

Cardiovascular Problems

AN EXCERPT FROM OUR BOOK, *THE NATURAL REMEDIES ENCYCLOPEDIA*

This three-part tract set is taken from an entirely new medical missionary book, *The Natural Remedies Encyclopedia*. A distillation of the best in simple, home remedies, it was written by Pastor Ferrell.

Publication date of the 483-page, 8½ x 11 book is December 1998.

(At this time: \$19.95+\$3.00 p&h / TN add 8.25% / Foreign: add 20% of cost of books)

The world is dying for lack of information about nutrition; the eight laws of health; natural remedies; encouragement to find, in Christ and obedience to His laws, the answers to life's problems and the final message to the world, as found in the key doctrinal teachings of historic Adventism.

In various portions of the book will be found all of the above vital information.

One section of the book provides a rather complete discussion of the eight laws of health, plus key doctrines, such as the Bible Sabbath.

It is our prayer that this volume, which will deal with over 500 physical problems, may help

relieve suffering and provide healing for many people.

Please know that it is only through the continued help of our supporters, that we are able to produce such much-needed material.

True pastoral and lay ministry, we are repeatedly told in the Spirit of Prophecy, includes medical missionary work. (See our book, *The Medical Missionary Manual*, for a wealth of Spirit of Prophecy information.)

This new book, the *Natural Remedies Encyclopedia*, will provide you with additional entering wedges which you, yourself, can share—and apply,—as you try to help the sick in your locality.

May our kind heavenly Father enable each of us to fulfill His plan. The need in the world is so great. Working together, we are better able to fulfill the call of God to minister to others.

Cardiovascular problems are a leading cause of death in the civilized nations of earth. Share this information with others. So many around you need this preventative information.

HEART PROBLEMS —

Cardiac Problems (Heart Problems; Heart Attack; Heart Failure) 2

Pericarditis; Endocarditis [Kellogg] 6

Cardiomyopathy (Keshan Disease, Muscular Dystrophy of the Heart) 6

CIRCULATORY PROBLEMS —

Arteriosclerosis (Hardening of the Arteries) and Atherosclerosis (Plaque Development and Hardening) 7

Hypotension (Low Blood Pressure) 8

Hypertension (High Blood Pressure) 9

Stroke—1 (Apoplexy) 10

Stroke—2 [Kellogg] 11

Triglycerides, Lowering 11

Cholesterol, Reducing 11

— **CARDIOVASCULAR** —

HEART

Cardiac Problems (Heart Problems;
Heart Attack; Heart Failure)
Pericarditis; Endocarditis [Kellogg]
Cardiomyopathy (Keshan Disease,
Muscular Dystrophy of the Heart)

CARDIAC PROBLEMS
(Heart Problems; Heart Attack;
Heart Failure)

INTRODUCTION—Heart disease is the number one killer in civilized nations.

There are so many aspects to this, that it seems well to combine them all in one article rather than divide them into several.

Part of the confusion is that everything is so interrelated: diet, high blood pressure, arteriosclerosis, atherosclerosis, angina, and other degenerative heart changes.

In order to fully utilize the data in this article, you should also carefully read the companion articles. Some are listed at the end of this one.

SYMPTOMS OF A HEART ATTACK—*Signs of a soon-coming heart attack* may include nausea, sweating, shortness of breath, dizziness, fainting, feelings of anxiety, difficulty in swallowing, vomiting, sudden ringing in the ears, and loss of speech.

The heart attack (angina) itself may feel as a band of intense pressure to the heart. A powerful pain is produced, which may last for several minutes, often extending to the shoulder, arm, neck, or jaw.

But it may be a small attack, producing relatively little discomfort. Sometimes it is mistaken as indigestion. Sometimes there are no symptoms at all. This is termed a “silent heart attack.”

An *angina* shows itself as recurrent pain beneath the sternum, and lasts 30-60 seconds.

SYMPTOMS OF HEART FAILURE—Shortness of breath, poor color, fatigue, accumulation of fluids, especially around the ankles (edema).

HEART ATTACK—What is a heart attack? What leads up to it? This article will provide you with an overview of the problem, along with several specific

suggestions.

The *cardiovascular system* is the *heart*, a blood pump. The blood is sent through *arteries* and *veins*, throughout the body.

Cardiovascular disease is the name given to several problems which can stop the heart and cause death.

1 - A *coronary* is one type of cardiovascular disease. The arteries which nourish the heart muscle itself are the coronary arteries. But if these arteries become narrowed, not enough oxygen and nutrients are supplied to the heart, and not enough carbon dioxide and waste products are carried off. This oxygen deprivation causes a tight, heavy chest pain, usually following some exertion or after a meal. There is a sharp, debilitating pain in the center of the chest. It is called *angina pectoris* (or simply *angina*). The pain generally recedes when the person rests. But it is a forewarning of events to come.

An angina attack may be precipitated by stress, exertion, a large meal, extreme cold, emotion, or other factors. Average life expectancy after the first onset of angina is 5-7 years.

2 - If that blood flow through the coronaries becomes entirely blocked or limited enough, so that it does not reach part of the heart, then a *heart attack* or *myocardial infarction* occurs. This refers to the formation of *infarcts* (areas of local tissue decay or death) in the *myocardium* (heart muscle). A heart attack does not always kill. But, whether it is mild or severe, a heart attack always produces some irreparable damage to the heart.

3 - The problem may not be in the heart, but in the arteries which nourish it. The arteries have hardened (called *arteriosclerosis*); and, when cholesterol and other materials flows through them, a clot (also called a *thrombus*) occurs. The hardened walls do not flex to let the blob pass on through. Arteriosclerosis is responsible for most of the deaths due to heart attack.

