

# Introduction

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- The Mission to Eradicate Heart Disease
- How You Can Immediately Benefit From Reading This Book
- Dr. Rath's Ten Step Program for Natural Cardiovascular Health
- Dr. Rath's Cellular Health Recommendations Provide Biological Fuel to Millions of Cells
- Cellular Medicine: The Solution to Cardiovascular Disease

## The Mission to Eradicate Heart Disease

**We, the People of the World, Declare the 21st Century as the “Century of Eradicating Heart Disease.”**

**Only once in the course of human events** comes the time when heart attacks, strokes and other cardiovascular conditions are being eradicated. That time is now. Just as the discovery that microorganisms are the cause of infectious diseases led to the control of infectious epidemics, so will the discovery that heart attacks and strokes are the result of long-term vitamin deficiencies lead to the control of the cardiovascular disease epidemic. Mankind can eradicate heart disease as a major cause of death and disability during the 21st century.

**Animals don't get heart attacks** because they produce vitamin C in their bodies, which protects their blood vessel walls. In humans, who are unable to produce vitamin C, dietary vitamin deficiency of this nutrient weakens the blood vessel walls. Cardiovascular disease is an early form of scurvy. Clinical studies document that the optimum daily intake of vitamins and other essential nutrients halts and reverses coronary heart disease naturally. These essential nutrients supply vital bioenergy to millions of heart and blood vessel cells, thereby optimizing cardiovascular function. An optimum supply of vitamins and other essential nutrients can prevent and help correct cardiovascular conditions naturally. Heart attacks, strokes, high blood pressure, irregular heartbeat, heart failure, circulatory problems in diabetes and other cardiovascular problems will be essentially unknown in future generations.

**The eradication of heart disease** is the next great goal uniting all mankind. The availability of vitamins and other essential nutrients needed to control the global cardiovascular disease epidemic is unlimited. The eradication of heart disease is dependent on one single factor: how fast we can spread the message that vitamins and other essential nutrients are the solution to the cardiovascular disease epidemic.

**The main hurdles we have to overcome** are the interests of pharmaceutical companies and other special interest groups, which are trying to block the spread of this lifesaving information in order to protect a global prescription drug market. But the health interests of millions of people are more important than the stock price of any drug company. We, the people of the world, recognize that we have to protect our health interests and that the eradication of heart disease is dependent upon our joint efforts.

**We, the people of all nations**, races and religions; local, regional and national governments; public and private organizations; health insurers, health maintenance organizations, hospitals, medical offices and other health care providers; churches, schools, businesses and other community groups, recognize our historic opportunity and responsibility to act now – for our generation and for all generations to come.

- **We proclaim the 21st century as the “Century of Eradicating Heart Disease.”**
- **We will spread information about the lifesaving benefits of vitamins.**
- **We invite everyone to join us in winning one of the greatest victories of mankind.**

***To my readers: If you read this book and recognize its significance for your own health and for the lives of everyone you know — take action! Share this information with others! Use this “Mission Statement” to show the dimension of global health improvement to others. Start a natural health initiative in your community!***

## One Hundred Years Ago: Eradicating Epidemics

For millennia, infectious diseases were the number one cause of death on earth and billions of people died from them.

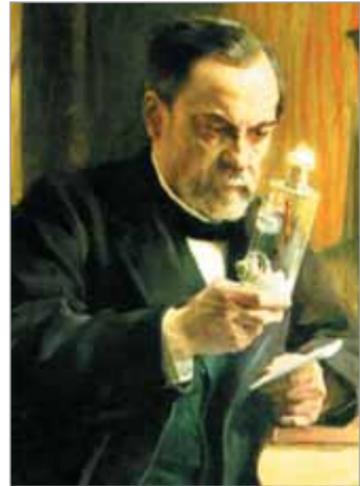
For millennia, people believed that the cause of these epidemics was a curse from heaven.



Louis Pasteur discovered that these epidemics were caused by bacteria and other microorganisms.

