

THE BASIC ORTHOMOLECULAR RECOMMENDATIONS FOR CONTROLLING HEART DISEASE

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Last Update: Sun Nov 6 13:54:51 EST 2005

NOTE: Linus Pauling specifically recommended high oral doses of vitamin C and the amino acid lysine.

Other elements in the following Pauling Therapy protocol, ordered by importance, account for many variables. These recommendations are based on the experience of more than a decade recommending Pauling's protocol, and they feature Pauling's earlier advice published in 1986. This protocol is designed to help overcome a poor diet, advancing age, or the use of prescription drugs commonly given to heart patients.

PROTOCOL

Cardiologists have been kept in the dark about the vitamin C connection. Few cardiovascular drugs benefit heart patients. Several exacerbate heart conditions and should be eliminated in favor of the following orthomolecular protocols:

1. Take Vitamin C as ascorbic acid (or sodium ascorbate, but this form may be less effective) up to bowel tolerance (6 to 18 g per day in divided doses.) The half-life of vitamin C in the blood stream is 30 minutes. NIH findings indicate that a minimum of 500 mg every 4 hours leads to highest sustained blood levels. Take more before bed, trips, etc. If you experience trouble with bloating/gas/diarrhea after your vitamin C, try Liposomal Vitamin C
2. Take Lysine 3000 to 6000 mg (3 to 6 g) daily for the maximum therapeutic value. Take 2000 to 3000 mg (2 to 3 g) daily for prevention.
3. Supplement Coenzyme Q10 (100 - 300 mg). Note: Vitamin C and several vitamins will help stimulate your own synthesis of CoQ10. CoQ10 is a vital substance for energy and proper heart function. Popular drugs interfere with your body's own production of CoQ10, and they may lead to heart failure.
4. Eliminate man-made/processed fats, such as trans-fats and hydrogenated oils. Supplement Omega-3 rich oils, e.g. evening primrose, flaxseed, and certain fish oils. "Research has shown that an Omega-3 Index of 8 percent to 10 percent reduces a person's relative risk of death from coronary heart disease by 40 percent and from sudden cardiac death by 90 percent." This benefit probably results from restored insulin-mediated glucose/vitamin C uptake into cells. [See: Protocol for Reversing Diabetes Type II by Eliminating Hydrogenated and Trans Fats and adding Omega-3 oils...]

Note: Following an Atkins-style diet will eliminate most trans-fats because these "poisons" appear mostly in processed carbohydrate foods such as cookies, crackers, snacks, etc. Butter is vastly superior to margarine. Natural saturated fats are superior to any fats or oils processed for longer shelf life.

5. Take the amino acid proline from 250 mg to 2000 mg daily. This factor, added to Pauling's original protocol, and recommended by Mathias Rath, may lower elevated Lp(a) within 6 to 14 months. It is difficult to suggest an optimum dose for everyone because the healthy body can manufacture its own proline. A few alternative doctors recommend 2 g (2000 mg), but the Tower Heart Technology formula has produced consistent good results. It can apparently lower Lp(a) with smaller dosages of proline.

6. Follow Linus Pauling's heart and cardiovascular recommendations as provided in his book 1986 HOW TO LIVE LONGER AND FEEL BETTER. Linus Pauling's Basic Vitamin Advice is centered on Vitamin C, and adds: Natural Vitamin E - 800 IU (to 3200 IU)

Per Doctor Sinatra's Miracle of CoQ10 book, an epidemiological WHO study found that low vitamin E is highly predictive of heart attack. Their findings were that heart attack is 70% more likely when serum levels of vitamin E are low, than because of either high blood pressure or high cholesterol.

Vitamin A - 20,000 to 40,000 IU
Super B-Complex
Daily Multiple Vitamin/Mineral
Low Sugar
Plenty of Water

7. Eat salt, but only unrefined salt. Brownstein discovered literature that a low-salt diet can cause the body to change its hormonal balance as it attempts to retain sodium. This leads to a 400% chance of heart attack in those with high blood pressure and low sodium intake [*]. Refined (ordinary table salt) is poisonous, but unrefined salt has over 80 minerals and can be considered a necessary "health food."

8. Supplement Magnesium (150 to 1500 mg). Certain chelated forms are better absorbed and you need less.

9. Reduce supplemental Manganese (no more than 2 mg). (More than 20 mg daily can lead to irregular heart beats according to the USDA). Manganese alters mitochondrial integrity in the hearts of swine marginally deficient in magnesium ... These results suggest that high Mn, when fed in combination with low Mg, disrupts mitochondrial ultra-structure and is associated with the sudden deaths previously reported.

10. Eliminate ordinary sugar and refined carbohydrates. New research confirms Dr. John Ely's 30-year theory that sugar (glucose) competes with ascorbic acid (Vitamin C) for insulin-mediated uptake into cells. Consuming too much sugar and refined carbs can effectively crowd out Vitamin C.

11. Supplement Vitamin K (1 to 40 mg) to help regulate calcium from soft tissues into bones. Note: Prescription blood "thinning" drugs such as Warfarin and Coumadin interfere with vitamin K. These drugs should never be prescribed for heart patients. They have been proven to cause rapid calcification of soft tissues in animal studies [*] and there is evidence that they cause hard arteries

in humans. Unfortunately, these drugs are routinely prescribed. Patients on "rat poison" style blood thinners should avoid vitamin K until they find a nutritionally oriented physician to help wean them. Blood thinner substitutes to the prescription drugs include: 2000 IU Unique-E (from A. C. Grace), arginine (3000 mg), grape seed extract, fish (Omega-3) oils, etc.

12. Avoid supplemental calcium

13. Add a good mineral/multivitamin

14. Supplement the amino acids Taurine, Arginine and Carnitine (1 to 3 g).