4 - Lack of oxygen and nutrients can also cause *spasm of the coronary arteries*, resulting in a heart attack.

5 - Then there is *high blood pressure* (called *hypertension*). This is another form of cardiovascular disease, which also prepares the way for a heart attack. When the heart pumps blood, the blood shoots through the body at a fairly rapid speed. The muscular contractions of the heart produce a certain amount of pressure which produces this pumping action throughout the body. But sometimes the pressure builds up too high. This also is not the fault of the heart.

Here are some of the things which produce high blood pressure:

- Hardening of the arteries (arteriosclerosis) is

a primary cause. Earlier, the flexing of the walls kept the pressure lower.

- A second major cause of hypertension is a reduction in the size (interior dimension) of the arteries. They come to look like old water pipes, with congealed stuff sticking to the walls. For years, certain things had been eaten which caused this problem (meat fat, grease, saturated fats, hydrogenated vegetable oils, margarine, butter, corn chips, etc.).

- Too much sodium in the diet, for too long a time, is another cause of hypertension. The solution should have been to cut out the sodium (salty) foods.

- Other causes include stress, enzyme imbalances, certain drugs (including oral contraceptives), and nutritional deficiencies.

- There are still more factors which could be involved: hyperthyroidism, kidney disease, adrenal or pituitary disorders, and heredity.

Unfortunately, there is no pain as the hardening and clogging of arteries (which produce hypertension) progresses. So people keep living and eating the way they should not until one day the crisis comes.

HEART FAILURE—So far, we have only discussed heart attack, which is an interruption in blood flow to the heart. But there is also *heart failure*, which is inadequate blood flow from the heart. It is not providing enough blood to supply the needs of the body. Heart failure can be either acute (short-term) or chronic.

Here are some of the problems which, over a period of time, can occur in the heart:

1 - *Arrhythmia*. The heart does not beat right. The natural rhythms are more irregular. This is caused by problems in the cells in the heart which send out electrical signals to do the pumping sequences.

2 - *Palpitations* occur when the heart seems to pound, whether regular or irregular.

3 - *Tachycardia* is when the heart beats too fast when it is resting.

4 - *Bradycardia* is when the heart beats too slowly.

5 - *Ectopic beats* (also called skipped beats) are beats which are premature, producing longer rests between some beats than between others.

6 - *Fibrillation* and *flutter* are a little different. An electrical error occurs, which sends some beat signals to the heart muscle (causing it to twitch) instead of carrying out its normal blood pumping action.

7 - *Valvular disease* is the name for problems in the heart valves; they do not open and/or shut properly. Sometimes this is congenital; other times

it is caused by rheumatic fever or endocarditis (infection of the heart muscle).

OTHER HEART PROBLEMS—There are a variety of problems which trace their cause to coronary problems, artery problems, or heart muscle problems. Here are some of them:

1 - *Cardiomegaly (cardiac hypertrophy)* occurs when the heart can no longer function normally; it works so hard that it enlarges. But this only weakens it. Causes include too much resistance from blood flow through the arteries.

2 - *Congestive heart failure* is a chronic condition that results in fluids accumulating in the heart and edema in the feet and ankles. There is labored breathing after mild exertion.

3 - *Cardiac arrest* happens when the heart just stops beating. Because fresh blood is no longer reaching the brain, the person falls unconscious. Coronary artery problems are often the cause.

There are other problems which can occur in the heart, which can also weaken it. But these do not trace their causes to coronary or artery problems.

1 - *Carditis* is an infection in the heart muscle, sometimes caused by rheumatic fever. It can lead to permanent heart damage.

2 - *Endocarditis* is an infection of the endocardium. This is the sac-like membrane which surrounds the heart. People with damaged immune systems (from HIV, etc.) can acquire it. It can also be caused by surgery to replace defective heart valves. Permanent heart damage occurs.

3 - *Cardiomyopathy* summarizes several heart problems, including enlargement of one or more heart chambers, heart muscle rigidity, etc. Causes include inherited defects and certain diseases.

TREATMENT—

- Here is a brief overview of some of the problems which require changes, if you would avoid a later build-up of conditions leading to a heart attack:

- Too many saturated fats in the diet (animal fats or hydrogenated vegetable oils). Excessive use of overheated or oxidized vegetable oils.

- Lack of natural fat emulsifiers (lecithin) in the diet.

- An excess of salt and other sodium products. Drinking chemically softened water. Water softeners have sodium in them.

- Elevated cholesterol, triglyceride, and uric acid levels.

- A low HDL-to-cholesterol ratio.

- An excess of carbohydrates (especially refined ones) and sugar. Sugar increases triglyceride levels, platelet adhesiveness, uric acid levels, and blood pressure.

- An excess of vitamin D intake (from meat, milk, eggs, or sunlight). Over 3,000 units a day add to the plaque development and hardening of atherosclerosis. Carotene (pro-vitamin A) in the diet, from orange and yellow vegetables and fruits, will not cause this problem.

- A deficiency of vitamins and minerals.
- The use of coffee, alcohol, and tobacco.
- Lack of exercise.
- Overweight.
- High blood pressure.
- Diabetes or gout.
- Taking birth control pills.
- Heavy metal poisoning.
- A family history of heart trouble.

Change everything in the above list that you can, and you will live a lot longer.

Here is still more information:

To properly understand the information given in this article, be sure to read the other articles in this section, especially those listed at the end of this one, and in the next (dealing with circulatory problems).

