CHELATION AND HEART DISEASE
by Billie J. Sahley, Ph.D. and Kathy Birkner, C.R.N.A., Ph.D.
Diplomates, American Academy of Pain Management

The heart is the most susceptible of all the organs to premature aging and free radical oxidative stress. Clinical research has clearly documented the role of free radical damage and the progression of numerous degenerative diseases, especially cardiovascular diseases. According to Dr. Ronald Klatz in his book *Advances in Anti-Aging Medicine, Volume 1*, cardiovascular disease is the leading cause of death in the United States. The National Institute of Health reports heart disease is responsible for more than $50 billion annually in medical costs and also in the loss of employment and productivity. The implication of current research is that 80-90% of all heart attacks and strokes are preventable.

They can be prevented by eliminating as much as possible those factors which increase our risk of heart disease. There are specific risk factors we cannot control: genetic, gender and age. But there are risk factors that you can control including exercising, weight, and stress. Most Americans consume at least 40% of their daily intake in fat. Saturated fat is generally the culprit. Saturated fat includes animal fat, hydrogenated fat, palm, coconut, butter, lard, etc. The body normally produces about 600 mg. of cholesterol daily for its use.

Symptoms of heart disease appear earlier in those with a family history of heart disease. They now appear in as many women as men. Aging, stress, environmental factors, lifestyle and disposition take their toll as aging occurs and nutritional support is deficient. People need to take control of their stress, diet, and environmental circumstances to begin a preventative medicine program to protect themselves. High blood cholesterol, high blood pressure, and cigarette smoking are the most dangerous risk factors leading to heart disease.

Coronary heart disease (CHD) is approximately four to five times more common in people with high blood pressure. High blood pressure makes the blood circulate in the body. When blood pressure becomes too high to be safe, the heart has to pump harder, the arteries become less elastic and atherosclerosis or hardening of the arteries accelerates. Approximately two in every six people in the United States have high blood pressure. Approximately 36 million people walk around with high blood pressure that could kill them, and they are not aware they have a problem.

An ounce of prevention is worth a pound of cure. Each risk factor increases the chances of a heart attack by two to three times. Two risk factors increase the danger three to four times. If you have three risk factors the danger increases eight to ten times.

New studies suggest that adults who silently hold negative emotions (or are more stoic) are dramatically increasing their risk of a lethal heart attack. By harboring and not expressing emotions, and acting as if nothing is wrong, a person multiplies their chance of dying from a heart attack. This person is a Type D or distressed. This person needs help to learn to express their feelings through behavioral therapy so they can let them go.

In one study of 303 CHD patients followed for six to ten years, those that hid negative emotions were four times more likely to die of a heart attack. Anxiety and stress tend to enhance artery narrowing and promote arrhythmia. Findings of a United States study involving 260 women showed that those with CHD were more anxious and tended to suppress anger. Often this is seen in the "ladylike women who take care of everybody except themselves."

If you suspect you have high blood pressure, have it checked by your physician. The blood machines in many drug stores are not accurate. With age comes a higher risk of high blood pressure.

Understanding Heart Disease

Angina is chest pain. It often occurs during stressful situations or during exertion. The frequency and severity of angina is most often determined by the stress and anxiety in a person's life. The psychological component is a major factor. Arrhythmia's are irregular heart beats. These most often occur in people with heart disease and in some who do not. Certain types of arrhythmia's cause some people a lot of anxiety because they become very aware of their heartbeat. Here again, stress can cause arrhythmias. Certain types are benign, others can be more serious. If you are experiencing this type of problem, see your doctor and find out exactly what you have and how serious it is.

Atherosclerosis is damage and hardening of the arteries. This is a major problem in America today. Dr. Julian Whitaker in his book, *Is Heart Surgery Necessary*, states atherosclerosis is fat and cholesterol buildup in the arteries. There is a two step process to heart disease. First, the arteries are damaged. Then the plague forms and creates blockages in the arteries. Dr. Whitaker notes, placed end-to-end all the blood vessels in the body would stretch some 60,000 miles in length. The key is to keep the arteries clean and free of plaque.

