

Heartfelt Matters

Cardiac wards are familiar stomping grounds for some of us. I watched my father for my entire lifetime, deal with the challenges that came with a heart damaged by rheumatic fever. The culmination to his lifelong battle ended with the only remaining solution which was a new heart. He didn't make it.

Could he have done anything differently? Absolutely. The most popular theory with respect to why we acquire heart disease and inflammation is because of the presence of acidic waste in the system. Acidic waste is directly related to what we eat and just how much stress our bodies endure continually. Acidic waste tears and scratches the inner vascular walls and these injured dying cells, also

being acidic in nature, cause the immune system to encapsulate these germ-ridden colonies. Encapsulations of any kind in the body are called tumors. This in turn patches the walls of the arteries with fatty plaque to save you from a catastrophic health situation. The build-up of calcified plaque becomes dangerous when it breaks away from the cell walls as it can cause a heart attack.

The good news is that heart disease is largely preventable. Heart disease is more prevalent in women but women still fear breast cancer more.

Any injury to the heart muscle could potentially cause irreversible damage. Although modern medicine can provide you with interim solutions



such as artificial valves and bypass surgery, it is far better never to be in such a position.

It is easy to dismiss the warning signs of heart disease, heart attack, high cholesterol and blood pressure. Be aware and make responsible decisions based on knowledge to ensure a long, happy and disease free life.

Arteriosclerosis & Atherosclerosis

Heart disease is clearly a reflection of our modern lifestyle. Diets that include excess saturated and trans fat raise blood cholesterol levels and lack of fiber, and sedentary living compound the problem. Cigarette smoking alone raises coronary risks significantly.

Arteriosclerosis is often referred to as hardening of the arteries. This occurs over numbers of years resulting in brittle thick vascular walls. It can involve depositing calcium in the arteries, the brain, kidneys, upper and lower extremities.

Atherosclerosis involves

the buildup of fatty deposits in the innermost lining of large and medium-sized arteries. Atherosclerosis often leads to coronary heart disease, strokes, and other disorders because of the occurrence of blood clots which form in the narrowed arteries.

HEART FACTS

- Heart disease is the #1 cause of death in American women.
- More than 1 million Americans suffer a heart attack annually and about 500,000 people die from heart disease alone.
- Nearly half of those suffering from heart attacks are under 65 years of age.
- It is estimated that nearly half of women will eventually die of heart disease or stroke.
- 38% of women who have heart attacks die within a year, compared to 25% of men.
- 3% of stroke patients will have another stroke within 30 days of the first stroke and 1/3 recurrent strokes take place within 2 yrs. Of first stroke

Myocardial Infarction or Heart Attack

The phone rings and the news is not good. Your best friend has had a heart attack yet seemed to be the picture of health. So why does this happen?

The first and most common reason for a myocardial infarction is partial or complete blockage of an artery. Often this is a result of a blood clot. After years of the build up of plaque a narrowing of the arteries occurs inhibiting the proper flow of blood to the heart. The build-up of plaque makes it easier for blood clots to form.

Another reason for a heart attack can be from arrhythmia where the heart no longer pumps adequate blood. The third scenario is an aneurysm which

may rupture.

The triggers for heart attacks may be emotional trauma, heavy lifting, shoveling snow, exercise but these alone are not the reason for an attack.

It is what you have been doing for the



last numbers of years that creates the cumulative result. A large majority of heart attacks occur without warning, although most times there are plenty of warnings, subtle or otherwise.

INDIGESTION OR A HEART ATTACK?

It's hard to tell the difference but the difference is significant. A heart attack is accompanied by dizziness, nausea, shortness of breath, fainting, tightness in the chest and pain in the left shoulder or arm.

Indigestion on the other hand, is when there is pain in the chest at the same time as the hands and feet go cold, and breath becomes short.

Know the signs - know what to do.

Women's Symptoms Differ from Men's with Heart Attacks

Women experience heart attacks differently than men in that their symptoms are more subtle and less easy to identify.

Symptoms for a woman include:

- Feeling breathless, often without chest pain
- Flu-like symptoms including nausea, clamminess, cold sweats

- Unexplained fatigue, weakness, dizziness, anxiety
- Pain in chest, upper back, shoulders, neck or jaw
- Nausea not relieved traditional methods
- Burning in the chest like heartburn

Some say that their symptoms pre-

sented themselves up to a month prior to an attack. A heart attack may occur over several hours in which case preventative measures can be initiated to reduce the potential damage of a full blown attack. Simple use of magnesium to relax the heart muscle and cayenne pepper to increase circulation can be helpful.

