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## Arteriosclerosis

### A Vital Message to My Patients

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We sincerely desire that all our patients and their families enjoy the best health possible. During the past 2-3 years, there has been an explosion of research and knowledge that can vitally effect the health of each of us. This paper was written in an effort to teach you, inform you, and convince you to change some of your eating habits so that you and your family will enjoy a healthier life and fewer health problems. Some authorities may question some of our conclusions, but when we daily observe the health of our patients improve from following these suggestions, in the name of *Truth* we must speak out and share this information with you.

Today's number one health hazard is arteriosclerosis or hardening of our arteries. This causes heart attacks, strokes, and peripheral vascular disease (usually in the legs) which leads to more misery and suffering than any other disease known today. This does not count the expenditure of billions of dollars and the loss of millions of days of productive work for the American work force.

Before 1900, this disease was hardly known and was extremely rare. In fact, the first "heart attack" was described in the medical literature in 1910. Dr. Paul Dudley White (President Eisenhower's heart specialist) saw a heart attack for the first time in 1929. The disease began with the advent of hydrogenated oils (margarine) and the processing (refining) of our grain foods such as wheat, corn, rye, barley, oats, etc., where all the vital fatty acids are removed from these grains. The food companies must remove these fatty acids so that the grain foods do not turn rancid and spoil, otherwise the foods would not last long on the shelves of our super-markets. Our great-grand parents and their parents had very little arteriosclerosis even though their diets included foods known to be high in chole-

sterol such as eggs, butter, lard, and "sow-bellies," etc. However, they did not eat any hydrogenated oils, and their grain foods were home ground and not processed.

We have known for 20 years that the dietary cholesterol cannot be the cause of arteriosclerosis for several reasons. First of all, the dietary cholesterol in the stomach is broken down into its tiny component parts and although some is absorbed through the intestinal wall, most of our cholesterol in our system is manufactured by our own body. The problem of arteriosclerosis develops because our bodies do not use the cholesterol properly that our bodies make. Also, Iceland Eskimos, whose diet by the way is ten times higher in cholesterol than our diet, have very little arteriosclerosis. They should be "dying like flies" if dietary cholesterol intake caused arteriosclerosis. But they do not suffer from heart attacks, strokes, and poor circulation in their extremities unless they move to more civilized areas of the world and begin eating as we do. The two things these Eskimos eat differently from us are: (1) they do not eat any hydrogenated oils and (2) they eat a great deal of cold water ocean fish which are very high in fatty acids.

In the early 1940s, when the Germans overran Norway, the incidence of arteriosclerosis, cancer, and schizophrenia was quite high in that country. The Germans took away all the margarine from the Norwegians, and the incidence of these diseases dropped significantly. After the Germans left and Norwegians again began to eat their margarine, the incidence of these diseases increased to their former levels.

In America, we are developing arteriosclerosis at earlier ages than ever before even though there is a greater effort on the part of most of us to decrease our cholesterol intake in our diets. Autopsies performed on soldiers killed in the Korean War showed approximately 30% of these young men suffered from advanced atherosclerosis. About twenty years later, in the Viet Nam War, autopsies performed on soldiers killed showed approximately 60% suffered from advanced arteriosclerosis. We must do something about this trend, and that is the purpose of this paper.

Recent research has proven that all hydrogenated oils block the chemical pathways that are necessary for our bodies to use the cholesterol that our bodies manufacture. Also, our bodies must have certain essential fatty acids (now being removed from our foods) to assimilate and use our cholesterol as well as to manufacture certain hormone-like chemicals called prostaglandins, our cells cannot function properly, and they will be subject to disease. We believe that this is one of the main reasons that we are seeing an explosion of many chronic degenerative diseases such as Arteriosclerosis, Arthritis, Diabetes, Lupus, Schizophrenia, Multiple Sclerosis, Asthma, and numerous others. Other conditions that can benefit from these dietary changes include hyperactivity and learning disabilities, premenstrual syndrome, systemic yeast infections as well as many skin disorders and allergies.

#### What You Can Do!

1. Totally avoid all hydrogenated oils as in margarine, cooking oils, deserts (doughnuts, cookies, cakes, etc.) and deep fried foods such as French fries, corn and potato chips, etc. You can use cold pressed oils found at health food stores for cooking, but do not use extremely high temperatures. If the cooking oil label doesn't state "cold pressed," it is probably hydrogenated. You should read all food labels and avoid those that have hydrogenated oils as ingredients. Don't cook foods with high temperatures as all oils over 350 degrees become hydrogenated. Cook longer at lower temperatures.

2. Increase the essential fatty acids in your diet.

- a. Eat cold water ocean fish (non-farmed) 3-4 times per week such as salmon, cod, mackerel, sardines, (pour off hydrogenated oils), water packed tuna. Warm ocean fish (snapper, flounder,

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perch, etc.) is second best. Fresh water fish (cat fish, trout, etc.) contain the smallest amount of the fatty acids.

b. Try to eat 3 teaspoons of 1 tablespoon of *virgin* (not pure) olive oil daily (as on salads) but keep refrigerated after opening bottle.

c. As a snack food, walnuts are very high in fatty acids.

d. Only eat breads and cereals that have "100% whole wheat or whole grain" written on the package. Most brown breads are not whole grain but have coloring added. Avoid processed or refined cereals or white flour products such as breads, crackers, macaroni, spaghetti, noodles, etc. You can get these foods as whole grain from health food stores.

3. With any chronic illness at all, you should follow the above plus add the following supplements and follow the additional instructions.

a. Purchase some salmon oil capsules (Maxepa) at a health food store and take 4-6 capsules daily. Extreme care must be exercised in locating this product as it is made only in England and many health food store products claiming this ingredient only contain soy oil. *Efamol* is one acceptable brand and *Nature's Way* is another.

c. Decrease your red meat intake since red meats contain arachidonic acid which can provide too much of a bad prostaglandin plus a very bad substance called leukotrienes which will aggravate many disease conditions.

d. Avoid all sugars, sweets, deserts, and all white flour foods.

e. Get a good hypoallergenic, non-yeast multiple vitamin and mineral tablet and take 3-4 tablets per day. Be sure you get at least 500 mg. vitamin C, 50 mg. B-3 and B-6, 50 mg. zinc, 100 mcg. selenium, and 400 mg. of magnesium in your supplements. The above mentioned vitamins are necessary in the fatty acid chemical reactions.

If you and your family will follow the above recommendations in your dietary habits, you will enjoy a longer, healthier life with much less chance of developing any chronic degenerative disease. You may pass the information on to friends and relatives to help them enjoy a happier and healthier life.

Also see "Essential Fatty Acids Are Essential," and "The Perfect Plan for Perfect Health, <http://www.arthritistrust.org>.