Congestive Heart Failure is a condition whereby the heart enlarges, causing it to grow week. Multiple changes take place, then fluid backs up into the lungs. Symptoms of congestive heart failure are shortness of breath, weakness, weight loss and fatigue. Congestive heart failure can result from impaired blood flow due to atherosclerosis or it can develop into a condition called cardiomyopathy.
Chelation For Heart Disease

Chelation is the removal of toxic calcium deposits and other harmful free radicals from your arteries. Chelation can restore the body's normal enzyme function by removing heavy metals like lead and mercury that interfere with enzymes.

In recent years cardiovascular disease has been the number one reason for hospital visits. This includes congestive heart failure especially for those 60 years or older. Chelation is very beneficial to those whose primary problem is arteriosclerosis. This problem is a systemic condition. This means arteriosclerosis is present in the brain, kidneys, lungs, legs and coronary arteries.

Blockages that lead to arteriosclerosis occur not only in the large blood vessels but in the small ones as well. Oxygen exchange takes place in your blood vessels and capillaries especially the smaller blood vessels. The key is to protect the critical life line of oxygen that your body feeds from, especially your heart.

The best way to remove plaque and restore blood flow throughout your entire arterial system is with oral chelation. There is also a form of I.V. chelation that must be performed in a doctors office.

Suggested Nutritional Support

1. TotalVite -1 daily for a complete multivitamin.
2. Take antioxidants such as Deluxe Scavengers which contains beta-carotene, Vitamin C, CoEnzyme Q10, bioflavonoids, Vitamin E, Selenium, NAC (N-Acetyl Cysteine), P5P (B6). Antioxidants help to protect against free radical damage. Oxidative damage from free radicals tremendously increases the level of low-density lipids (LDL) or bad cholesterol O.P.C. (Pycnogenol) is a potent antioxidant, about ten times more potent than Vitamin E. The recommended dose is 3 daily.
3. Vitamin E is a good all around antioxidant, plus it is very important with heart disease. Vitamin E tends to have a protective factor in the arteries reducing the plaque build-up that causes arteriosclerosis. In the Nurses' Health Study consisting of 121,000 female nurses aged 30-35, higher intake of Vitamin E was associated with 34% and 22% lower risks of heart disease, respectively. Use 400 to 800 I.U. per day.
4. Supplement with magnesium. It is THE STRESS MINERAL. Use four to six Mag Link per day, divided. Generally, the limiting factor is loose stool or diarrhea. If this occurs, decrease the amount by one. Mag Link is superior to other forms of magnesium because it is a magnesium chloride that is the form present in the body. It is usually tolerated and absorbed well. Magnesium deficiency is present in about 70% of Americans. — probably due to the increased food processing and refining, and modern agriculture which depletes the soil of essential minerals. Yet, magnesium plays a key role in over 50 biochemical reactions in the body, and a deficiency results in a wide range of symptoms. Magnesium is needed for growth and development, immune system function, wound healing, muscle relaxation (both skeletal and heart), and numerous activities in the nervous system and brain. Foods rich in magnesium include nuts, whole grains, seeds, green vegetables and animal foods.

Magnesium along with other vitamins and minerals plays an important role in arteriosclerosis prevention, muscle spasms, mitral value prolapse, CHD, fatigue and more. Magnesium is vitally important and deficient in people with high blood pressure and arrhythmias. Even hypoglycemia, asthma, fibromyalgia, kidney stones and migraines are affected by magnesium.
5. CoEnzyme Q10 is an enzyme that decreases in the body with age. It is essential in people with hypertension, CHD, and CHF. Supplement with 30 to 150 mg. per day. Julian Whitaker, M.D. recommends 150 mg daily for those with heart problems.
6. Reduce anxiety and stress with Anxiety Control 24. Use four per day.
7. Melatonin. Use one to three milligrams at bedtime to help sleep. Melatonin according to Dr. Russell Reiter is the most potent antioxidant known. 5-HTP is also very beneficial to sleep.
8. Malle actd is an excellent chelation product for the removal of aluminum. Use 2, 600 mg capsules daily.
10. Add Ester C - 2,000 to 5,000 mg per day, divided.
11. DHEA - 25 to 50 mg per day, upon arising in the morning, on an empty stomach. (Have your physician check your DHEA sulfate level to obtain a starting point, and then have it checked 2 to 3 months after starting DHEA). In patients with CHD, the blood levels of DHEA have been very low; i.e., DHEA sulfate level of 4 (normal is 250 - 900).

References And Resources

References and resources for this article are not provided.