- Check your heart beat every so often. The best way to begin the day is to check your pulse when you wake up in the morning. If it is under 60 beats per minute, you are doing all right. But if your resting heart rate is above 80, that is not so good, and indicates that hypertension may be in progress of occurring. An estimated 25% of those who have heart attacks experienced no previous symptoms. So, right now, start eating right and living right.

- High blood pressure, using tobacco, high cholesterol levels, stress, obesity, sedentary living, diabetes, and type-A personality are causes of heart trouble. These are things you can change.

Here are a variety of factors which you should consider:

- Do not use MSG (monosodium glutamate). Locate your food allergies and eliminate them (see "Pulse Test"). Do not use caffeine, tobacco, alcohol, drugs, sugar, and processed foods.

- Caffeine blocks the breakdown of adrenaline, resulting in the same response as heavy stress. Heavy caffeine consumption doubles the risk of coronary heart disease.

- The dangers of tobacco in producing heart attacks and other heart problems are well-documented.

- Do not eat any types of grease or oil (fatty foods, meat, margarine, butter, peanut butter, hydrogenated oil), except a small amount of cold-pressed vegetable oil. (See "*Cholesterol, Reducing,*" for much more details.)

- Fat is in all meat. Do not eat meat and you will have a longer life. It is well-known that vegetarians live longer than others. They have less coronary dis-

ease, less heart attacks, and less heart failure.

- If you are an adult, avoid vitamin D. More than 400 IU per day result in calcification of the coronary arteries.

- Research studies by the Chinese reveal that constipation is a significant factor in many heart attacks.

- Eat smaller meals.

- Be sure and drink enough water every day, and frequently throughout the day! *This cannot be stressed enough.* Sludged blood is a very real cause of heart and vessel problems.

- Eat a high fiber diet, using whole grains, brown rice, beans, and fresh fruit and vegetables. Through nourishing food and supplements, obtain all the vitamins and minerals. Calcium, magnesium, and potassium are important; so are the vitamins (A, B complex, C, and E). Eat Nova Scotia dulse or Norwegian kelp for trace minerals. Flaxseed oil contains Omega-3 fatty acids, which reduce risk of coronary heart and cardiovascular disease. L-carnitine helps dissolve fat deposits around the heart. CoQ10 and germanium strengthen veins and provide oxygen to the blood and cells.

- If you tend to experience angina attacks at night, place 3-4-inch blocks under the head of your bed. This will reduce the attacks. More blood pools in the legs, and not so much tries to crowd in through the narrowed arteries into the heart.

Sodium is a problem which must be dealt with, since it can increase the likelihood of heart disease. Here are items to omit from the diet:

- Table salt. Use a small amount of Nova Scotia dulse or Norwegian kelp instead. That will supply some salt, plus many vital trace minerals.

- MSG (monosodium glutamate), which is an accent flavor enhancer.

- Diet soft drinks.

- Canned vegetables.

- Commercially prepared food.

- Baking soda.

- Foods with preservatives.

- Meat tenderizers.

- Softened water.

- Saccharin products.

- Foods with mold inhibitors.

- Foods with preservatives.

- If you have any kind of heart problem, see your physician. Prevention—living right and eating right ahead of time—is the best key to success.

Continued on the next tract

More WAYMARKS - from —

PILGRIMS REST

HCR 77, BOX 38A - BEERSHEBA SPRINGS, TN 37305 USA

Cardiovascular Problems

Continued from the preceding tract in this series _____

Here are additional things to think about:

- **Heart disease:** Eat no fried foods. Avoid vitamin D. Obtain essential fatty acids; the best is cold-pressed flaxseed oil or wheat germ oil; also take selenium, vitamin E, 5-10 alfalfa tablets daily. And, if needed, obtain HCl. Take a 30-minute walk outside every day. Keep a 30-minute oxygen tank in your house, ready to use when you need it.

Palpitations: Do not eat MSG, caffeine, sugar, or processed foods. Avoid food allergens. Obtain vitamins B1, B3, C, selenium, and potassium.

Cardiac arrhythmia: Avoid food allergens and MSG. Add selenium, chromium, magnesium, potassium, and CoQ10 to your diet. Hypoglycemia can be a cause.

Nervous heart: Causes can include anemia and low stomach acid. Obtain B1 and iron.

Angina: If you survive, take calcium, magnesium, essential fatty acids, and extra vitamins and minerals. Reduce vitamin D intake from all sources (meat, fish, dairy products, and the sun). Avoid caffeine, sugar, and cigarette smoke. Exercise for 30 minutes every day.

Congestive heart failure: Causes can include lung disease and high blood pressure. Obtain vitamin B1 and selenium.

Myocardial infarction: Rebuilding afterward (if you are still alive) should include vitamin C, to bowel tolerance; vitamin E; selenium; vitamin A, in the form of beta carotene. Obtain HCl and pancreatic enzymes.

Here is information about fats and oils:

Animal flesh contains fat. Do not eat animals. It increases blood cholesterol. But some vegetable oils are a problem also. These are refined, heat-treated, and partly (or wholly) hydrogenated oils.

Heating the oil changes it from the *cis* form to the *trans* form (also called a trans-fat), which is abnormal and can cause heart diseases, just as animal fats do. Only use cold-pressed vegetable oils, and not too much of that.

Then there is the LDL and HDL story. It is

also important, if you want to live longer. (In order to understand more fully the following facts, also read the articles, “*Triglycerides, Lowering*” and “*Cholesterol, Reducing*.” Much more information will be found there.)

All kinds of fats (both the grease and oil forms) are carried in the blood in a protein-fat molecule, called a lipoprotein. There are two primary kinds: the low-density lipoproteins (LDLs), which are large cholesterol-laden molecules and the high-density lipoproteins (HDLs), which are smaller molecules with more protein and less cholesterol and triglycerides.

