

Congestive Heart Failure

Congestive Heart Failure (CHF) is the most common cause of hospitalization for people over the age of 65. And while other heart-disease rates are dropping, CHF cases have doubled. More than 50,000 people will die from CHF, and we will spend more than \$50 billion on the disease this year. Millions more people have the disease that has not yet progressed to the critical stage, and perhaps tens of millions are on their way to becoming CHF sufferers. This does not have to be.

New and more powerful blood pressure and heart medications, which actually weaken the heart, have brought on new cases of CHF and have worsened the existing CHF cases. Indeed, CHF is becoming the normal course of decline towards death for Americans with heart and blood pressure disease.

This does not have to happen to you or your loved ones. I am going to let you in on the secret, unknown by 99.9% of all people, including physicians and cardiologists, is that the main cause of CHF is ***beriberi of the heart!***

If you look up the definition of CHF, you will learn that it is characterized by poor nerve conductivity to the heart and almost paralyzing weakness, including weakness of the heart muscle itself, with the resultant failure of the heart muscle to pump adequate supplies of blood throughout the body. Indeed, many of our CHF patients initially had ejection fractions (measurement of the heart's pumping capability) of 20% or less!

And when you look at beriberi, you will find that it is a horrible disease caused by a vitamin B deficiency. Most experts consider this disease to be an "old disease," like scurvy. Yet a modern form of beriberi exists today, and it is the major cause of heart failure including CHF.

Beriberi cause nerve conductivity problems, severe and almost paralyzing weakness, and muscle paralysis—matching the symptoms of CHF almost identically. Left untreated, or treated improperly, the heart will continue to weaken. This is often complicated by years of taking blood pressure and other heart drugs. Many of these, by definition, ***suppress the heart's pumping action.***

The Weakened, Congested, Failing Heart.

Chronic Heart weakening caused by beriberi of the heart, and called congestive heart failure, is not a pretty sight. The heart becomes weak (almost paralyzed), enlarged (often grossly), congested, flaccid, frequently "waterlogged," prolapsed (dropping low in the chest cavity as seen on x-rays), and borders on failure.

When your heart weakens like this it actually stretches. As this takes place, the valves become stretched. This phenomenon, overlooked by most physicians, is a major cause of **leaking heart valves**. In these cases, open heart surgery will not solve the problem because the leaking valve is only a **symptom**. But reversing the beriberi with the proper nutrition can actually help the heart shrink back to normal. When the “faulty” heart valves then stop leaking, it is considered a “medical miracle.” **Mitral Valve Prolapse** often falls into this category.

The CHF heart is chronically congested. And since it cannot pump properly, it robs the body of blood, nutrition, and oxygen. This is why the CHF patient cannot walk to the mailbox without exhaustion. It is also why CHF patients cannot think straight and are often “spaced out.” The brain is also starved for oxygen and nutrition.

If nothing else, your body is a **compensating organism**. With CHF your heart will often try to compensate for its weakness by beating faster (tachycardia) or irregularly with more rapid but weak beats (arrhythmias). At this stage more drugs are usually prescribed in an attempt to slow down or normalize the heart rate. It is easy to imagine what this will do to the already weakened heart.

As water builds up around the heart and fluid builds up in the lungs and leg from the heart’s inability to pump properly, diuretics are generally prescribed. The prescription drug list gets longer, and the patient is often reduced to a **cardiac invalid**, getting weaker and weaker. All the while, the underlying cause of the problem continues to be ignored, and the patient generally has from a few months to a couple of years to live—often in a zombie-like state.

When death does come, no mention of beriberi will be given. In fact, the death will generally be attributed to the symptoms of beriberi that cause CHF—pneumonia, complications from heart disease, kidney failure, and so on. In most cases, however, the cause of death is a weakened heart muscle caused by years of not getting enough critical heart nutrients. Add to that blood pressure and other heart drugs that dampen the heart the heart, and you have the \$50 to \$100 billion American disgrace known as heart failure.

The Heart and CHF Miracle

CHF is—like most other forms of heart disease—caused by nutrient deficiencies. In fact, I learned from the wisest of all the biochemists, nutritionists, inventors and heart care pioneers, Dr. Royal Lee, that **the heart is the most responsive organ in the body to proper nutritional therapy**. And my experience shows this to be absolutely true. I would rather have a heart patient than any other—simply because they are the easiest to cure.

If I could get heart patients to eat diets without processed foods and ones rich in raw ingredients that the heart needs for rehabilitation, most would get better promptly. But once heart disease sets in, larger quantities of these nutrients than can be consumed are needed. And many simply could not comfortably consume at all.

Could you consume a half-cup of raw heart extract? A half-pound of raw liver? How about a bucketful of raw tillandsia plant, carrots, and beets? A bowl of raw wheat germ and rice bran? Or raw adrenal and a bucket of raw alfalfa, kelp, buckwheat, and flax? How about eating all of this daily, in addition to chewing on raw bones with the marrow?

