

# Health Letter

## Current studies criticise futile pharmaceutical medicines –

### *Natural treatment of coronary heart disease is possible*

Millions of people in the UK and throughout Europe suffer from heart failure. The signs are shortness of breath, oedema and fatigue. Often those affected suffer from cardiac arrhythmia which can lead to sudden death. It is alarming how the number of people suffering from cardiac insufficiency (heart failure) has increased during the past decades - despite the massive use of apparently highly effective pharmaceutical medicines. Current studies reveal the great risks and ineffectiveness of these conventional pharmaceutical medicines, but fail to mention that the advantages of fighting this common disease naturally have been known for some time!

#### Pharmaceutical medicine on the road to nowhere

In the "New England Journal of Medicine" issue of 19th June 2008, one of the worlds most renowned medical journals published the alarming results of two clinical studies using conventional pharmaceutical medication on patients with cardiac insufficiency or cardiac arrhythmia. In both studies the treatment was not only ineffective but, because of the harmful side effects of the medication, actually proved to be a health risk. The second study looked at the effectiveness of the anti-arrhythmic drug, Dronedaron on patients with severe cardiac insufficiency. The originally planned two year study had to be prematurely stopped due to the alarming death rate of patients treated with Dronedaron!

The results of these two studies only support the argument that using conventional, pharmaceutically orientated therapies in the fight against these common health problems will fail.

#### Conventional medicine at a deadlock

The fact is that conventional treatment is largely confined to treating cardiac insufficiency or cardiac arrhythmia with symptom-oriented pharmaceutical drugs. For instance, cardiac insufficiency is treated with diuretics to flush out the water that is retained in the body tissue due to the weak pumping function of the heart. The favoured treatment for cardiac arrhythmia is beta-blockers, calcium antagonists and other anti-arrhythmic drugs and frequently, the implantation of pacemakers.

The known diagnosis is generally "idiopathic cardiomyopathy" - meaning coronary heart disease of unknown origin. In the light of the lack of knowledge about the main causes of this disease, it is hardly surprising that many people suffering from cardiac insufficiency - often after many years of conventional, symptom orientated treatment - are given a heart transplant as the only chance of survival.

#### Cellular Medicine paves the way for cause orientated treatment of heart failure

Cellular Medicine provides a historic breakthrough in the understanding of the causes, prevention and treatment of this common disease. The primary cause of heart failure and cardiac arrhythmia is a deficiency of vitamins and other essential nutrients in the heart muscle cells.

The reason is obvious and easy to understand. Because of the constant pumping performance of the heart, an optimum supply of essential nutrients is needed to provide bio-energy to the millions of heart muscle cells. To convert nutrients into bio-

energy, vitamins and other essential nutrients are required. A long-term deficiency of essential nutrients is the reason for the weak pumping performance of the heart (just like the engine of a car running out of fuel) which, in turn, causes a disturbance in the electrical impulses responsible for a regular heartbeat.

#### Clinical studies proving the advantages of micronutrients

Energy is created in the "power station" of the cell, the mitochondria, and takes place in a chain of numerous biochemical steps, which depend on a sufficient supply of micronutrients such as vitamin C, B-vitamins, magnesium and coenzyme Q10.

The amino acid L-carnitine, together with co-Q10, provide a mode of transport for fatty acids (the energy provider) to the mitochondria of our cells. Our heart and skeletal musculature require large quantities of energy which they receive predominantly from the burning of fatty acids. A further essential nutrient is taurine, a natural amino acid. It has a stabilising and soothing effect on the easily irritated cell membranes found in the heart. The stabilising effect also boosts the activity of the heart muscle and strengthens the heartbeat. Therefore, the risk of cardiac arrhythmia is reduced.

Numerous scientific studies confirm the importance of micronutrients. A double-blind placebo-controlled clinical study involving 131 participants was carried out in Germany by the Dr. Rath Research Institute, USA. The results showed a significant reduction in cardiac arrhythmia in participants, due to a micronutrient synergy program. **Almost half of those who continued taking their prescribed conventional medications and, additionally, took essential micronutrients, experienced no further cardiac arrhythmia.** [www.drathresearch.org](http://www.drathresearch.org).

A pilot study from our Research Institute showed improvement in the health of patients suffering from heart failure. This was measured on the so called "NYHA scale", a recognised standard set by the New York Heart Association for judging the functional ability in patients with heart disease. In 2005 the European Heart Journal published a study confirming the positive effect of micronutrient synergy on the health of elderly patients suffering from heart disease.

The success of these scientifically proven natural therapies make us optimistic that this effective, safe and cause orientated treatment will become the preferred medical practice in years to come.

#### What you can do now

- Inform yourself thoroughly about the advantages of scientifically proven, natural therapies for the prevention and treatment of major, common diseases.
- Talk to family, friends and acquaintances about this and the necessity to modernise our health system.
- Visit the internet site of Dr Rath Health Alliance and find out what options there are to create a better health system.

(If you telephone us, please give us the name of the person (see box) who gave you this letter)