When found at high levels in the blood, the LDLs increase the risk of coronary heart disease. But high levels of HDLs actually reduce the risk of heart disease. For this reason, the cholesterol-to-HDL ratio is very important. Physicians even use it to estimate how likely it is that you will have a heart attack. The HDLs get rid of excess cholesterol in your bloodstream! They carry cholesterol from the blood to the liver, so it can be converted into bile and eliminated from the body. Here are nutritional facts which have been found since the importance of HDLs was discovered:

- Bran fiber reduces blood cholesterol and triglycerides, increases HDL, and lowers LDL. Very important, it also helps prevent recycling of bile from the bowel back to the liver.

- Vitamin C helps increase HDL levels and lower LDL levels. It also activates conversion of cholesterol into bile salts. Taking 1-2 grams a day can produce a 30% reduction in cholesterol levels which are 400 or above. Vitamin C also lowers triglyceride levels.

- Vitamin E helps dissolve blood clots, dilate blood vessels, and conserve oxygen, so the heart does not have to work as hard. Because of its antioxidant function, it also prevents fatty acids from becoming toxic.

- Vitamin B complex helps keep cholesterol from collecting plaque.

- Flaxseed oil (and to a lesser extent, wheat germ oil) is rich in Omega 3EFA, and decreases platelet adhesion, reduces blood cholesterol, and

increases HDLs.

- Lecithin is essential for utilizing fat and cholesterol in the body, and significantly lowers blood cholesterol levels.

- Brewer's yeast and chromium 15 lower HDL levels, and cause atherosclerotic plaques to recede.

- Garlic lowers blood cholesterol and reduces platelet adhesiveness, as well as lowering triglycerides and increasing HDLs. (It also helps normalize blood pressure.)

- Alfalfa meal (from ground seeds) contains saponins which prevent bile-like substances from recirculating to the liver.

- Soy protein lowers blood cholesterol.

- It should be noted that *coronary bypass surgery* has failed to prevent second heart attacks or extend life. It is not the "cure" for coronary atherosclerosis and severe angina, as suggested. The disease is systemic, and heavily influenced by nutritional, and other, factors. Bypass operations are not the solution. They are only emergency repair jobs which do not remove the cause—which, unless properly corrected, will only return.

- Fortunately, even the most advanced cases of heart disease can be helped by the discoveries provided by nutritional research.

—Also see "*Triglycerides, Lowering*"; "*Cholesterol, Reducing*"; "*Hypertension*"; "*Stroke*"; and "*Arteriosclerosis and Atherosclerosis*."

ENCOURAGEMENT—Jesus is today in heaven preparing mansions for those who love Him; yes, more than mansions, a kingdom which is to be ours. But all who shall inherit these blessings must be partakers of the self-denial and self-sacrifice of Christ. Obey the Ten Commandments, and live to help and bless others.

PERICARDITIS, ENDOCARDITIS—2

(J.H. Kellogg, M.D., Formulas)

TO COMBAT INFLAMMATION—Continuous Ice Bag over heart or Cold Compress over heart area at 60° F., changed every 15 minutes. Rub chest with dry flannel until skin is red.

TO ENERGIZE HEART AND MAINTAIN VITAL RESISTANCE—Cold Mitten Friction; Cold Towel Rub twice a day.

FEVER—Prolonged Neutral Bath; Neutral Wet Sheet Pack.

PAIN—Fomentation for 1-3 minutes every half hour; Cold Compress changed every 15 minutes during the interval between.

MYOCARDITIS—Employ all the means recommended above, except avoid Ice Bag over the heart.

—Also see "*Cardiac Problems*."

CARDIOMYOPATHY

(Keshan Disease,
Muscular Dystrophy of the Heart)

CAUSES AND TREATMENT—The word means "heart muscle disease." This is a disease of the myocardium, which is the heart muscle itself.

The World Health Organization recognizes that cardiomyopathy is a selenium deficiency disease.

J.D. Wallach, in his book, *Let's Play Doctor*, makes this statement:

"This is the type of heart disease that makes individuals a candidate for heart transplant . . . It is typical that \$1 per month in selenium supplement would prevent this disease and the need for a \$250,000 procedure that carries a 20% mortality rate. This disease is also found in cystic fibrosis patients . . . Veterinarians have eliminated this disease [cardiomyopathy] in animals with selenium injections and oral supplementation of diets."

ENCOURAGEMENT—The wants of the soul, only the love of Christ can satisfy. If Christ is abiding in us, our hearts will be full of divine sympathy. We will do all we can to help and encourage others.

— CARDIOVASCULAR —

CIRCULATORY

Arteriosclerosis (Hardening of the Arteries) and Atherosclerosis (Plaque Development and Hardening)

Hypotension (Low Blood Pressure)
Hypertension (High Blood Pressure)

Stroke—1 (Apoplexy)

Stroke—2 [Kellogg]

Triglycerides, Lowering

Cholesterol, Reducing

Phlebitis and Thrombophlebitis (Milk Leg)

Varicose Veins

—*Cf. Raynaud's Disease*

ARTERIOSCLEROSIS
(Hardening of the Arteries)
and
ATHEROSCLEROSIS
(Plaque Development
and Hardening)

SYMPTOMS—Early warning symptoms are intermittent claudication (*which see*). These are pains in the legs and possibly feet, which leave upon resting. High blood pressure (see “*Hypertension*”). The later result is angina (chest pains) and heart attack.

CAUSES—These are two separate, major diseases, yet we list them together because the problems, effects, and solutions are so similar.