This discovery enabled the implementation of preventive methods, as well as the development of vaccines and antibiotics.

A few years ago, the World Health Organization (WHO) declared the first infectious disease, smallpox, eradicated.



## Today: Eradicating Heart Disease

During the last century, cardiovascular disease has become the number one cause of death in the industrialized world. Worldwide, over one billion people have died from heart attacks and strokes.

Because the main cause of cardiovascular disease has remained unknown until now, the cardiovascular disease epidemic has continued to spread on a global scale.



This book documents the scientific discovery that provides the solution to the cardiovascular disease epidemic: Animals don't get heart attacks because – as opposed to humans – they produce vitamin C in their bodies. Thus, heart attacks and strokes are not diseases, but the consequence of chronic vitamin deficiency and, as such, are preventable.



## How You Can Immediately Benefit From Reading This Book

This book summarizes the medical breakthrough in the area of vitamins and cardiovascular health.

**Why animals don't get heart attacks, but every second man and woman dies from them:** Animals don't get heart attacks because they produce large amounts of vitamin C in their bodies. Vitamin C optimizes the production of collagen and other reinforcement molecules, thereby stabilizing the walls of the arteries and preventing atherosclerotic deposits, heart attacks and strokes. We human beings cannot manufacture a single molecule of vitamin C in our bodies and, in addition, almost everyone gets too few vitamins from the diet. The inevitable consequence of this is a weakening of the artery walls, which triggers artery wall deposits (atherosclerosis). Thus, chronic vitamin deficiency — not high cholesterol — is the main cause of the cardiovascular disease epidemic.

**The world's first patented therapy for the natural reversal of cardiovascular disease:** This book presents the world's first patented therapy for the reversal of atherosclerotic deposits without angioplasty or bypass surgery. Once the artery wall is weakened by vitamin deficiency, the body mobilizes its repair mechanisms. Millions of fat particles (lipoproteins) are deposited in the artery wall by means of biological "adhesives," which eventually leads to atherosclerosis, clogging of the arteries, heart attacks and strokes. Atherosclerotic deposits can now be largely prevented and reversed with natural "Teflon" agents, which neutralize these adhesive properties. The first generation of artery wall "Teflon" agents are the natural amino acids lysine and proline, which become even more effective in combination with other vitamins. Thus, an old dream of mankind becomes reality: the natural reversal of cardiovascular disease — without angioplasty or bypass surgery.

**The world's first vitamin program clinically proven to reverse coronary artery disease naturally:** Dr. Rath's Cellular Health recommendations comprise the world's first natural health program to halt and actually reverse existing coronary artery deposits. Drug companies selling cholesterol-lowering drugs and diet prophets have been making similar claims without substantiation. This book documents unequivocally that only a vitamin-based program provides the decisive bioenergy for the cells of the artery walls to initiate the healing process. For the first time in the history of medicine, you will actually see proof that coronary deposits, the cause of heart attacks, can entirely disappear in a natural way. By taking advantage of Dr. Rath's Cellular Health recommendations, physicians and patients alike now have an effective, natural alternative to angioplasty, bypass surgery and other conventional treatments for cardiovascular disease.

**The discoveries documented in this book have led to the world's leading cardiovascular health program:** Dr. Rath's Cellular Health recommendations include a selection of essential vitamins, minerals and natural amino acids used in combination with a healthy lifestyle. These micronutrients provide essential bioenergy for millions of cells composing the cardiovascular system. This essential nutrient program was developed as a daily supplement for men and women of any age to protect the heart and blood vessel system in a natural way. Millions of people worldwide are already following this program for prevention and adjunct therapy. This book documents the profound health benefits of this program in even the most severe health conditions, such as angina pectoris, irregular heartbeat, heart failure, diabetes, high blood pressure, post heart attack and many others. Thus, it is not surprising that Dr. Rath's Cellular Health recommendations have become today's leading cardiovascular health program, and patients around the world are benefiting from it.

