood pressure in check are all pieces of the same picture. That brings us to the end of this two-part discussion and to the end of the book as a whole. In the book conclusion below, I'll pull together the biggest lessons from all nine chapters.

Key Takeaways

- **NSAIDs carry cardiovascular trade-offs.** Regular use has been linked to increased heart attack and heart failure risk; natural alternatives like white willow bark, Boswellia, and curcumin are worth discussing with your nutritionist or functional medicine practitioner.
- **Steroids carry their own cardiovascular risks.** Regular steroid use has been linked to a sharp rise (sevenfold) in Acute Coronary Syndrome risk; natural alternatives like niacinamide, B-complex vitamins, and natural adrenal support are worth discussing with your nutritionist or functional medicine practitioner.
- **Organ health and heart health are connected.** Liver and kidney function play a bigger role in cardiovascular risk — including diabetes-related risk — than many people realize.
- **Electrolytes matter for heart rhythm.** Keeping sodium, potassium, magnesium, and other electrolytes balanced may help support a healthy heart rhythm.
- **Blood pressure has natural allies.** Beetroot, hawthorn, berberine, ashwagandha, turmeric, and olive oil are among the options that may help, alongside weight management.

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Book Conclusion

In this book, we've looked at several ways you can improve your heart health — and possibly reverse damage that mainstream medicine tells you is permanent.

1. Shute used vitamins C and E and helped 80 to 85% of his patients.
2. What if he had added vitamins K2, D3, and magnesium?
3. What if he had cut down on people's calcium and balanced and raised all their minerals?
4. What if he had told them to eat a high-fat diet instead of a low-fat one?
5. What if he had told them to take all their antioxidants — not just E and C, but CoQ10, alpha lipoic acid, and glutathione too?
6. What if he had used fish oil in the right ratio with omega-6?
7. What if he had remembered that fish oil with vitamin E is far more powerful than fish oil alone and would likely have helped more than 43% of his patients?
8. What if he had helped his patients pull toxins out of their bodies and pointed them toward real, whole food instead of the processed food most of us grew up on?
9. What if he had looked at the NSAIDs sitting in their medicine cabinets, and at their livers and kidneys, and treated the whole person instead of just the heart in front of him?

Dr. Shute never got to ask these questions. He worked with what he had, and what he had — vitamin E and vitamin C — still helped the overwhelming majority of the more than 35,000 patients who came through his clinic. Imagine what those numbers might have looked like with everything you've just read added to the mix.

That's really what this book has been about. Not one supplement, not one silver bullet, but the accumulation of small, well-informed choices: the right form of vitamin E, minerals in balance instead of calcium alone, real food instead of the low-fat substitutes we were handed, antioxidants working as a team, fish oil paired with vitamin E, and a body freed from the burden of toxins, unnecessary NSAIDs, and overworked organs.

None of this is complicated. None of it requires a prescription. Most of it costs less than a single co-pay. And yet, as I said at the very start of this book, “my people are destroyed for lack of knowledge” (Hos. 4:6). Not because the knowledge doesn't exist — but because it's been buried, discouraged, or quietly written out of the conversation by people and institutions with every incentive to keep it that way.

Around one million Americans will die this year from hardening of the arteries and the conditions it causes. Next year, the number will likely be much the same. It doesn't have to be. You now have nine chapters' worth of reasons to believe that, and — more importantly — nine chapters' worth of specific, actionable steps to do something about it.

I am someone who believes you deserve to have this information in your hands, free of charge, so you can make an informed decision about your own body and your own life. If this book has helped you, please pass it on. Somebody you know is probably taking a statin, a daily NSAID, or a calcium supplement right now, quietly assuming it's helping them. They may not know there's another way.

You do now.

Photo and Image References

1. Many of the photos and illustrations were downloaded from <https://www.pexels.com/>.
2. One photo came from <https://unsplash.com/>.
3. ChatGPT.ai generated the photos of Thompson and Shute and a few others.
4. Gemini.ai generated the photo of Hoffer.
5. All other photos were owned by the writer or used with full permission.



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