Often the onset of a heart attack in women is spurred by emotional upset.

Stroke

Strokes kill more than 150,000 Americans per year, making it the number three killer next to cancer and heart disease.

There are many types of strokes, but the two major forms are Ischemic stroke, which is a blockage of a blood vessel supplying the brain and hemorrhagic stroke which is bleeding into or around the brain.



Because of the location of strokes, significant damage can occur. When the brain is starved of oxygen for even moments, everything from speech, motor control and paralysis can occur.

The early warning signs of stroke are:

- Sudden weakness of face, arms, legs, particularly one side of the body.

- Sudden difficulty speaking or understanding, confusion
- Dimness of vision, loss of vision in one or both eyes
- Dizziness, problems with balance
- Problems with movement, walking
- Sudden on-set headaches, for no reason
- Nausea, vomiting
- Seizures

High Blood Pressure - The Silent Killer

Blood pressure represents the force of blood against the arterial walls. Normal readings may vary from person to person depending on lifestyle and genetics, but general guidelines should always be observed. Regardless, high blood pressure increases your chances of heart disease or stroke. Hypertension is called the 'silent killer' as it often has no warning signs or symptoms.

The causes of high blood pressure include narrowing of the arteries, irregular heart beat, and diet. It is very closely related to sodium, potassium, magnesium and calcium levels in conjunction with the intake



of fiber, polyunsaturated fatty acids and sugars. Lack of exercise, coffee consumption and alcohol use are suspected in some cases of high blood pressure as is chronic exposure to heavy metals. Lead has been identified in significant numbers of patients with high blood pressure.

“Hyperinsulinemia”, or an elevated blood sugar level, is the single underlying factor that links all the independent risk factors for heart disease. Imbalanced blood sugar levels frequently coincide with an acidic environment within therefore it is no surprise that heart disease results.

Hyperinsulinemia can cause high blood pressure, obesity, risk-related blood fats, and Type II Diabetes and is the pathogenic link.

Carbohydrate cravings and excess weight suggest an insulin imbalance that goes hand in hand with heart disease. Lowering such insulin levels promises to reduce your blood pressure. Insulin balance is the answer.

The use of Cayenne Pepper, Magnesium and numbers of herbs are extremely helpful with this condition. Close attention to diet together with these and other supplements will assist in balancing the workings of the cardiovascular system.

Cholesterol

Cholesterol - we can't live with it and we can't live without it. Overwhelming evidence suggests that high cholesterol increases the risk of developing atherosclerosis which in turn leads to coronary artery disease or stroke.

High Density Lipoprotein (HDL) directs cholesterol away from the arteries and protects against heart disease, and LDL (low density lipoprotein) or bad cholesterol, builds up on the inside of the arteries causing them to become narrow. LDL produces poisons that create damage to the artery walls and these wounds attract fatty substances such as triglycerides. White blood cells rush to repair the damage and leave a

sticky substance which attracts even more LDL. Platelets then collect on the site and release more irritating substances trapping more fat and white blood cells. Thus we have the formation of plaque.

The main manufacturing organ for cholesterol is the liver. In addition, a diet too high in dietary fats results in excess cholesterol overloading the liver and therefore eventually depositing on arterial walls. The build-up of deposits lead to hardening of the arteries or atherosclerosis, which nar-

High Cholesterol has no symptoms therefore up to 50% of people have no idea they have a health condition.

rows the arteries and potentially blocks them. If a blockage occurs in the brain, a stroke results.

There are solutions for your raised cholesterol levels. Both exercise

and diet are essential to heart health and should be incorporated into everyone's health program regardless. If you decide that medication is your route, beware of anti-cholesterol drugs as the latest findings indicate that they are not as user friendly as initially thought.

Cayenne Pepper - Things are Heating Up!



Cayenne is an age old remedy that has been used for improving circulation. Its long term use also:

- reduces inflammation in blood vessels
- Purifies the blood by expelling toxins and poisons
- Promotes healing and reduces in-

fection

- Normalizes blood pressure
- Reduces cholesterol
- Prevents blood clots
- Stabilizes blood sugar
- Relieves pain
- Increases body's metabolism

Cayenne pepper enhances the health

of the circulatory and digestive systems by increasing the flow of enzymes and function of organs. Cayenne pepper is also an excellent carrier of herbs into the body's bloodstream, therefore is used both alone and in combination.

The Wolfe Clinic provides both Cayenne Capsules or cayenne combined in herbal preparations for heart health. Ask us about KARDOVITE and Cayenne Capsules.

