

# MAD SCIENTIST WISHES YOU A HAPPY HALLOWEEN



## Heart Health Awareness

By Mary M. Lampe, CEO, FACT Foundation



Mary M. Lampe

October is breast cancer awareness month. Over the years, we have seen a dramatic decrease in the number of deaths due to breast cancer. We can attribute this decrease, in part, to women's awareness and their commitment to self exams and annual mammography. With early detection and new treatments, a cure for breast cancer is now possible.

Until recently, heart disease has not been on the radar screen for most women. Yet, this is the number one cause of death in women in the U.S.A. Statistics show that 500,000 women die each year of heart disease compared to 70,000 deaths from breast cancer. Women must become aware of their risk for heart disease and join the fight against this epidemic.

The Foundation for the Advancement of Cardiac Therapies (FACT) developed a women's heart health initiative entitled "Behind Every Breast is a Beating Heart." This initiative encourages women to remember their heart health each year at the same time they schedule an annual mammogram. An "annual heart exam" to evaluate blood pressure, weight, nutrition, and cholesterol levels is a simple preventive measure women should do. If a woman is at risk for heart disease or has reached the age of 50, a visit to a cardiologist may be recommended. An EKG, a stress test and a carotid ultra sound study will evaluate the heart and cardiovascular system and determine problems or provide a "benchmark" for future studies.

Besides an annual heart exam, there are lifestyle changes every woman

should embrace. Proper nutrition and exercise are a must! Dr. Mehmet Oz, the founder and president of FACT, has said, "Women often don't take care of themselves. They put other priorities first, such as taking care of their families." As the family caregiver, women often ignore their own health. This oversight can lead to poor eating habits, lack of exercise, and



Mehmet Oz, M.D.

low self-esteem. These factors plus the multi-tasking routines of the day lead to increased stress and often depression. All of this combined can increase a woman's risk for heart disease.

So ladies, in addition to annual heart exams, you must develop a healthy lifestyle and find time for yourself every day. Set aside an hour each day for YOU. Find a quiet place or a relaxing activity and make this a part of your daily routine. Remember, YOU are worth it and your heart will benefit!

*Dr. Mehmet Oz is Vice-Chair and Professor of Surgery at Columbia University. He directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. Dr. Oz has been featured on Oprah, and has appeared numerous times on the network evening news and other talk shows. He is a chief medical consultant to Discovery Communications and hosts several shows including "Lifeline with Dr. Oz." Dr. Oz is the co-author of the New York Times Best Seller, "YOU, The Owner's Manual."*

# Linus Pauling's Discovery— It's Not The Cholesterol!

Conventional wisdom argues that cholesterol, an oily substance produced in the body, is the heart's enemy and must be managed to prevent coronary heart disease.

So what's wrong with conventional wisdom? Any plumber would say, "It simply doesn't make sense."

Let's start by thinking about "sludge" in a plumbing system. Sludge tends to plug up the smallest pipes in the system first—not the largest.

Likewise, if the system is cardiovascular, you would expect sludge (plaques) to build up first in the capillaries and arterioles, long before appearing in the carotid and coronary arteries. The first blockages, similarly, you would expect to occur way downstream of the pump, not in close proximity to the heart, where the pressure is the greatest.

Yet, this is not the way cholesterol plugs up arteries. It's the exact reverse. So a plumber's take would be that "something else is happening."

Enter Linus Pauling, two-time Nobel laureate and Matthias Rath, M.D., who identified vitamin C, L-lysine, and L-proline as critical nutritional agents that improve blood vessel function (flow) and reduce cholesterol plaques (blockages).

You see, most animals produce vitamin C within their bodies and never demonstrate signs of cardiovascular disease. Humans, alternatively, must rely on dietary ascorbate, and when insufficient supplies of ascorbate are present, humans suffer from a variety of chronic diseases, including heart disease.

Have your gums ever bled when you flossed your teeth? Have you ever

had a nosebleed for no apparent reason? Have you ever had a wound that was slow to heal? If so, you may have (had) an ascorbate deficiency in your system.



Cindy Marteney

Pauling and Rath would call these conditions *chronic, sub-acute scurvy*, with cardiovascular disease as merely a symptom of underlying vitamin C deficiencies.

Their research illuminated that cholesterol plaques are actually the body's back-up mechanism for repairing damaged blood vessels (cholesterol is not such a "bad guy" as the "back up").

If you provide your body with enough vitamin C, along with L-lysine and L-proline, your body can then make vascular repairs naturally and cholesterol numbers can normalize. Some researchers have said that vitamin C is the equivalent of "nature's perfect statin."

If you want to learn much more, see the article by Integrative Pharmacist, Mike Ciell, of Tampa, at [www.ourhealthcoop.com/pauling.htm](http://www.ourhealthcoop.com/pauling.htm)

*Cindy Marteney is the president of Our Health Co-op, which focuses on healthy aging and making high-quality dietary supplements affordable, especially for those with limited means. Our Health Co-op was recognized by SupplementQuality.com as a "quality vendor" in 2004. Write to [cindy@ourhealthcoop.com](mailto:cindy@ourhealthcoop.com). Learn more at [www.ourhealthcoop.com](http://www.ourhealthcoop.com) or 561.656.4011.*

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