**This book is an authentic report of one of the greatest breakthroughs in medicine:** This book is written by the scientist and physician who led this medical advance from its beginning. The

last two chapters document the decisive discoveries, the development of an entirely new understanding of the origins of heart disease and the early support of the two-time Nobel Laureate Linus Pauling. You will also read how the scientific discoveries of this book triggered one of the largest battles in the history of the United States — the Battle for Vitamin Freedom.” It documents the historic victory millions of Americans gained over the FDA and the pharmaceutical industry. Passage of the Dietary Supplement Health and Education Act (DSHEA) finally allowed health information in connection with vitamins to be freely disseminated.

**This book has unmasked the pharmaceutical industry as an investment industry conducting a trillion dollar “business with disease”:** The annual market for cardiovascular prescription drugs in the United States alone surpasses 100 billion dollars. However, these drugs — including beta-blockers, ACE inhibitors, calcium blockers, cholesterol-lowering drugs and many others — merely cover symptoms; they do not target the cellular root cause of the disease. This is neither a surprise nor a coincidence. It is a simple fact that the pharmaceutical industry is an investment industry; its marketplace is the diseases in your body, and the future of this industry depends on the continuation of these diseases. Prevention, root cause cures and, above all, the eradication of diseases threaten the giant financial interests behind this industry.

The discovery that certain micronutrients can prevent and treat cardiovascular diseases at the cellular level poses a fundamental threat to the core of the entire pharmaceutical investment business. Unable to fight the scientific truth of my discoveries and the fact that animals don't get heart attacks because they make their own vitamin C, the pharmaceutical companies have embarked on a worldwide effort to block the spread of this information. Toward this end, the pharmaceutical lobbyists are even abusing the national and international legislative bodies, including the United Nations' “Codex Alimentarius (Food Standards) Commission.” Their unethical goal is to outlaw all health

statements in relation to natural, non-patentable therapies for all member countries of the United Nations, or worldwide.

**This book is the starting point of a new health care system:**

Over the last decade, several million copies of the previous edition of this book have been sold around the world. This book introduces an entirely new understanding of health and disease, which will enable people to take responsibility for their own bodies and health. This book has become the foundation of a new health care system based on the following principles:

- Natural health education for people will replace the unhealthy dependence on pharmaceutical medicine.
- Children will learn in kindergarten and other grades that their bodies do not produce vitamin C and other key nutrients, which they need to supplement for a healthy life.
- Everyone will understand that health and disease are determined, not at the level of organs, but at the level of millions of cells composing the body.
- Every living room will become a consulting center for Cellular Health information.
- The priority for the new health care system is the natural prevention and eradication of diseases.
- Effective, safe and affordable natural therapies will eliminate the trillion dollar, symptom-oriented pharmaceutical "business with disease."
- Patient-oriented and community-based health care will improve health, extend life expectancy and reduce the need for expensive interventional medicine.
- Medical research focused on the prevention and eradication of diseases will replace drug research driven by market shares and shareholder interests.

We invite you to join our Health Alliance to improve your own health, to help your family, friends and colleagues and to start building this new health care system in your own community.

## Dr. Rath's Ten Step Program for Natural Cardiovascular Health

### 1. Understand the function of your cardiovascular system.

Your blood vessel pipeline system measures 60,000 miles and is the largest organ in your body. Your heart beats 100,000 times every day, performing the greatest amount of work of all organs. Your body is as old as your cardiovascular system, and optimizing your cardiovascular health adds years to your life.

### 2. Stabilize the walls of your blood vessels.

Blood vessel instability and lesions in your blood vessel walls are the primary causes for cardiovascular disease. Vitamin C is the "cement" of the blood vessel walls and stabilizes them. Animals don't get heart disease because they produce enough endogenous vitamin C in their livers to protect their blood vessels. In contrast, we humans develop deposits in the blood vessel walls that lead to heart attacks and strokes because we cannot manufacture endogenous vitamin C, and generally, get too few vitamins from the diet.

