



Jacksonville Chiropractic Center

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*SOME STATISTICS

- Heart Disease has been the leading cause of death in the U.S. (as well as Europe, Russia, and China) for many decades.
- One American dies of heart disease approximately every 30 seconds, and one from a heart attack every minute.
- Heart disease accounts for more deaths than all other diseases combined.
- Over one million annually, or more than 2500 daily, die from CVD in the U.S.
- Because of their relative longevity, more women than men die from heart disease.
- One in four people in the U.S. suffers from some form of heart disease.

THE BASIC PREMISE OF CARDIOVASCULAR DISEASE AS A DEFICIENCY SYNDROME

Researchers such as Royal Lee and Weston Price predicted as well as documented the rise of CVD (and other degenerative diseases) as a result of the refining of the food supply. (That is, removing the nutrients and at the same time, adding back poisons).

1. It started with refining wheat and other grains. This removed:

- a. B complex vitamins which were necessary for proper nerve conduction and muscle tone in the heart, and to metabolize sugars and homocysteine
- b. E complex vitamins which were necessary for muscle tissue repair, conserving oxygen in the tissues and antioxidant protection
- c. Magnesium and trace minerals that played many roles in energy physiology, normal heart muscle function, heartbeat and rhythm, and integrity of the blood vessel walls

2. Oils were refined and hydrogenated which removed:

- a. More E complex vitamins
- b. Essential fatty acids which were necessary for the health and normal function of the inner lining of blood vessels and for proper eicosanoid production and balance
- c. Introduced trans-fats which dramatically disturbed fat metabolism and cholesterol balance

3. Transportation and long-term storage of fruits and vegetables:

- a. Vitamin C complex is the most fragile and easily oxidized vitamin. After a food is picked, vitamin C complex is rapidly oxidized. As a result of transportation and storage, much less vitamin C was available in the average diet.
- b. Vitamin C is required to regenerate and repair the endothelial lining of the cardiovascular system, the collagen and elastin in blood vessel walls, and to increase the oxygen carrying capacity of the blood.
- c. Eventually food would be grown from hybrid or genetically modified seeds, and on petro-chemically farmed land with depleted soil. This added to the diminishing nutrient content of food that continues on through today.

*The above information is from a book by two heart specialists, DeBakey, M.E. and Gotto, A.M., *The New Living Heart*, Adams Media Corporation, (1997)

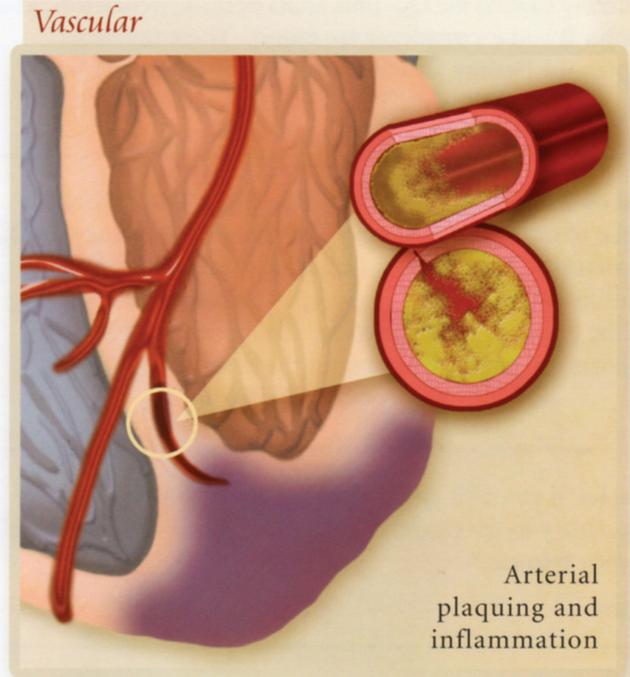
RESOURCES:

- Compiled and edited by Anderson, Mark R., *Lectures of Dr. Royal Lee, Vol. 1*, Selene River Press, Inc. (1998)
- Price, Weston A., D.D.S., *Nutrition and Physical Degeneration: A Comparison of Primitive and Modern Diets and Their Effects*, The Price-Pettenger Nutrition Foundation, Inc., (1979)

Should you worry about the health of your heart?



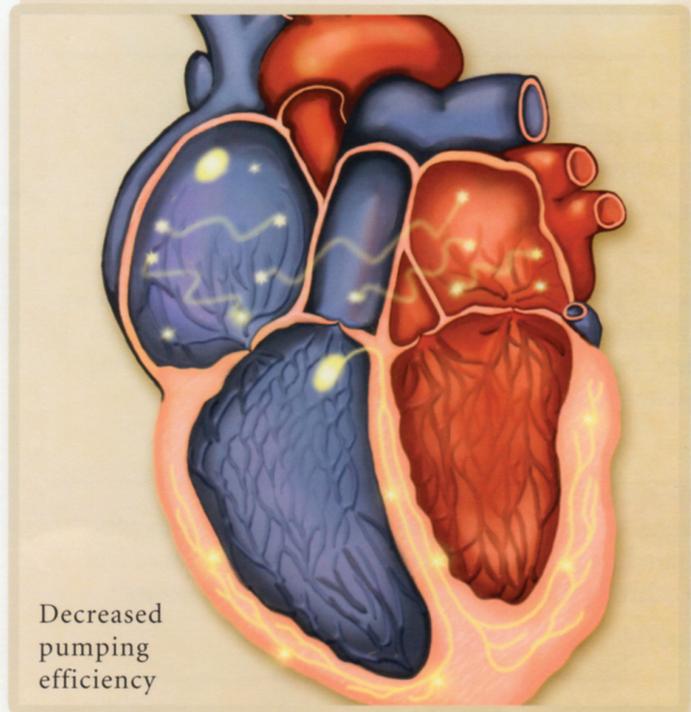
Normal



Vascular

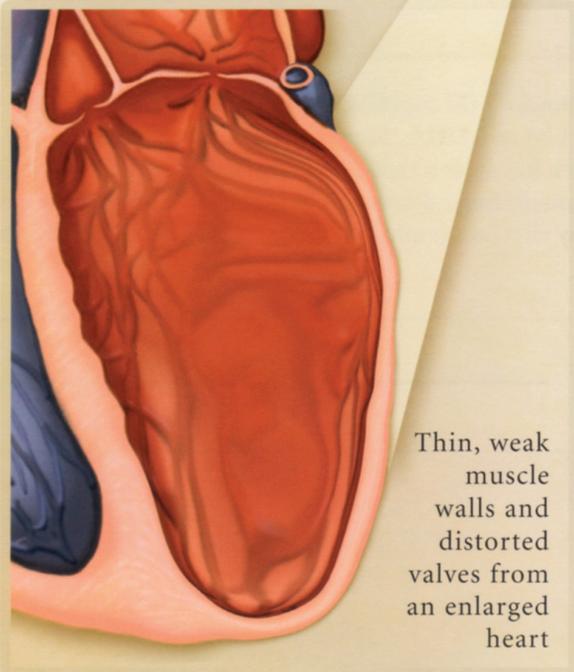
Arterial
plaquing and
inflammation

Atrial Fibrillation (Electrical)



Decreased
pumping
efficiency

Cardiomyopathy (Muscular)



Thin, weak
muscle
walls and
distorted
valves from
an enlarged
heart