

90% of Heart Disease Starts as Circulatory Disorders

When you have a sudden heart attack, or your heart fails, you are suffering from a series of circulatory disorders that finally climax by involving your heart. And like almost all other “heart problems,” logic tells us that reversal of this disease is dependent upon how well you can improve your general circulation. If you accept this as fact, you can readily see how drug treatment for heart disease cannot heal or reverse the problem.

If you have already been on heart drugs, you know the usual routine. Drugs are given until they no longer control symptoms, or until the side effects are too dangerous to withstand. Then alternative drugs are prescribed—sometimes in addition to the original and sometimes after the originals are stopped. The procedure usually ends when nothing works, and you are told that everything that can be done has been done.

A wise man, and one of the greatest scientists and nutritionists of all time, once said, “The treatments of the heart by substances foreign to its economy [well being] –drugs—can only be considered as a stalemate, while the real burden of malnutrition, goes on increasing its deleterious effects until the ‘crutches’ (drugs) are no longer able to avail.” This means that drugs create a stalemate by only treating symptoms while the real cause of heart disease (malnutrition) continues to foment. Dr. Royal Lee made this statement in 1959—almost a half-century before we have come to a full realization of its truth. Indeed truth is timeless.

“We will never find one single factor that determines how to cure “heart disease.” Rather prevention and treatment should and must be based on those essential foods and phytonutrients required, and indeed specifically proven, to provide the needed benefits to the **circulatory system**. Deficiency of these food factors, and their resultant deleterious effects on circulation, increases the heart’s workload—an extremely efficient and enduring organ. As strong as the heart is, if circulatory problems mount up, it is required to perform beyond its capacity. When it cannot meet the demand, the anticipated collapse occurs—the real cause of heart failure.

The Capillary Connection

If you suffer from heavy bruising, brown stains on your skin, wounds that will not heal, and general circulatory disorders, the cause of your problem may be in your capillaries. Not too long ago another wise man, William Harvey, was ridiculed for his theory that our blood course through a **closed system**. That system was the outgoing arteries, which connected to the ingoing veins back to the heart, and out again. That capillaries connect the arteries and veins could not be proven until sophisticated microscopes were invented to reveal their existence.

Nonetheless, Harvey persevered with his theories, which of course, are now common knowledge. And indeed, capillaries are critical, to the health of the circulatory system, and in turn, the heart. Capillaries take up more than 10 acres of surface space in the body. And they not only shunt blood from arteries to veins, they also serve as a reservoir of blood.

When constricted in the presence of plenty of oxygen, they direct blood to the heart. And when dilated in the presence of lactic acid, they cause blood to flow through natural channels to tissues. Both of these effects are necessary for a balance in your capillaries and circulation. Both oxygenation and lactic acid are encouraged by exercise. That is why a person who moves very little is more prone to heart and circulatory disease.

When capillaries engorge from lack of oxygen or excess lactic acid, swelling and edema occur, and the resultant leakage can cause bruising and brown strains. The whole vitamin C and E phytonutrient complexes keep capillaries oxygenated. And the vitamin B phytonutrient complex helps remove excess lactic acid, improving capillary circulation.

Indeed, with severe vitamin B deficiency, the pulse becomes abnormal, edema and swelling occur, and tissues becomes waterlogged—even around the heart. This is the definition of the B vitamin deficiency disease, beriberi—often called wet beriberi. And therefore I call congestive heart failure “beriberi of the heart.”

Processed foods are stripped of these nutritional complexes necessary for healthy capillaries and circulation. So it is easy to see how a 30 – to 50 – year old American devitalized diet can wreak havoc on capillaries and circulation—all leading to inevitable heart overload, breakdown, heart disease, and heart failure.

What To Do

Obviously a healthy diet of whole foods, with 25% of them raw, is the natural antidote to circulatory and heart disease. But today this is tougher and tougher to do. So avoid processed foods and oils while eating as much of a whole food diet as possible. In addition, you must exercise. And finally, taking the proper whole, raw, live phytonutrient complexes to supplement your food is vital.

The following products from Standard Process fulfill the needs of healthy capillaries and enhance circulation, which lowers heart overload. These contain the whole vitamins B, C, and E phytonutrient complexes: **Cardio-Plus**, **Cataplex B** and **Cataplex G**, **Cyruta-Plus**, **Catalex C**, and **Cataplex ACP**. Indeed, drugs are a stalemate, and truth is truly timeless.