### 3. Reverse existing deposits in your arteries without surgery.

Cholesterol and fat particles are deposited inside the blood vessel walls by means of biological adhesives. "Teflon"-like agents can prevent this stickiness. The amino acids lysine and proline are nature's Teflon-like agents. Together with vitamin C, they help reverse existing deposits naturally.

### 4. Relax your blood vessel walls.

Deposits and spasms of the blood vessel walls are the causes of high blood pressure. Dietary supplementation of magnesium (nature's calcium antagonist) and vitamin C relaxes the blood vessel walls and normalizes high blood pressure. The natural amino acid arginine can be of additional benefit.

### 5. Optimize the performance of your heart.

The heart is the motor of the cardiovascular system. Like the motor of your car, the millions of muscle cells need fuel for

optimum performance. Nature's "cell fuels" include carnitine, coenzyme Q-10, B vitamins and many other nutrients and trace elements. Dietary supplementation of these essential nutrients will optimize the pumping performance of the heart and contribute to a regular heartbeat.

**6. Protect your cardiovascular pipelines from rusting.**

Biological rusting, or oxidation, damages your cardiovascular system and accelerates aging. Vitamin C, vitamin E, beta-carotene and selenium are the most important natural antioxidants. Dietary supplementation of these antioxidants provides important rust protection for your cardiovascular system. Don't smoke because cigarette smoke accelerates the biological rusting of your blood vessels.

**7. Exercise regularly.**

Regular physical activity is a precondition for cardiovascular health. Moderate, regular exercise such as walking or bicycling is ideal, and can be performed by everyone.

**8. Eat a prudent diet.**

The diets of our ancestors thousands of generations ago were rich in plant nutrition and high in fiber and vitamins. These dietary preferences have shaped the metabolism of our bodies today. A diet rich in fruits and vegetables and low in fats and sugars enhances cardiovascular health.

**9. Find time to relax.**

Physical and emotional stressors are cardiovascular risk factors. Schedule time to relax. Be aware that the production of the stress hormone adrenaline uses your body's vitamin C. Long-term physical or emotional stress depletes your body's vitamin pool and requires dietary vitamin supplementation.

**10. Start now.**

The buildup of blood vessel deposits starts as early as the second decade of life. The earlier you start my cardiovascular health program, the more years you will add to your life.

## Dr. Rath's Cellular Health Recommendations

### CELLULAR HEALTH - BASIC RECOMMENDATIONS

Dr. Rath's Basic Cellular Health Recommendations comprise more than 30 vitamins, minerals, amino acids and trace elements. These essential nutrients have been selected based on scientific criteria and their main function as bioenergy providers to the multitude of cells composing the human body. These Basic Cellular Health Recommendations are for everyone — young and old, healthy persons and patients — in order to optimize cardiovascular health and help prevent cardiovascular disease, as well as other health problems. The chart on the adjacent page gives the daily minimum amount of each essential nutrient for a healthy adult person. Patients and people with special nutritional needs may double or triple these amounts.

### CELLULAR HEALTH - SPECIAL RECOMMENDATIONS

For patients with certain advanced health problems, such as coronary heart disease, high blood pressure, diabetes, heart failure and others, *Special Cellular Health Recommendations* were developed in addition to the *Basic Cellular Health Recommendations*. These Special Cellular Health recommendations include certain essential nutrients in higher amounts or in addition to those found in the Basic Cellular Health Recommendations.