Arteriosclerosis is hardening of the walls of the arteries; atherosclerosis is the hardening of plaque on the walls, which causes the walls to harden. (The full explanation is somewhat more complicated.)

Hardened walls produce higher blood pressure, but plaque-hardened and narrow vessels does it also.

The end result of both is a heart attack.

The main difference between the two is that arteriosclerosis is primarily the hardened walls themselves (which the plaque especially produced). Whereas atherosclerosis is the thickening of that plaque in the arteries, so that the space for the blood to flow through keeps narrowing. In arteriosclerosis, these deposits are primarily composed of calcium; in atherosclerosis, the deposits consist of fatty substances, primarily cholesterol (a blood protein). But, much of the time, an odd assortment of both, along with lipoproteins, fatty acids, fibrous scar tissue, and blood clump together.

Both conditions have essentially the same effect on circulation, both cause hardening of the artery walls, both cause high blood pressure, and both eventually lead to one or more of the same things: angina (which is chest pain following exertion), heart attack (the heart muscle can no longer bear the lack of blood supply to it), and stroke (when the blood supply to part of the brain is cut off). Death may or may not follow. The problem is that a clot of this plaque breaks loose, flows through the arteries, and gets stuck in a narrower artery. If this occurs in the heart muscle, angina and a heart attack may result; if in the brain, a stroke occurs.

To complicate the matter further, not only can arteriosclerosis and atherosclerosis cause high blood pressure, but high blood pressure intensifies them both.

Causes include elevated cholesterol or triglycer-

ide levels, eating high cholesterol foods (such as meat, eggs, whole milk, or milk products).

Other causes include smoking, hypertension (high blood pressure), obesity, diabetes, emotional stress, lack of exercise, or a family history of the disease. Advancing age increases the risk factor.

Pain in the legs (usually in the calf, but sometimes in the feet or elsewhere in the legs), which increase when walking but stops as soon as one rests, is intermittent claudication (*which see*). There may also be weakness, numbness, and a heavy feeling in the legs. This is a symptom of atherosclerosis in the limbs (peripheral atherosclerosis). There can also, but less often, be pain in the arms.

There is a home test you can do to help determine if this is beginning to occur: Test the pulse in your legs and foot. There are three places where this can be done: Apply light pressure on the top of the foot, the inner hollow of the ankle, and in the hollow behind the knee. If you feel no pulse, then the artery may be narrowing.

Atherosclerosis is the most common form of arterial disease in the U.S. and most frequently occurs in the lower limbs. It is the primary cause of death over the age of 65. Over 50% of the people between 65 and 70 will die of some form of this.

TREATMENT—

- Eat high fiber foods that are low in fat and cholesterol. Primarily eat fruits, vegetables, and grains. Dark green leafy vegetables are important. Wheat bran, and other particulate, fibers are not as effective as those in fruits, vegetables, and legumes.

- Eat foods rich in vitamin E. This includes nuts, seeds, and whole grains.

- Only use cold-pressed vegetable oils (soy, corn, wheat germ, flaxseed). Never heat these oils; place them on your food at the table.

- Avoid refined sugar. It has been shown to increase serum cholesterol levels, leading to atherosclerosis.

- Do not eat animal protein; there is a definite connection between eating it and cardiovascular disease.

- Do not eat processed, junk, dairy, white flour, spiced, or fried foods. Avoid pies, ice cream, salt, egg yolks, sugar, coffee, colas, nicotine, and alcohol.

- Garlic eaten with cholesterol foods tends to reduce the likelihood that cholesterol will clog the arteries.

- If you know you are moving toward artery problems, eat no free oils.

- Eggplant tends to lower cholesterol levels.

- Both peanut oil and coconut oil increase atherosclerosis.

- Drink only distilled water.

- Reduce stress and avoid situations causing it.

- Get regular moderate exercise. Walking every day is the best. Build up slowly, but keep at it.

- A strict vegetarian diet (without milk and eggs) is a good way to avoid artery problems.

- Research at the University of Wisconsin disclosed that skim milk did not lower blood cholesterol.

- Overweight people should reduce. Even 20% or more above ideal weight carries a significantly increased risk of atherosclerosis. What is your ideal weight? Assume 100 pounds for the first five feet; add to this five pounds for each inch over that, for women; add seven pounds per inch over that, for men.

- Do not smoke or use nicotine in any other form. Avoid second-hand smoke.

- Do not take shark cartilage. It may inhibit production of new blood vessels needed to increase blood circulation.

- Eliminate all environmental sources of metal poisoning, such as aluminum or copper cooking utensils, copper or lead plumbing, lead-glazed ceramics, contaminated water, etc. Toxic metals are known to be deposited, among other places, on artery walls.

- X-rays make premature arteriosclerosis more likely.

- Do not eat big evening meals. Best: Only eat plain fruit and plain bread for supper, and do this several hours before bedtime.

- Chromium (found in brewer's yeast, whole grains, and supplements) added to the diet lowers cholesterol.

- Keep the extremities warm, to maintain good circulation in them.

- Do not wear constrictive clothing (belts, garters, girdles, tight hosiery, etc.)

- Glucose intolerance can produce a 100% increased risk of atherosclerosis. Keep your blood sugar levels normal. Do not binge on sweets, etc.

- Avoid constipation, which weakens the liver and kidneys, which in turn sludges the blood. The Chinese treat stroke by treating constipation.

- Drink enough water!

- Periodically check your blood pressure.

- Too much vitamin D can elevate blood cholesterol.

—Also see “Triglycerides, Lowering”; “Cholesterol, Reducing”; “Hypertension”; “Stroke”; and “Cardiac Problems.”