These raw foods would contain the large quantities of B vitamins needed to cure people with beriberi of the heart. And they would contain all the B vitamins, *including B4*—the missing B vitamin for most people. B4 has not been synthesized, so you will not find it in any store-bought vitamins. You must get it from these types of raw foods.

These foods would also contain the actual nutritional complexes of vitamins A, C, D, E, and F (not ascorbic acid or alpha tocopherol, and not synthetic versions of A and D). They would also contain organic minerals, fatty acids, sterols, phytochemicals, enzymes, coenzymes, (such as CoQ10), trace mineral activators, and probably hundreds or even thousands of other nutritional compounds that we are still unable to measure, or are even unknown to us yet. And of course, they would all be raw and live, and in perfect balance as only nature can provide.

These nutrients are rocket fuel for your heart. But unfortunately most of these raw materials are impossible for humans to consume. So we do the next best thing. Standard Process takes these raw, organically grown foods and raw materials and concentrate their complete nutrition into supplements. And they do this using a patented and painstaking process that uses no heat or chemicals to absolutely maintain the integrity, electrical charge, and life energy of the raw materials. These are called *phytonutrient supplements*. The genuine ones are grown and processed by a handful of companies throughout the world. The premiere producer is Standard Process.

Standard Process's heart nutrition products have truly withstood the test of time. Most have been successfully used for 50-80 years! I have personally examined the organic fields in the glacier-rich Wisconsin soil, the crops, and the patented equipment and facilities used to make these supplements. These are the phytonutrients I use with my patients, my family, and myself.

Vitamin B4—The Perfect Example

You have probably never heard of Vitamin B4. It is a poorly described nutrient, Part of the B vitamin Complex, and critical to heart health. It has never been synthesized, so it will not be found in any synthetic vitamin product. Without B4 (and other unknown phytonutrients and accompany the B vitamins), even the most “potent” B vitamin products are rendered weak or useless in the treatment of CHF. As with many natural things (thanks to health politics), the “powers that be,” have deemed B4 as unnecessary to human life. And since then it has been illegal to list it on the label information.

But without this and the other components of the entire B complex or nutrients, your heart will simply not respond properly. And with CHF, failure is not an option. The only products that I know contain adequate amounts of natural B4 are from Standard Process—*Cardio Plus* and *Cataplex B* (even though you will not find vitamin B4 listed on the label).

These products are a far cry from standard vitamins and minerals. In fact, they are not the same thing but for the fact that they are both called supplements. Phytonutrients are actually concentrated food and raw material. They are not 5, 10, or even 20 isolated, largely synthetic vitamins that are mostly wasted in your body. And when it comes to heart disease, beriberi of the heart, and CHF, high potency “vitamins” (which are by definition synthetic) can be counterproductive by inducing vitamin imbalances.

What About Drugs?

As we have shown, drugs treat the symptoms, ignoring the underlying cause of the heart disease. They are very powerful, and can even prolong life in some instances. But they frequently take a heavy toll—often causing or making CHF worse.

So why not have the best of both worlds. Start treating the underlying causes of CHF or other heart problems at the same time you follow the instructions of your cardiologist. He or she has your best interest at heart, and cannot be expected to know much about the work that we do. So, in this case, ignorance is totally understandable.

But as soon as you start to get better—usually within 60-90 days—you need to see your doctor. Remember this medical fact of life: As your heart gets stronger and more normal, you need fewer drugs. And after a period of time, heart and blood pressure drugs can actually be putting your recovery in jeopardy. So discuss a slow, careful, and monitored weaning of drugs over a period of a few months. If you are like most people you will be shocked to find out that as you wean drugs, you will feel better and better!

What To Do

Treating the underlying cause allows us to truly help people actually cure themselves of many forms of heart disease, including CHF—a novel concept in traditional cardiac care.

A typical protocol would look something like this:

Cardio Plus (2-4 x3 daily)

Cataplex B (2-3 x3 daily)

Calcium Lactate (2-4 x3 daily)

Prolamine Iodine (4 or more daily)

Organically Bound Minerals (1-2 x3 daily)

Fish Oil (1-3 grams daily)

Remarkably, this very same protocol is effective for people with a variety of other heart problems, including arrhythmias, angina, coronary artery disease, leaking heart valves, and even stroke.

Don't Wait for a Diagnosis

Most CHF patient can recover—unless they have waited too long and there is permanent damage, kidney failure, or resultant surgery that can impair recovery. So if your doctor has not given you a diagnosis of CHF, when should you start proper nutritional therapy?

When you have difficulty breathing, can't climb stairs without panting, always need to rest, or when your heart starts to become erratic, it is time to treat for heart failure. If you have these symptoms and your blood pressure yoyos up and down, it is time to treat your heart failure. If your legs feel heavy after walking to the mailbox, and your hands and feet are always cold, it is time to treat for heart failure. If you have some of these symptoms and you keep coming down with bronchitis and even pneumonia, it is time to treat for heart failure.

“Life is like a candle. It is best to burn brightly, and in the end flicker once or twice and go out.” Do not wait so long that you are completely disabled by CHF or medical treatments. Instead, treat your heart and keep it strong.