



May 2010 - Leadership Letter (49)

Just a reminder to everyone ... our new phone number is ... 513/919-7672. Please make a note of this change. Thanks!

NEWS ON HEART HEALTH

Hello!

As I meet and work with clients around the country, many often seem very interested in their own health or for the health of loved ones, colleagues and/or friends.

Heart disease is a frequent concern, and especially during times of extra stress, overload at work, and these turbulent times we live in.

Such times often seem to invite us to skip meals, eat fast foods or too much food, in our efforts to keep up, get it all done, and cope with travel and round-the-clock electronic communication.

The "price" of such a lifestyle can be lots of health issues ... and heart disease is often one of them. It has the stealth element as well; can hit suddenly and strike individuals who look and feel "healthy."

For the last dozen years, I've been the beneficiary of some little known heart health news. Most everyone who hears it wants to know more. So ... this leadership letter has all I know about this good news!

As my favorite comic, Canadian Red Green, says ... "We're all in this together!"

Regards,

Mel

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A New and Helpful View of Heart Disease

Scientist Linus Pauling won two Nobel prizes for his unique work in medical research on heart disease and other important health issues.

Matthias Rath is the Director of Cardiovascular Studies at the Linus Pauling Institute where most of these tidbits have been discovered and reported.

Together, they studied the puzzles of heart disease for many years, and hold the U.S. patent for a **nutritional approach to eradicating heart disease**.

Here are some of the **puzzling questions** they have found answers for ...

- Why does heart disease (fatty deposits in heart vessels) begin to show up in people as young as 20?
- Why don't people in undeveloped societies get heart disease?
- Why don't animals, wild or domestic, get heart disease?
- Why does heart disease occur mostly in the large arteries of the heart?
- Why don't doctors worry more about lipoproteins (which are more dangerous) as well as cholesterol?
- Can heart disease be prevented or even reversed without drugs or surgery?

Their work has turned up some remarkable answers to those questions ...

- Heart disease (fatty deposits in the arteries) is related to **scurvy**. In scurvy, the blood vessels “leak” blood, and it shows up in bleeding gums as an early symptom.
- Scurvy is a disease caused by very low Vitamin C intake. When British sailors were given lemons, scurvy on their ships disappeared.
- Blood vessels of all sizes are supported by a structure of collagen and elastin. On a per square inch basis, that collagen is stronger than iron.
- When that collagen is thin, scarce or weak, our blood vessels develop cracks and lesions and leak!
- Making collagen requires Vitamin C and L-Lysine in humans or in animals. (Both are common supplements and inexpensive.)
- Humans cannot produce their own Vitamin C, but most animals can and do ... lots of it! Humans must take in Vitamin C from foods.

- The Vitamin C in most of our foods today is either non-existent, processed away or cooked out. We eat too little fresh or "real" food.
- Most humans require much more Vitamin C than they actually get. The minimum RDA is established at far too low a level.
- **Lacking** enough Vitamin C, the body repairs cracks and lesions in the artery walls with fat molecules and a protein adhesive!
- The **heart** arteries get the most pressure, the most distress, and therefore, the most "repair work" (fatty deposits).
- Traditional medicine calls these make-shift repairs (deposits) "heart disease."
- The key to **preventing** weak blood vessels or heart disease is enough **Vitamin C** (several times the "RDA") and the supplement **L-Lysine**.
- Their discovery to **reverse** heart disease (fatty deposits) safely without surgery or angioplasty is **Vitamin C** plus **Lysine**, which strengthen blood vessels and safely remove deposits.
- The research on this has now been replicated by several European institutes. But the news is slow to travel as there is **no financial incentive** for this very inexpensive remedy. Both are available on vitamin shelves in groceries and pharmacies.
- Traditional approaches to heart disease in the U.S. create a \$100 billion industry ... for drugs and surgery. No one is pushing for a nutritional approach to cardiovascular health. So please help spread the word.

Testimonial: About 10 years ago, I had a very active lifestyle and felt healthy except for minor chest pains. Later, I flunked two stress tests and had more chest pain. Then I found this information on Dr. Rath's audio tape (*Why Animals Don't Get Heart Attacks ... But People Do!*) and online at the Pauling Institute (<http://lpi.oregonstate.edu/>). After 2-3 months of Vitamin C and Lysine, I passed a full throttle stress test and amazed the cardiologist. No surgery, no drugs, still run and bike. I take 2,000 mg of Vitamin C and 1,000 mg L-Lysine. **But, check it out for yourself at the Pauling Institute website** for heart health. You can do it with vitamins and food!



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