ENCOURAGEMENT—He whose life consists in ever receiving and never giving soon loses the blessings he has. We must constantly seek to help others. Only in this way can God bless us.

HYPOTENSION

(Low Blood Pressure)

SYMPTOMS—There are generally few symptoms which will tend to alert you to the problem. There may be headache, shortness of breath, dizziness, inability to concentrate, or digestive disturbances. There can be low energy and dizzy feelings when you stand up fast from a lying down or sitting position, fainting, blurred vision, palpitations, inability to solve simple problems, and slurring of speech.

CAUSES—The pressure at which the blood travels through the arteries is lower than normal, which means the blood is not circulating through the body quite as efficiently.

This is the “disease” which many people are thankful to have. High blood pressure can be a killer; low blood pressure is generally just something to live with.

A researcher who investigated the strange death of Pope John Paul I (who had low blood pressure and few other physical problems) asked 30 physicians and specialists whether low blood pressure would shorten life. Each one said it would tend to lengthen, rather than shorten, life expectancy.

For this reason, you will find that medical guides say relatively little about hypotension.

In some instances, low blood pressure is due to an impoverished diet, the existence of some chronic wasting disease, or some other condition that needs treatment on its own account. So it can be a symptom of some other problem (such as *hypothyroidism, which see*).

Hypotension can be caused by prescribed drugs, kidney disease, low blood sugar, food allergies, dehydration, adrenal exhaustion, or hypothyroidism.

TREATMENT—

- Treatment, if needed, should be aimed at locating and eliminating the problem that hypotension is a symptom of.

- Take vitamin C, to bowel tolerance, and eight glasses of water each day. Obtain adequate rest at night.

- Eat garlic; it tends to normalize blood pressure to the level it should properly be.

- You may want to do the morning temperature test, to determine whether you are hypothyroid (see “*Hypothyroidism*”).

Continued on the next tract

More WAYMARKS - from —

PILGRIMS REST

HCR 77, BOX 38A - BEERSHEBA SPRINGS, TN 37305 USA

Cardiovascular Problems

Continued from the preceding tract in this series

- Helpful herbs include ginseng, spring adonis, and rosemary.

ENCOURAGEMENT—Those who are filled with the love of Christ will not seek to hide their connection with Him. They will openly rejoice in all He has done and tell others how He can answer their needs also.

HYPERTENSION (High Blood Pressure)

SYMPTOMS—There may be no symptoms; but, if they occur, they may include headache, difficulty in breathing, blurred vision, rapid pulse, or a feeling of dizziness.

Overweight, a ruddy complexion, and apparently robust health may be the only outward manifestations in a man 50 or 60, who may have systolic pressure as high as 200 or more.

Hypertension is called the “silent killer” because it so often reveals few symptoms.

CAUSES—High blood pressure is just that: The pressure of blood flow through the arteries is higher than it should be, and that pressure consistently remains higher.

A blood pressure gauge (sphygmomanometer) registers two readings: The first and higher one is the systolic; the second and lower one is the diastolic.

The diastolic pressure occurs just before the heart beats, and is less important for determining blood pressure. But the systolic pressure reveals the pressure built up as the heart pumps blood out of the heart into the aorta (and thence through the arteries). High systolic pressure indicates that the cell walls are hardened and/or plaques are forming in the arteries, which are narrowing the passageways.

Average normal systolic blood pressure in an

adult varies between 120 and 150 millimeters of mercury, and tends to increase with age. The arteries of older people tend to harden and thicken with age, and this produces the higher readings in later life.

The age, in relation to the figures, tells a lot: Systolic readings of 140-150 at 55 to 70 years of age need not be considered high; but, occurring in a man of 30, it points to a definite problem which needs attention.

Normal blood pressure readings for adults vary from 110/70 to 140/90 while readings of 140/90 to 160/90 or 160/95 indicate borderline hypertension. Any reading over 180/115 is far too elevated.

The hardening and clogging produces changes in the arteries, which produce hypertension, and are caused by aging, emotional stress, food, overeating, and heredity. Tobacco is another cause of hypertension, as is the taking of oral contraceptives. Drinking coffee or tea, drug abuse, and high sodium intake are other causes.

Hypertension can result in coronary artery disease, enlargement of the heart, or strokes. The acute infections (such as tonsillitis, scarlet fever, and typhoid fever), or focal infections from tonsils or teeth, sometimes lead to Bright's disease (a kidney disease), which is accompanied by high blood pressure. Sudden attacks of convulsions in pregnant women (eclampsia), and other kidney diseases of pregnancy, usually cause high blood pressure.

Primary hypertension (about 90% of the cases) do not have a direct cause. The rest (secondary hypertension) occurs as a result of other diseases. At any one time, about 10% of the people in America have primary hypertension. It affects over half of all people in the U.S. over 65. African-Americans have it more than a third more often than whites. Those who are 18-44 have it 18 times more often than whites. Women have hypertension less often than men until menopause is over; then, soon after, they have it as often.

Heavy snorers are more likely to have high blood pressure than silent sleepers.

