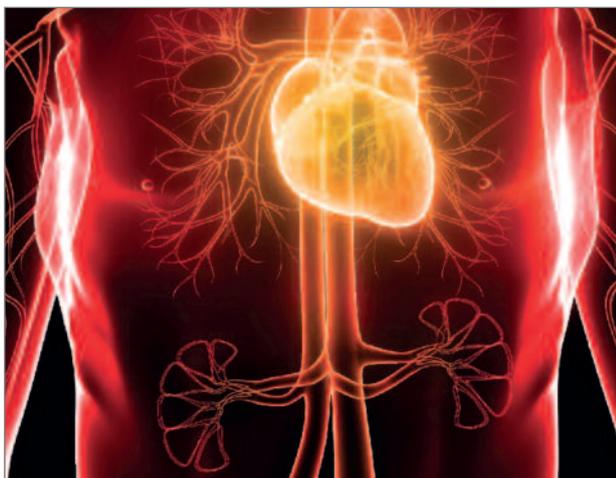


Do you have Multiple Risks for Heart Disease? Micronutrients Can Help.

Approximately 40% of the world population and almost one in three adults in the US have high blood pressure, which in individuals with additional genetic predisposition to heart disease greatly increases their risk of heart attacks and stroke. According to the World Health Organization, heart disease contributes to 17 million deaths worldwide each year, including 4million deaths in Europe and 600,000 in the US.



Despite ever increasing prescriptions for high blood pressure and cholesterol reducing medications, cardiovascular disease is expected to increase to 40% by 2030. This is because conventional medicine does not address the root causes of these conditions, but focuses instead on the mechanical lowering of blood pressure or cholesterol readings with highly profitable drugs.

According to our research, the underlying cause of these conditions is a long term deficiency of micronutrients. This results in high blood pressure and increased demands for cholesterol as a repair factor for the nutrient-starved arteries of the heart.

In our study we used a unique animal model that mimics the risk of heart disease in humans by combining two critical risk factors: high blood pressure and genetically based predisposition to high cholesterol. Animals with these extreme risk factor profiles benefitted significantly from dietary intake of micronutrients consisting of vitamin C, lysine, proline, and others.

Dietary intake of this micronutrient mixture resulted in:

- 60% reduction of fatty deposits in the artery walls
- 31% decreased severity of atherosclerotic lesions
- 66% lower plasma LDL cholesterol and 32% lower total cholesterol
- Reduced artery wall ‘tearing’ and blood clot formation thereby reducing the risk of blocking blood flow in the arteries of the heart and brain

Aortic aneurysm (ballooning and rupture of the abdominal aorta) is a major cause of death in the elderly. Our study proved that the animals receiving micronutrients had 13% fewer abdominal aortic aneurysms and tearing of the aorta (due to stronger arteries) than those on control diets.

These compelling results prove the efficacy of this micronutrient mixture in simultaneously affecting biological mechanisms associated with these extreme risk factors for heart disease. It is time for wide application of this knowledge.

V. Ivanov, J. Cha, S. Ivanova, T. Kalinovsky, M. Rath, A. Niedzwiecki; Molecular Medicine Reports 2010(3):417-425

Health Science News Page



This information is provided to you courtesy of the Dr. Rath Research Institute. Led by two former colleagues of two-time Nobel Laureate Linus Pauling († 1994) this Institute has become a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Foundation.

The groundbreaking nature of this research poses a threat to the multi-billion dollar pharmaceutical “business with disease.” It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health saying, “Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it.”

You can print out copies of this News Page at: www4.dr-rath-foundation.org/research_news/index.html, and share it with your friends and colleagues.

A free copy the full text of the study described here is available at: www.drathresearch.org/pub/pdf/hsns1408.pdf which you can also share with your doctor.

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