How Water Reduces Your Risk of Heart Disease

Our bodies are amazingly adaptable to deficiencies and imbalances that present themselves throughout the course of our lives. High cholesterol and high blood pressure are simply one of the adaptations to lack of water. A shortage of water within begins the process of the shutting down small capillaries which is followed by acquiring water from the arteries. The blood then is stripped of some water resulting in thicker blood. 65% of water is taken from inside of cells which leaves them somewhat more vulnerable to disease. 10% of water is taken from the liquid flowing through the arteries. Less liquid means the arteries must adjust to the shift in volume, therefore smaller vessels require more blood pressure to push the blood through. The

result is elevated blood pressure.

WATER AND CHOLESTEROL

Cell walls are made of good cholesterol. When the cells are under attack of any kind, they acquire more and more cholesterol to fill the gaps caused by acids and damage. This is basic cell survival. According to Dr. F. Batmanghelidj, in his book Your Body's Many Cries for Water, our first line of defense in any heart related matter is to hydrate the cells. The root of all disease then is dehydration and

water continues to be the single most essential nutrient.

At The Wolfe Clinic, we have the most powerful water system available that has



the ability to permeate cells efficiently and effectively resulting in increased hydration. **WELLNESS WATER** ensures that only stable water molecules are introduced to the body. This water is balanced and therefore assists healing from the inside out. Stabilized, ionized, restructured water

provides the best opportunity for health.

The Magnesium Component

According to Dr. Mildred Seelig in her latest book, The Magnesium Factor, most heart disease is a result of a deficiency in magnesium. Magnesium and calcium are both necessary and compliment each other, but both function completely differently.

Modern life demands more of our mineral reserves because of stress, processed foods, and high intake of fat, sugar and sodium. Magnesium in particular is missing from our diets and is greatly overshadowed by excess sodium. This has direct ramifications for the heart and blood vessels.

Low Magnesium presents itself in the body as:

- Irregular heart rhythms
- Abnormal EKG or ECG results
- Arteriosclerosis
- Spasms in blood vessels and arter-

ies

- High Blood Pressure
- Angina
- Myocardial infarction (heart attack)
- Blood clots
- Heart valve disorders
- Impotence in men

The heart muscle itself requires more magnesium than any other organ. Ade-

quate levels ensure that the heart muscle can relax after each heartbeat. Magnesium is a natural beta-blocker, blood thinner and anticoagulant. It is specifically necessary for the enzymes that break down glucose and control cholesterol production. Proper magnesium levels also protect against the loss of cellular potassium.

Studies have proven that with the introduction of magnesium after the early onset of heart symptoms, less damage occurs, the heart rhythm stabilizes, blood flow is restored, clotting is reduced and there is less free radical damage.

Diabetics have a higher incidence of heart disease because of elevated blood sugar levels, or Hyperinsulinemia. If this is combined with high blood pressure, high blood fats and cholesterol, obesity, etc. then there is a considerable likelihood that heart disease will result. Hyperinsulinemia causes magnesium to be excreted through the urine.



The Wolfe Clinic Heart Health Products

- ◆ Kardovite
- ◆ Asparagus Tea
- ◆ Theta Magnesium
- ◆ Wellness water filters
- ◆ Magic Oil
- ◆ Supreme Fish Oils
- ◆ Amino Cell
- ◆ Pure Lysine
- ◆ Bioxy Cleanse
- ◆ Digestive Enzymes

(Gary and Pat - will put pictures and write-ups on product.)

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Fish Oil



FISH OIL - OMEGA 3 provides protection for and maintenance of the healthy function of cell membranes.

Amino-Cell



Cold pressed ionized whey protein isolate—just what you have been waiting for!

Kardovite



Traditional use of these herbs indicate that they may improve blood circulation.

Asparagus Tea



According to research, consuming asparagus extract daily improves cancers including bladder cancer, breast cancer, lung cancer, colon cancer, leukemia, prostate cancer & much more.

Bioxy Cleanse



Oxygen Colon Rejuvenator
The Next Generation in Superoxidization

Wellness Filters



Ridding your water of nitrates, pesticides, heavy metals and parasites coming from the local municipal water supply.

Gamm-Zyme



Soothing Digestive Enzyme Alternative

Theta Magnesium



Magnesium is important in the production and transfer of energy, muscle contraction and relaxation, and nerve conduction.

Pure Lysine

Lysine is a necessary building block for all protein in the body. Lysine plays a major role in calcium absorption; building muscle protein; recovering from surgery or sports injuries; and the body's production of hormones, enzymes, and antibodies.