TREATMENT—

- Habitual overeating, even of good food, will lead to hypertension. A person does not tend to overeat on healthfully prepared natural foods.
- Excessive protein food, sweets, rich pastry, and desserts must be omitted; but the reduction of all foods is especially important.
- Do not use salt; this is essential for lowering blood pressure. Read the labels: Many foods contain sodium. Look for “salt,” “sodium,” “soda,” or “Na” on the label. Also avoid MSG (monosodium glutamate), baking soda, saccharin, soy sauce, diet soft drinks, preservatives, meat tenderizers, and softened water.
- Only drink distilled water.
- Eliminate all dairy products, for they are high in sodium.
- Do not use processed meats or canned vegetables.
- Stress, fear, anger, and pain increases blood pressure. Adequate daily outdoor exercise helps reduce the effects of stress.
- Eat a high-fiber diet. Include oat bran; it appears to be the very best type for the purposes you have in mind.
- For oil, take 2 tbsp flaxseed oil daily.
- Use no animal fat of any kind; it is best to avoid meat, since there is so much of it in meat.
- Do not eat chocolate, alcohol, avocados, aged cheeses, and yogurt.
- Include supplemental calcium in your diet.
- Avoid more than 400 units of vitamin D daily.
- Drink fresh vegetable juices.
- Garlic definitely lowers blood pressure. Actually, it tends to normalize it. In those with low blood pressure, it raises it. Fresh, raw garlic is the best.
- Obtain sufficient rest at night; do not eat later than several hours before bedtime.
- Do a pulse test in order to ascertain offending foods you are allergic to (see “Pulse Test”).
- If you are pregnant, check your blood pressure regularly.
- Do not take antihistamines.
- Do not take supplements containing the amino acids tyrosine or phenylalanine.
- Keep your weight down! Loss of weight lowers blood pressure. If you are overweight and have high blood pressure, you would do well fasting one or two days a week.
- When the situation is critical, special care must be given to produce successful recovery:
 - Adequate rest, both physical and mental, is needed, though mild exercise is beneficial to those with moderate hypertension. Even the visits of friends and relatives may have to be restricted or prohibited for a time.

- Gradually start mild exercise. Walk out-of-doors and gradually (slowly!) build up the amount of time spent in outdoor walking.
- All blood pressure medications tend to have negative effects. Moderate exercise, rest, sleep, and proper diet will provide better help.
- No vigorous or tonic hydrotherapy, or even massage, should be used. The neutral bath and complete bed rest is needed.
- One recommended program is fruit and rice, alone, for 1-2 weeks.

ENCOURAGEMENT—God can help you overcome the sins which so easily beset you. He can give you enabling grace to obey the Ten Commandments and remain true to Him, in spite of the compromise and wickedness in our world.

STROKE—1

(Apoplexy)

SYMPTOMS—Light headedness, fainting, stumbling, blurring of vision, loss of speech or memory, numbness or paralysis of a finger, and coma for short or long periods.

CAUSES—There are four possible patterns which can result in a stroke:

An *embolism* is a clot that breaks loose and travels on up toward the brain, where the clot gets stuck in a smaller artery leading to the brain. This briefly cuts off blood flow to a portion of the brain.

A *thrombus* is a clot inside the brain which blocks the flow of blood to the brain.

An *aneurysm* is a portion of an artery that balloons outward. Filled with blood, this weak spot bursts.

A *hemorrhage* is a damaged artery within the brain which bursts.

Sometimes a tumor, not a clot, is blocking an artery supplying the brain.

Whatever the cause, the result is local brain tissue death from lack of oxygen and food.

If the damaged area is small enough, the brain will reroute the affected brain functions to other areas of the brain, as a period of relearning and compensation occurs.

TREATMENT—

- So many toxins flow into the blood stream, when the bowel is constipated, that Chinese medical practitioners prevent strokes and also treat them by eliminating constipation (see “Constipation”).
- Aneurysms are often caused by copper deficiency which results in weakened elastic fibers. Once

the damage occurs, supplementation with copper cannot repair it, but the copper can help prevent aneurysms from occurring (2-4 mg/day).

- Surgery will be required for existing aneurysms.
- The varied causes and suggested treatments of clots, artery problems, high blood pressure, and related problems resulting in strokes are explained in some detail in the following articles: “*Triglycerides, Lowering*”; “*Cholesterol, Reducing*”; “*Hypertension*”; “*Arteriosclerosis and Atherosclerosis*”; and “*Cardiac Problems.*”

—Also see “*Stroke—2.*”

ENCOURAGEMENT—Be faithful, and God will give you a crown of life. Study the Bible, obey it, and do all in your power to be an encouragement and help to others.

STROKE—2

(J.H. Kellogg, M.D., Formulas)

DURING ATTACK—Rest, head and shoulders raised; Cold Compress to head; Tepid Enema; warm extremities by Hot Water Bottles or Hot Pack. Ice Collar.

AFTER ATTACK—Cold Mitten Friction twice daily; well-protected Hot Abdominal Pack night and day; carefully graduated Cold Baths; prolonged Neutral Bath; Wet Sheet Pack. Later, carefully begin graduated exercises; massage; Cold or Alternate Douche to affected muscles.

—Also see “*Stroke—1.*”

TRIGLYCERIDES, LOWERING

PROBLEMS—The two major sources of fat in your bloodstream are cholesterol and triglycerides. Both are necessary. Cholesterol helps build strong cells, and triglycerides provide energy.

But if either is too high, problems develop.

High cholesterol levels clog arteries. High triglycerides cause vascular disease also, if they are associated with low levels of HDL cholesterol (the good cholesterol). You then have fat particles in your blood which can ultimately be bad for your heart.

You can control your triglyceride level, and you want to keep it below 150.

SOLUTIONS—Here are several ways to do it:

Cut down on the amount of fat in your diet. Reduce total fat intake to less than 30% of daily calories; but, even better, reduce it to 20%. Reduce saturated fats to 10%.

Eat a lot of complex carbohydrates. Races doing this do not have a triglyceride problem. Cook rice,

beans, and other grains without including fat in the cooking or the serving.

Do not eat candy, sweets, and sugar. Eating such simple carbohydrates in the diet are a significant factor in causing people to have high triglyceride levels.