The health benefits of this program are documented throughout this book, as well as in the comprehensive testimonial book, *Good Health-Do It Yourself!*

## Basic Cellular Health Recommendations

### VITAMINS

Vitamin C	600 - 3,000	mg
Vitamin E (d-alpha-Tocopherol)	130 - 600	IU
Beta-carotene	1,600 - 8,000	IU
Vitamin B1 (Thiamine)	5 - 40	mg
Vitamin B2 (Riboflavin)	5 - 40	mg
Vitamin B3 (Nicotinate)	45 - 200	mg
Vitamin B5 (Pantothenate)	40 - 200	mg
Vitamin B6 (Pyridoxine)	10 - 50	mg
Vitamin B12(Cyanocobalamin)	20 - 100	mcg
Vitamin D3	100 - 600	IU
Folic Acid	90 - 400	mcg
Biotin	60 - 300	mcg

### MINERALS

Calcium	30 - 150	mg
Magnesium	40 - 200	mg
Potassium	20 - 90	mg
Phosphate	10 - 60	mg

### TRACE ELEMENTS

Zinc	5 - 30	mg
Manganese	1 - 6	mg
Copper	300 - 2,000	mcg
Selenium	20 - 100	mcg
Chromium	10 - 50	mcg
Molybdenum	4 - 20	mcg

### OTHER IMPORTANT CELLULAR NUTRIENTS

L-Proline	100 - 500	mg
L-Lysine	100 - 500	mg
L-Carnitine	30 - 150	mg
L-Arginine	40 - 150	mg
L-Cysteine	30 - 150	mg
Inositol	30 - 150	mg
Coenzyme Q-10	5 - 30	mg
Pycnogenol	5 - 30	mg
Bioflavonoids	100 - 450	mg

mg = milligrams, mcg = micrograms

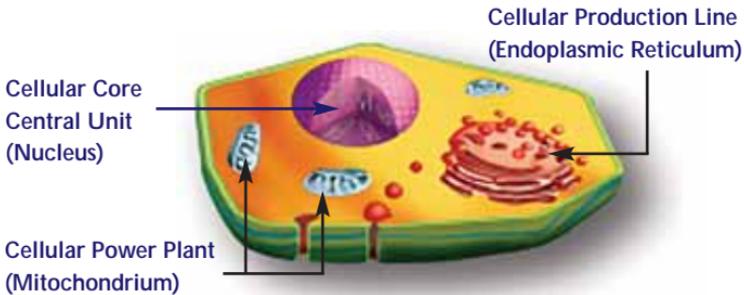
## **Dr. Rath's Cellular Health Recommendations Provide Biological Fuel to Millions of Cells**

Throughout this book, you will read about remarkable health improvements experienced by people following Dr. Rath's Cellular Health recommendations. The scientific basis of these dramatic health improvements is this: the cells in our bodies fulfill a multitude of different functions. Gland cells produce hormones, white blood cells produce antibodies and heart muscle cells generate and conduct biological electricity for the heartbeat. The specific function of each cell is determined by the genetic "software program," the genes located in each cell core.

Despite these different functions, it is important to understand that all cells use the same "cell fuel" — carriers of bioenergy or biocatalysts — for a multitude of biochemical reactions inside these cells. Many of these essential biocatalysts and bioenergy molecules cannot be produced by the body and must be supplemented in our diets on a regular basis. Certain vitamins, amino acids, minerals and trace elements are among the most important essential nutrients for the optimum function of each cell. Without optimum intake of these essential nutrients, the function of millions of cells becomes impaired and diseases develop.

Unfortunately, conventional medicine still does not recognize the decisive role vitamins and other essential nutrients play in optimum cellular function and health. The modern concept of Cellular Medicine fundamentally changes that. In a few years, daily supplementation of scientifically developed Cellular Health recommendations — such as the ones presented in this book — will be a matter of course for everyone, just like eating and drinking.

## Single Cell (Schematic)

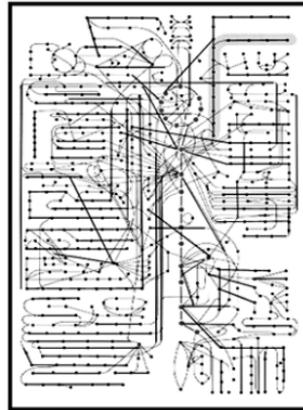


## Important Biocatalysts:

- Vitamin C
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B12
- Carnitine
- Coenzyme Q-10
- Minerals
- Trace Elements

The metabolic “software program” of each cell is determined exactly by the genetic information located in each cell core.

