

# Lower Cholesterol, Blood Pressure Naturally

Written by Dr. Elie Klein ND

Most people who reach 65 are on at least five different medications! Three of them are for treating blood pressure and cholesterol. So why is heart disease still the second leading cause of death in Canada?

Most of us are simply misinformed. Doctors tell us that cholesterol causes heart attacks and strokes.

If this is so, why did a study published in January 2009 in the Heart Health Journal show that 75% of all heart attack patients had normal cholesterol? After all, cholesterol is an oil, not a sticky molecule. It is not supposed to stick to the arteries and cause plaque and narrowed arteries.

Scientists at McMaster University published their findings in the medical journal, the Archives of Internal Medicine, and after reviewing many studies, they revealed that cholesterol and animal fat are not the blame. They discovered that the sticky substance that sticks to arteries and causes plaque is sugar. Sugar and trans fatty acids cause narrowing and hardening of the arteries, which cause blood pressure to rise.

The body attempts to fix the arteries to replace damaged (hard and sticky) artery tissue, with healthy tissue. Cholesterol and blood pressure medication don't help repair the arteries, they merely work by controlling the symptoms, and they usually cause adverse effects.

## A Nutritional Solution

In 1991 two-time Nobel prize winner Dr. Linus Pauling, and his colleague Dr. Mathias Rath, registered a patent for a formulation for the "treatment of occlusive heart disease" (healing the arteries and removing plaque). They knew that the arteries were made mostly of collagen and elastin (two type of protein). They also knew which nutrients were needed to make lots of new collagen and elastin in order to replace the hard and sticky stuff and heal the arteries. These nutrients were the amino acids lysine, proline, vitamin C, along with vitamin E and beta carotenes (antioxidants that support repair). Vitamin C, at a sufficiently high dose, does not only help fix the arteries and lower blood pressure, it also helps to prepare cholesterol for elimination, so cholesterol levels can decrease, when needed.

Other important nutrients for the heart and arteries are magnesium, co enzyme Q10 and omega fatty acids.

Magnesium is such an important nutrients, which is often lacking in our diet. It is responsible for slowing down cholesterol production, for normalizing blood pressure by relaxing the arteries and the nervous system, and it has a few other benefits to the cardiovascular system.

Co enzyme Q10 has been shown in research to help keep blood pressure under control, to help regulate the heart beat and to protect the arteries. It is usually depleted by cholesterol lowering and some blood pressure medication.

When I treat people with the kind of heart disease issues discussed here, I instruct them to minimize the consumption of foods that contain sugar, refined carbohydrates and trans fatty acids and the increase the consumption of fresh water, fruits, vegetables and health nuts and seeds. I also send them to their local health store to pick up a nutritional formulation that contains sufficiently high amounts of the nutrients I mentioned here. Improvements in cholesterol, blood pressure, and circulation and energy levels occur within a few short months and sometimes a few short weeks.

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