Coronary Heart Disease, Stroke, Cardiovascular Disease, and Vitamin C Deficiency

review by Owen R. Fonorow, Vitamin C Foundation

Stop America's #1 Killer – Reversible Vitamin Deficiency Found to be Origin of ALL Coronary Heart Disease by Thomas E. Levy, MD, JD

The same crime is committed every day around the world. Cardiologists, when asked, tell their patients that there is no “proven” connection between vitamin C and heart disease. The extent of this crime is revealed by the new Thomas Levy book, Stop America’s #1 Killer – Reversible Vitamin Deficiency Found to be Origin of ALL Coronary Heart Disease.

Thomas Levy is a truth-seeker. He may be unique in that he is a trained cardiologist who also understands the true nature of vitamin C. His previous vitamin C book, Curing the Incurable: Vitamin C, Infectious Diseases and Toxins, was outstanding. After reading the new Levy book, one gets the sheepish feeling that we should have known better. We all believe the “myth” that there was no science behind vitamin C and heart disease. Dr. Levy begs to differ. The evidence is overwhelming, and one wonders what will happen to cardiology now that the science has been uncovered?

Levy covers a controversial subject that is made difficult by the sheer volume of research. His unified presentation leaves the reader with the inescapable conclusion, as a matter of scientific fact, that heart disease can be completely prevented. Patients suffering cardiovascular disease who read the book may now finally begin to understand their conditions. Levy cites more than 650 peer-reviewed studies, which include scientific evidence that many forms of heart disease can be reversed.

The reader should be prepared to learn something on every page. One example is the fact that there are coronary arteries on the inside and outside (surface) of the heart. Only the outside or surface coronary arteries get clogged or become blocked with plaque.

Levy explains that long-established and “involved” plaques develop capillaries to feed internal cells. His diagrams and description describing thick plaques make them appear tumor-like, but capillaries resemble veins in that they are not strong and may burst when the blood pressure is high. When these capillaries feeding the blockage burst, the entire cascade of clotting events that lead to a clot and a heart attack can occur.

The connection between a vitamin C deficiency and every aspect of cardiovascular disease is explained clearly, with references, in a manner understandable by everyone. This book creates a moral obligation, and may even create a legal obligation, for any doctor (especially any cardiologist) who can be made to read it. We should all be eternally grateful to Dr. Thomas Levy.