Essential nutrients are needed as biocatalysts and carriers of bioenergy in each cell. These functions are essential for the optimum performance of millions of cells.



*Dr. Rath's Cellular Health recommendations provide biological fuel to millions of cells.*

## Cellular Medicine: The Solution to Cardiovascular Disease

The most profound impact of Cellular Medicine will be in the area of cardiovascular health because the cardiovascular system is the most active organ system of our bodies and, therefore, has the highest consumption of essential nutrients. The image on the opposite page illustrates the most important cells of the cardiovascular system.

**The cells of the blood vessel walls:** The endothelial cells form the barrier or protective layer between the blood and the blood vessel wall; moreover, these cells contribute to a variety of metabolic functions, such as optimum blood viscosity. The smooth muscle cells produce collagen and other reinforcement molecules, providing optimum stability and tone to the blood vessel walls.

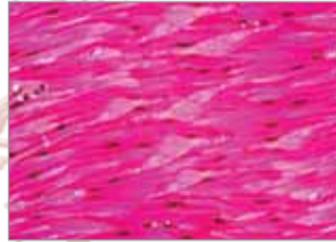
**The blood cells:** Even the millions of blood corpuscles circulating in the bloodstream are nothing other than cells. They are responsible for oxygen transport, defense, scavenging, wound healing and many other functions. The following pages describe how deficiencies in vitamins and other essential nutrients in these different cell types are closely associated with the most frequent cardiovascular diseases today.

**The cells of the heart muscle:** The main role of heart muscle cells is the pumping function to maintain blood circulation. A subtype of heart muscle cell is specialized and capable of generating and conducting biological electricity for the heartbeat.

## Blood Vessel Wall Cells

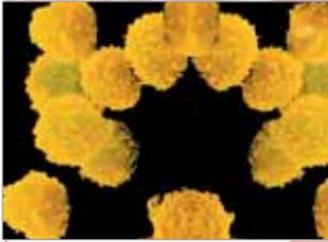


Barrier Cells (Endothelium)

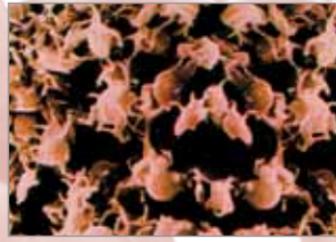


Smooth Muscle Cells

## Blood Cells

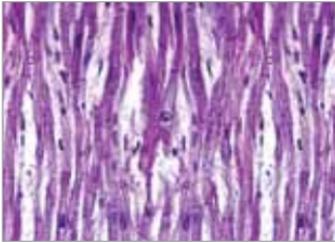


White Blood Cells

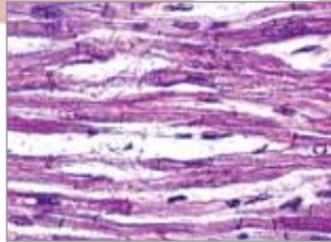


Platelets

## Heart Muscle Cells



Heart Muscle Cells  
(Blood Pumping)