Put more fiber in the diet. A low fiber, high sweet, diet is even worse than high sweets alone.

Lose weight. Even losing 10 pounds can reduce triglycerides in those who are 20-30% overweight. Ultimately, try to maintain a weight that is not over 5-10% above what is normal for your age-weight range.

Do not drink alcohol; it decidedly increases triglycerides.

Exercise is very helpful in lowering triglyceride levels. Studies reveal that it does this—even when weight is not lowered in the process.

Go on a rice diet for a couple days. In 1944, Dr. Walter Kempner discovered that a rice diet would dramatically lower triglycerides.

This is a diet of rice and fruit alone, and no other food, for 2-3 days or as long as you can stand to remain on it. The diet is not appetizing, but it really works. One patient went down from 1,000 mg/dl to 117 mg/dl in a couple months. In just 2-3 days, triglycerides will go down a fair amount. Then, later, you can do it again for another couple days.

By the way, when you do this, you will lose a some weight also. The rice/fruit diet is practically fat-free.

But do not remain on a rice diet! It does not provide adequate nutriment.

ENCOURAGEMENT—Do not dwell on your difficulties, so they get bigger and bigger. Instead, think on the love of Christ and plead with Him for the help you need. Be trustful and obedient, and He will give you the best answers.

CHOLESTEROL, REDUCING

PROBLEMS—Here are some facts about cholesterol, to help you understand the situation:

Dietary cholesterol is in the food you eat. Most of it is found in eggs and meat. One egg has 275 mg, and an apple has none.

Serum cholesterol is in your bloodstream. This is what your physician measures. Ideally, it should be under 200. There are two types of serum cholesterol:

HDL (high-density lipoprotein) cholesterol cleans the arteries and is good for you. The higher it is, the better.

LDL (low-density lipoprotein) cholesterol clogs the arteries and is bad for you. The lower it is, the better.

SOLUTIONS—Here are several ways to lower the amount of *LDL* cholesterol in your blood:

Do not eat saturated fat. This is the kind in meat, butter, cheese, and hydrogenated oil—which is the worst kind of oil or fat, since it raises blood cholesterol the most.

Only include polyunsaturated fat in your meals. It lowers blood cholesterol. This kind is only found in certain vegetable oils, such as corn oil, soy oil, wheat germ oil, and flaxseed oil. Only buy cold-pressed oil—never, never hydrogenated oil (even partially hydrogenated oil). Never put cottonseed oil into your body.

The very best oils for your health are wheat germ oil and flaxseed oil. Prepare your meals without oil, fat, or grease. Then add a spoonful or two of wheat germ oil or flaxseed oil to the food after it has been dished onto your plate. In this way, you can carefully measure how much you get, and you ensure that the oil was not cooked.

It is safe to use monounsaturated oils. These include olive oil and certain other foods, such as nuts, avocados, canola oil, and peanut oil. It is now known that this also lowers blood cholesterol. Monounsaturated oils lower cholesterol faster than low-fat diets do, and the type they selectively lower is the bad *LDL*.

Do not eat fried food, fatty food, meat, or vegetable loafs, etc. Do not eat processed or junk food. Do not eat regular peanut butter. The peanut oil has been taken out, and cheap, hydrogenated oils (sometimes lard) is put in its place. Only buy peanut but-

ter from a health food store. You can open the lid and smell the difference. Learn how to smell good food. Do not eat corn chips, crackers, and other snack foods.

Eggs contain a lot of cholesterol (275 mg per egg), yet studies reveal that, in most people, they do not appreciably raise cholesterol levels.

Eat more fruit and beans. Both have pectin, which surrounds cholesterol and takes it out of the body. Pectin is in all kinds of beans and fruit. Carrots also help lower cholesterol, because of their pectin content. Cabbage, broccoli, and onions also have calcium pectate.

Oat bran lowers cholesterol in the same way that pectin does it. Make oat bran muffins, and eat one or two every day. Oatmeal is also effective.

You need 6 grams of soluble fiber every day. Corn and wheat bran are also useful.

Fresh garlic lowers cholesterol, but not cooked or deodorized garlic. It is said that *Kyolic* may also lower cholesterol.

Psyllium seed also lowers cholesterol.

Exercise does it too. Vigorous exercise raises *HDL* and lowers *LDL* levels.

Do not drink coffee, use tobacco, or drink. Avoid drugs of all kinds.

Here are other things found to lower cholesterol: barley, spirulina, lemongrass oil, and activated charcoal.

Vitamins C, E, and niacin also lower cholesterol, along with calcium.

ENCOURAGEMENT—We are to love God not only with mind and heart, but with the strength also. We are to treat our bodies carefully, for we belong to God.

Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained . . . Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.”—*Ministry of Healing, 127.*

The complete *Natural Remedies Encyclopedia*, with over 500 pages, covers over 500 disorders. Here are the 17 major disorder sections which it contains:

- 1 - GENERALIZED PROBLEMS
- 2 - SKIN
- 3 - EXTREMITIES
- 4 - HEAD AND THROAT
- 5 - GASTRO-INTESTINAL
- 6 - URINARY

- 7 - RESPIRATORY
- 8 - CARDIOVASCULAR
- 9 - NEURO-MENTAL
- 10 - MUSCULAR-SKELETAL
- 11 - ENDOCRINE SYSTEM
- 12 - LYMPHATICS
- 13 - REPRODUCTIVE
- 14 - BIRTH AND CHILDREN
- 15 - SEXUALLY TRANSMITTED DISEASES
- 16 - POISON (BITES, PARASITES, METAL TOXICITY, ETC.)
- 17 - TUMORS AND CANCER