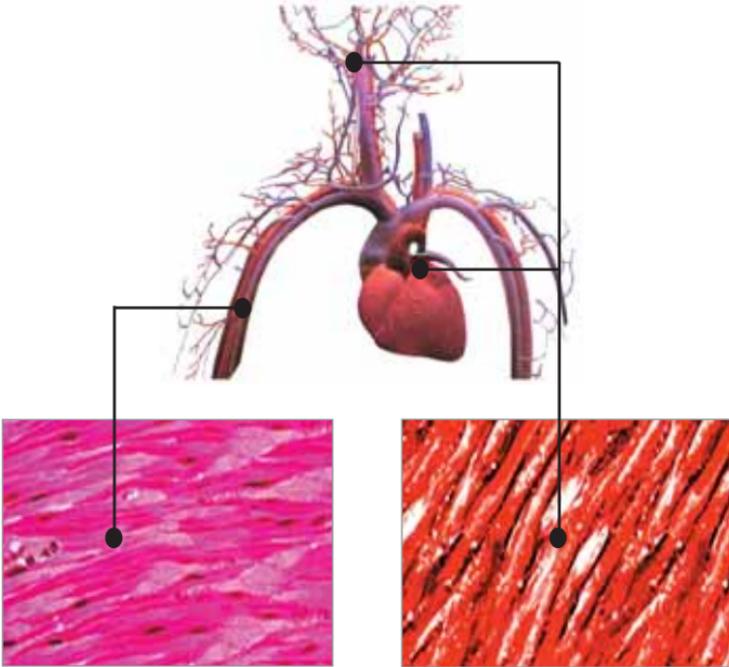


"Electrical" Heart Muscle Cells  
(Heartbeat)

*The cardiovascular system is composed of millions of cells.*

## Vitamin Deficiency in Artery Wall Cells Causes Heart Attacks, Strokes and High Blood Pressure

Long-term deficiency of vitamins and other essential nutrients in millions of vascular wall cells impairs the function of the blood vessel walls. The most frequent consequences of this are high blood pressure conditions and the development of atherosclerotic deposits, which lead to heart attacks and strokes.



**High Blood Pressure**

Vitamin deficiencies in artery wall cells can lead to:

- Increased artery wall tension
- Narrowing of artery diameter
- Thickening of artery walls and high blood pressure

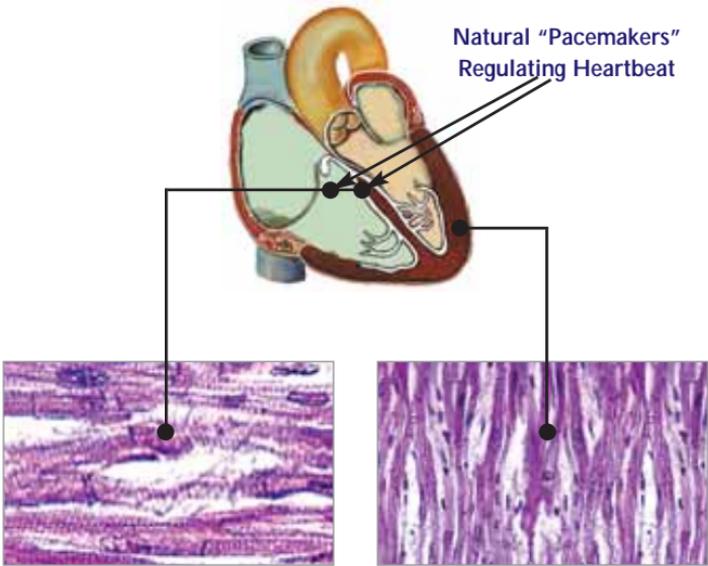
**Heart Attacks and Strokes**

Vitamin deficiencies in artery wall cells can lead to:

- Instability of artery wall
- Lesion and cracks
- Atherosclerotic deposits, heart attacks and strokes

## Vitamin Deficiency in Heart Muscle Cells Causes Irregular Heartbeat and Heart Failure

A chronic deficiency of vitamins and other essential nutrients in millions of heart muscle cells can contribute to impaired heart function. The most frequent consequences of this are irregular heartbeat (arrhythmia) and heart failure (shortness of breath, edema and fatigue).



**Natural "Pacemakers" Regulating Heartbeat**

**Irregular Heartbeat**

Vitamin deficiencies in "electrical" heart muscle cells can lead to:

- Impaired creation and conduction of electrical impulse for heartbeat
- Irregular heartbeat (arrhythmia)

**Heart Failure**

Vitamin deficiencies in heart muscle cells can lead to:

- Impaired blood pumping
- Shortness of breath, edema and severe fatigue

## Notes